



SOUTHERN GLAZED BBQ SHRIMP

with Creamed Corn and Garlic Green Beans

SPICY

PRONTO



HELLO

BBQ SEASONING

Our BBQ seasoning is the perfect combination of sweet, smoky and spicy.

TIME: 30 MIN



Shrimp



BBQ Seasoning



BBQ Sauce



Corn Kernels



Sour Cream



Green Beans



Garlic



Shallot



Parsley



Cornmeal

BUST OUT

- Medium Bowl
- Garlic Press
- Baking Sheet
- Medium Pot
- Measuring Cups
- Aluminum Foil
- Measuring Spoons
- Large Non-Stick Pan
- Strainer
- Salt and Pepper
- Paper Towels
- Olive or Canola Oil
- Potato Masher
- Milk **2**
(¼ cup | ½ cup)
- Unsalted Butter **2**
(2 tbsp | 4 tbsp)

INGREDIENTS

2-person | 4-person

- Shrimp **10** 285 g | 570 g
- BBQ Seasoning **6** 🍷 1 tbsp | 2 tbsp
- BBQ Sauce **6,9** 2 tbsp | 4 tbsp
- Corn Kernels 227 g | 454 g
- Sour Cream **2** 6 tbsp | 12 tbsp
- Green Beans 170 g | 340 g
- Garlic 6 g | 12 g
- Shallot 50 g | 100 g
- Parsley 7 g | 14 g
- Cornmeal **1** ¼ cup | ½ cup

ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soya, les sulfites, les noix et le blé.

- 0 Fish/Poisson
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites
- 10 Crustacean/Crustacé
- 11 Shellfish/Fruit de Mer

*Laver et sécher tous les aliments.

**Cuire jusqu'à une température interne minimale de 74°C/165°F.



START STRONG

Preheat your broiler to **high** (to broil shrimp). Start prepping when the oven comes up to temperature!



1 PREP Wash and dry all produce.* Peel, then mince or grate **garlic**. Peel, then thinly slice **shallot(s)**. Roughly chop **parsley**. Cut stems off **green beans**, if needed, then cut into 1-inch pieces. Drain and rinse **shrimp**, then pat dry with paper towels. In a medium bowl, toss together **shrimp**, **BBQ seasoning** and **1 tbsp oil** (dbl for 4 ppl). Season with **salt** and **pepper**.



4 COOK GARLIC BEANS Heat a large non-stick pan over medium-high heat. When the pan is hot, add **1 tbsp oil** (dbl for 4 ppl), then **green beans** and **shallots**. Cook, stirring occasionally, until **beans** are tender-crisp, 5-6 min. Add **remaining garlic**. Cook, stirring often, until fragrant, 1 min. Season with **salt** and **pepper**.



2 START CREAMED CORN Heat a medium pot over medium heat. When pot is hot, add **2 tbsp butter** (dbl for 4 ppl) and swirl until melted. Add **corn** and **¼ cup milk** (dbl for 4 ppl). Bring up to a simmer. Cook, stirring occasionally, until softened, 2-3 min. Using a masher, lightly mash **corn**.



5 BROIL SHRIMP Meanwhile, on a foil-lined baking sheet, arrange **shrimp** in an even layer. Broil, in **middle** of oven, until they just turn pink, 5-6 min. (**TIP:** Cook to a min. internal temp. of 74°C/165°F.***) When **shrimp** are done, add **BBQ sauce** to the baking sheet and toss to coat.



3 FINISH CREAMED CORN To **corn**, add **cornmeal**, **half the parsley**, **half the garlic**, **½ tsp salt** (dbl for 4 ppl) and **¾ cup water** (dbl for 4 ppl). Season with **pepper**. Bring to a simmer and cook, until slightly thickened, 1-2 min. Remove pot from heat, then stir in **sour cream**. Season with **pepper**. Cover and set aside.



6 FINISH AND SERVE Divide **BBQ shrimp**, **garlic beans** and **creamed corn** between plates. Sprinkle over **remaining parsley**.

BBQ!

'Tis the season! Try the shrimp cooked in a foil packet on the BBQ!