

Tequila Chipotle Shrimp

This Southwestern shrimp dish is on the table in a flash. We're cooking omega-rich shrimp in a tequila chipotle sauce that is mild and sophisticated, then serving it up with black beans, corn, and peppers in a pineapple lime crema. Get ready for a new summer favorite.

Getting Organized

EQUIPMENT

Large Skillet
Mixing Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Rice
Shrimp
Tequila Chipotle Sauce
Corn & Beans
Pineapple Lime Crema

Good to Know

If you ordered the **Carb Conscious version**, we sent you cauliflower "rice" instead of white rice, reducing the **carbs per serving to 26g**. Skip steps 1. and 2. After step 3. do not wipe out the skillet. Heat 1 Tbsp olive oil over high heat. Sauté the cauliflower "rice" until it starts to brown, about 2 to 3 minutes. Set aside until step 5. Wipe out the skillet.

Shrimp is a good source of selenium, omega-3 fatty acids, vitamin B12 and astaxanthin, a natural and powerful antioxidant.

Health snapshot per serving – 415 Calories, 32g Protein, 64g carbs, 3g Fat, 7 Freestyle Points

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

25 Minutes to the Table

15 Minutes Hands On

1 Whisks *Super Easy*

INGREDIENTS: Shrimp, Tomato, Red Pepper, White Rice, Cubanelle Pepper, Black Bean, Corn, Queso Fresco, Chipotles in Adobo, Red Onion, Cilantro, Pineapple, Sour Cream, Tequila, Lime, Kosher Salt.

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meals

1. Getting Organized

Put a saucepan of water on to boil.

2. Cook the Rice

Add the **Rice** to the boiling water. Reduce heat to medium and simmer uncovered for 15 to 20 minutes. Drain and return to the saucepan. Cover and set aside.

3. Sauté the Shrimp

When the rice has about 10 minutes remaining, pat the **Shrimp** dry with a paper towel and lightly salt and pepper.

Heat 1 Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, add the shrimp and cook for a minute on each side until they are opaque and no longer grey in color. Remove the shrimp from the skillet and place on a cutting board to cool, then cut into thirds and set aside. Wipe out the skillet.

4. Cook the Sauce

Add the **Tequila Chipotle Sauce** to the now-empty skillet and cook over medium-high heat until it's hot, about 2 minutes. Remove from the heat and stir in the cooked, cut shrimp.

5. Put It All Together

Combine the **Corn & Beans** and **Pineapple Lime Crema** in a mixing bowl.

Place the cooked rice on serving plates and top with the Corn & Bean and Pineapple Lime Crema mix in the center of each diner's plate. Spoon the shrimp and sauce around the outside. Enjoy!

This "fancy" presentation gives the dish a wow factor we love and combines the flavors in just the right way.

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois