



MEAL KIT

*Look for regular rotations to the menu for new and seasonal meal choices.*

Met Meal Kits are made in our kitchen with the freshest ingredients for a fun and easy way to prepare dinner. We've developed meals that are ready in about 15-30 minutes to help accommodate your busy schedule.

We've included everything you need, no need to pull anything from your pantry, and you won't have to worry about wasting any food or ingredients.

Met Meal Kits are ready in a few simple steps, and our chefs have included a few helpful tips and fun facts along the way.

### DID YOU KNOW?

*This recipe is based off of the classic Louisiana seafood boil, in which corn, potatoes, seafood and spices are all boiled together in one pot. A classic way to eat this is to dump the whole pot out over a table and eat with your fingers.*

*This staff favorite uses extra large farm-raised prawns that are BAP (Best Aquaculture Practices) certified.*

**INGREDIENTS:** White Prawns, Yellow Corn, Lemon, Fingerling Potatoes, Pork Cajun Andouille Sausage, Peeled Shallots, Pinot Grigio, MM Olive Oil, Garlic, Chives, Old Bay Seasoning

**ALLERGENS:** shellfish



At Metropolitan Market, we know there's a lot of packaging in meal kits, and we are always working towards more sustainable practices. Most of the packaging used is either recyclable or compostable.

metropolitanmarket



MEAL KIT

*All ingredients included!*

See details on back of package.

# SHEET PAN SHRIMP BAKE

CLASSIC SHRIMP BAKE WITH SPICY ANDOUILLE SAUSAGE, ROASTED CORN, AND POTATOES

SERVES 2 | EASY PREP



### TOOLS YOU'LL NEED:

- Sheet pan
- Small mixing bowl
- Heat-safe spatula (recommended)
- Cutting board
- Large bowl
- Thermometer (recommended)
- Chef's knife

KEEP REFRIGERATED



### 1. PREHEAT OVEN + DRAIN POTATOES

- Preheat oven to 450° F.
- Drain water from the **potatoes**, and pat dry on a paper towel.



### 2. PREPARE SHALLOT + LEMON

- Cut **shallot** in half, then slice into thick slices.
- Cut the **lemon** in half on an angle, and use the tip of the knife to remove any visible seeds.



### 3. SEASON + ARRANGE PAN

- Line a sheet pan with provided **parchment paper**.
- In large bowl, place potatoes, shallots, **corn**, and **garlic cloves**.
- Shake the **shrimp broil sauce** container well, then pour half of it over the bowl.
- Mix well until evenly coated, then spread out over the pan. Add lemon halves to pan cut-side-up.



### 4. SLICE SAUSAGE + BAKE

- Slice the **andouille sausage** into 1/2 inch thick pieces, then disperse evenly over the pan.
- Place sheet pan into a preheated 450° F oven for 15 minutes, or until potatoes are tender and ingredients are turning brown on the edges.
- While roasting, complete steps 5 and 6.



### 5. MARINATE SHRIMP

- While the vegetables are roasting, empty the **shrimp** into a small mixing bowl, and pour the remaining sauce on top. Mix well, and set aside.



### 6. SLICE CHIVES

- Thin slice **chives**, and set aside.

**PRO TIP:** For extra thin sliced chives, bunch them together, and use your knuckle to slowly guide the knife.



### 7. ADD SHRIMP + FINISH BAKE

- Remove pan from the oven, and pour the shrimp and any marinade remaining in the bowl on top.
- Use spatula to mix all ingredients together on the pan, then spread out so that ingredients are touching as little as possible.
- Place back in the oven for 5 minutes, or until the shrimp are firm and pink (internal temperature of 145° F.)



### 8. PLATE + GARNISH

- Sprinkle chives over the pan, reserving a pinch to garnish each plate.
- Divide food between 2 plates, and squeeze on the lemon juice to taste. The lemon is hot, use tongs to squeeze.
- You did it!

**PRO TIP:** Squeeze the lemon cut-side-up, using the angled edge as a spout. This method will catch any remaining seeds inside the lemon.