

Bang Bang Shrimp Tacos

With Pineapple Slaw and Vegetable Rice



Spicy, crispy shrimp tacos with sweet, crunchy pineapple slaw, sour cream with a kick, and vegetable studded rice? Ummm, yasss please! This dish will take your tongue South of the border and throw it a big time flavor fiesta. Believe this.

OVERVIEW



TIME TO PREPARE



EASY RECIPE



MEDIUM SPICE



DAYS BEST COOKED BY

DIETARY



LOW CALORIE



NUT-FREE

NUTRITION

Calories: 539
 Carbohydrates: 67g
 Fat: 23g
 Protein: 36g
 Sodium: 1284mg
per serving

DRINK PAIRING

Shrimp tacos call for sangria—our favorite easy version calls for a bottle of red wine, a cup of fresh orange juice, about a cup of fresh pineapple, a sliced orange (peel on!), and a sliced pear.

INGREDIENTS

3 oz. Frozen Peas
16 Shrimp
3 Tbsp. Bang Bang Seasoning Blend
4 oz. Slaw Mix
2 oz. Canned, Crushed Pineapple
2 oz. Sour Cream
1 tsp. Sambal
¾ Cup Parboiled White Rice
2 tsp. Minor's Vegetable Base, Gluten-Free
4 Corn Tortillas

WHAT YOU NEED

Olive Oil
Salt
Pepper

EQUIPMENT

2 Mixing Bowls
Small Bowl
Medium Pot
Medium Pan

DID YOU KNOW?

Our special Bang Bang seasoning is four parts flour, two parts smoked paprika, one part salt, and one part dark chili powder by volume. You'll be crusting everything you own in this blend!

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Prepare the Ingredients

Rinse **frozen peas**. Rinse **shrimp**, pat dry, and place in a medium bowl along with **seasoning blend**.



Prepare Slaw and Sambal Sour Cream

In a mixing bowl, combine **slaw mix** and **crushed pineapple and juices**. Season with a pinch of **salt and pepper**. In a small dish, combine **sour cream** and **sambal**. Place both pineapple slaw and sambal sour cream in refrigerator.



Cook the Rice

Bring a medium pot with 1 ½ cups **water** and **rice** to a boil. Add **vegetable base**, and season with a pinch of **salt and pepper**. Reduce to a simmer, cover, and cook for 15-18 minutes, or until rice is tender. Stir in **peas** and cover. Set aside.



Cook the Shrimp

Heat 2 Tbsp. **olive oil** in a medium pan over medium-high heat. Shake off any excess seasoning from **shrimp** and place in pan. Cook for 3 minutes per side or until shrimp are golden brown and reach an internal temperature of 130 degrees. Transfer to paper towel lined plate. Wipe out pan and return to heat. *No thermometer? No problem. Shrimp are done when firm and flesh is opaque.*



Warm the Tortillas

Heat the same pan used to cook shrimp over medium heat and place **tortillas** in pan, 2 at a time, and warm for 1 minute per side. We even sent you extra if you like your corn tortillas double-stacked, authentic Mexican-style! *You may also wrap in a moist paper towel and microwave 30 seconds to 1 minute.*



Plate the Dish

Place a serving of **pineapple slaw** and **4 crispy shrimp** in each warmed **tortilla**. Serve **sour cream** and **rice** on the side.