



# Meal Kit: Cajun Popcorn shrimp / chicken

**Ingredients for 2 (double for 4):** 1/3 cup flour with 1/4 tsp each garlic powder, onion powder, salt, pepper, 1/2 cup buttermilk, "crumb" ( 1/3 cup yellow cornmeal, 1/3 cup plain breadcrumb, 1 tablespoon chicken coating mix, 1 tablespoon cajun seasoning) 12 oz raw shrimp / chicken (or 6 oz each shrimp chicken if 1/2 'n 1/2)

**What you'll need:** 3 bowls, large sheet tray, foil or parchment, cooking spray or oil spray



**1** Begin by preheating your oven to 425.

Set up 3 bowls– empty the flour in the first, buttermilk in second and the crumb in the third. Get the chicken/ shrimp ready.

**2** Line a sheet pan with foil or parchment (if using foil- spray the top well with cooking spray or misting oil)

**3** Now begin the breading process! First, dredge in flour, shaking off the excess.

**4** Next, dunk in the buttermilk, submerging completely and shaking off excess...

**5** Finally, dredge in the crumb mixture, placing in the bowl, sprinkling over the top and pressing down, flipping a few times to make sure it's coated completely.

**6** place on prepared sheet tray, and repeat with all the shrimp/ chicken.



**7** when you've got everything breaded and lined up on your sheet tray, spray REALLY well with cooking spray or misting oil. This is how it gets nice and crispy crunchy!! Don't skip this step!

**Place in preheated oven and cook for 10 minutes.**

**8** After 10 minutes, remove chicken/shrimp from oven. Carefully flip each one over....

**9** then give another good spray with cooking spray or misting oil and place chicken / shrimp back in oven for another **10 minutes**, or until nice and crispy!!

**10** *remove chicken/shrimp from oven when nice and dark and crispy! Let cool on sheet pan for 5 minutes before serving*

*(tip: don't try and remove the shrimp/chicken too soon from the sheet pan or the coating may stick to the pan- be sure to let them rest 5 minutes before removing)*

***Want to see a video of this recipe?***

Scan the QR code with your phones camera to access my YouTube channel with this recipe and lots more! (or search "cooking with Emily" on YouTube)



**My Remoulade sauce recipe**

*Makes about 1 1/3 cups*

- 1 tbsp white balsamic vinegar
- 2 tbsp ketchup
- About 1 tbsp chopped fresh parsley
- 2 green onions
- 2 tsp crystal hot sauce
- 1/2 cup olive oil mayo
- 1/2 cup plain Greek yogurt
- Juice from 1/2 a lemon
- 2 tsp Cajun seasoning
- 2 tsp worcestershire sauce
- 2 tbsp dill relish
- 2 tsp whole grain mustard

Combine everything together in a bowl! Cover and refrigerate up to 4-5 days.