

Seafood Charlie Recipe

Shrimp Meatball Banh Mi

A Seafood Charlie Recipe

Prep: 10 minutes plus standing

Bake: 15 minutes

Serves: 4

Ingredients

1 tablespoon granulated sugar

1/2 cup thinly sliced cucumber

5 100% whole wheat hot dog rolls.

1 pound raw 31/40 count peeled and deveined shrimp, coarsely chopped.

1 (1/2 inch) piece peeled fresh ginger, grated.

1/2 medium red bell pepper, chopped.

1 tablespoon chopped fresh cilantro plus springs for garnish (optional).

2 teaspoons chili garlic sauce.

4 lime wedges.

Recipe

1. In a small bowl, stir sugar and 1/4 teaspoon plus 1/8 teaspoon salt. Add carrots and cucumber; toss to combine. Let stand 15 minutes.
2. Preheat oven to 350 degrees. Spray foil-lined cookie sheet with cooking spray. In food processor, pulse 1 roll 8 times to crumbs. In large bowl, toss shrimp, ginger, bell pepper, cilantro, chili garlic sauce and 1/2 breadcrumbs. Form into 1 inch balls and roll in remaining breadcrumbs; place on prepared cookie sheet and spray with cooking spray. Bake 15 minutes or until internal temperature reaches 145 degrees.
3. Divide meatballs into 4 rolls; top with carrot-cucumber mixture and cilantro sprigs, if desired. Serve with lime wedges.

Enjoy!