

## Fried Shrimp Po Boy with Glaze

*Tasty sandwich with crispy shrimp, tangy glaze, and fresh vegetables.*



<b>YIELD:</b>	1 each	<b>SERVING SIZE:</b>	1 SERVING = 1 sandwich	<b>SOURCE:</b>	Seattle Public Schools
<b>NUTRITIONAL CONTRIBUTION PER SERVING:</b> 4 oz meat/meat alternative, 1 eq grain, 1/4 cup vegetable					

INGREDIENTS	QUANTITY	DIRECTIONS
Fried Shrimp	7 each	<b>Day Prior to Service:</b> <i>For the pickled onion:</i> <ol style="list-style-type: none"><li>Combine water, vinegar, sugar, and peppercorns in medium bowl. Add julienned vegetables to bowl, cover with plastic wrap, and place in cooler overnight to pickle.</li></ol> <b>Day of Service:</b> <ol style="list-style-type: none"><li>Preheat oven to 400°F.</li><li>Add shrimp to parchment lined sheet pan.</li><li>Place shrimp in oven for 15 minutes or until crispy and internal temperature reaches 165°F.</li><li>Remove pan from oven and set aside.</li></ol>
Lettuce	2 leaves	
Tomato	2 slices	
Hoagie Roll	1 each	
Katsu Special Sauce (recipe follows)	2 Tbsp	
Pickled Onion	8 slices	
GLAZE		<b>To assemble the sandwich:</b> <ol style="list-style-type: none"><li>Spread hoagie with special sauce on both sides.</li><li>Place leaf lettuce onto bread.</li><li>Line sliced tomatoes on top of leaf lettuce.</li><li>Top with 8 slices of pickled onion.</li><li>Add fried shrimp on top of veggies on hoagie roll.</li><li>Drizzle glaze on top of shrimp.</li></ol>
Kikkoman Oyster Sauce	3 Tbsp	
Honey	1 Tbsp	
Ginger, minced	1 tsp	
Garlic, minced	1 tsp	
Soy Sauce	1 tsp	

*Continued on Page 2*

NUTRITION INFORMATION PER SERVING																							
Calories		897	Total Fat		32.7	g	Saturated Fat		5.6	g	Cholesterol		340	mg	Sodium		6688	mg	Protein		47.2	g	
Total Carbohydrate		112.9	g	Dietary Fiber		7.8	g	Total Sugar		46.3	g	Vitamin D		0	mg	Calcium		312	mg	Iron		5	mg



## Fried Shrimp Po Boy with Glaze

*Continued*

INGREDIENTS	QUANTITY	DIRECTIONS
PICKLED ONION (4 servings)		
Red Onion, julienne	1 each	
Hot Water	1 cup	
White Vinegar	½ cup	
Granulated Sugar	1 tsp	
Peppercorn, whole	10 each	
KATSU SPECIAL SAUCE		
Kikkoman Katsu Sauce	2 Tbsp	
Mayo	4 Tbsp	
Sesame Oil	1 tsp	
Sriracha	1 tsp	
Lemon Juice	1 tsp	
Salt	1 tsp	