



RAPID CRISPY SHRIMP TACOS

with Crunchy Red Cabbage Slaw

PREP: 5 MIN
TOTAL: 20 MIN

LEVEL 1

NUT FREE

MAKE FIRST



HELLO

CRISPY SHRIMP

A deep crunch without deep-frying

INGREDIENTS:

- Cilantro
- Lime
- Red Cabbage
- Julienned Carrots
- Mayonnaise (Contains: Soy, Eggs)
- Colavita White Wine Vinegar
- Blackening Spice
- Shrimp (Contains: Shellfish)
- Cornstarch
- Flour Tortillas (Contains: Wheat)
- Sour Cream (Contains: Milk)

FOR 2 PEOPLE:

- ¼ oz
- 1
- 4 oz
- 4 oz
- 2 TBSP
- 1 TBSP
- 1 TBSP
- 10 oz
- 1 TBSP
- 6
- 4 TBSP

FOR 4 PEOPLE:

- ½ oz
- 2
- 8 oz
- 8 oz
- 4 TBSP
- 2 TBSP
- 2 TBSP
- 20 oz
- 2 TBSP
- 12
- 8 TBSP

NUTRITION PER SERVING

679 cal | Fat: 31 g | Sat. Fat: 9 g | Protein: 32 g | Carbs: 63 g | Sugar: 9 g | Sodium: 1037 mg | Fiber: 5 g

START STRONG

If you don't have a microwave oven to warm the tortillas, a regular one will do. Just wrap them in aluminum foil and place in the oven for 5 minutes at 425 degrees.



BUST OUT

- 2 Medium bowls
- Large pan
- Paper towel
- Oil (2 tsp | 4 tsp)
- Sugar (1 tsp | 2 tsp)

1 PREP

Wash and dry all produce.

Pick **cilantro** leaves from stems and discard stems. Halve **lime**.

2 MAKE SLAW

Toss **red cabbage**, **carrots**, **2 TBSP mayonnaise**, **1 TBSP Colavita white wine vinegar**, **1 tsp blackening spice**, juice of half a **lime**, and **1 tsp sugar** in a medium bowl. Season with **salt** and **pepper**.

3 SEASON SHRIMP

In another medium bowl, toss **shrimp** with **cornstarch**, remaining **blackening spice**, and a pinch of **salt** and **pepper**.



4 COOK SHRIMP

Heat a large drizzle of **oil** in a large pan over high heat. Add **shrimp** and cook until opaque in the center and golden and crusty on the outside, about 2 minutes per side.

5 WARM TORTILLAS

Wrap **tortillas** in a damp paper towel and microwave on high 30 seconds.

6 ASSEMBLE AND SERVE

Fill each **tortilla** with **sour cream**, **slaw**, **shrimp**, and **cilantro leaves**. Squeeze **lime juice** over each and serve.

SLAW-SOME!

Taco night for the win with a healthy veggie slaw.