



Low-Cal Shrimp Egg Roll Bowl

with Edamame



under 20min



2 Servings

We took our favorite appetizer, egg rolls, and turned it into a dinner-worthy bowl. Pre-shredded cabbage is the perfect veggie base for this low-calorie meal. We top it with quick-cooking wild US Gulf shrimp, protein-packed edamame, teriyaki sauce, scallions, and toasted sesame seeds. And you can't have an egg roll without some crunch! Pan-fried tortilla strips mimic the egg roll wrapper creating the perfect bite.

What we send

- scallions
- garlic
- 10 oz wild US Gulf shrimp (use shrimp immediately or freeze) ¹
- 6 (6-inch) flour tortillas (use 3) ^{2,3}
- 14 oz cabbage blend
- 2½ oz edamame ²
- ¼ oz pkt toasted sesame seeds ⁴
- 1.8 oz teriyaki sauce ^{2,3}

What you need

- neutral oil
- kosher salt & ground pepper

Tools

- large nonstick skillet

Allergens

Shellfish (1), Soy (2), Wheat (3), Sesame (4). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 530kcal, Fat 26g, Carbs 40g, Protein 33g



1. Prep ingredients

Trim **scallions**, then thinly slice about ¼ cup. Finely chop **1 teaspoon garlic**. Rinse **shrimp**, then pat dry. (First thaw under cool running water, if necessary.)



2. Prep tortilla strips

Stack **3 of the tortillas** (save rest for own use) and cut into ½-inch wide strips.



3. Fry tortilla strips

Line a plate with paper towel. Heat **2 tablespoons oil** in a large nonstick skillet over medium-high. Add **tortilla strips** and cook, stirring, until golden and crisp, 3-4 minutes (watch closely). Use a slotted spoon to transfer to prepared plate and immediately sprinkle with **a pinch of salt**. Carefully discard **any remaining oil** and wipe out skillet.



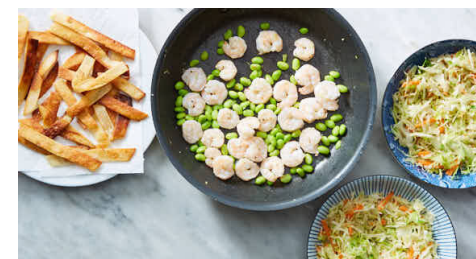
4. Sauté cabbage

Heat **1 tablespoon oil** in same skillet over medium-high. Add **garlic** and **half of the sliced scallions**; cook, stirring, until fragrant, about 30 seconds. Add **cabbage** and cook, stirring, until crisp-tender and just beginning to wilt, about 2 minutes. Transfer to serving bowls.



5. Sauté shrimp

Heat **½ tablespoon oil** in same skillet over medium-high. Add **shrimp** and **edamame** and season with **a pinch each of salt and pepper**. Cook, stirring once or twice, until shrimp are cooked through and any liquid is evaporated, about 3 minutes.



6. Finish & serve

Top **cabbage** in serving bowls with **shrimp** and **edamame**. Sprinkle **sesame seeds** and **remaining sliced scallions** over top, then drizzle with **teriyaki sauce**. Top with **crispy tortilla strips**. Enjoy!