

# shrimpish®

Shrimpish® is a craveable plant-based shrimp, with all the taste, texture and performance of the real thing. Better yet, it's better for you and better for our planet.



- 100% plant-based, Vegan ingredients
- Supports healthy lifestyles
- Ideal for grilling, sautéing and frying
- 60 Calories, 1g protein & 2g fat per 3 oz serving
- Cholesterol-free
- 17% fewer Calories than cooked shrimp
- 300 mg omega-3 fatty acids per serving
- A great value-add ingredient for premium menu items
- 15-month frozen shelf life
- Non-GMO, Certified Gluten-Free
- Good source of dietary fiber
- Made with organic ingredients

Nutrition Facts	
About 10 servings per container	
<b>Serving size 4-5 pieces (85g)</b>	
Amount Per Serving	
<b>Calories</b>	<b>60</b>
% Daily Value*	
<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 350mg	<b>15%</b>
<b>Total Carbohydrate</b> 11g	<b>4%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 1g	
Vitamin D 0mcg	<b>0%</b>
Calcium 60mg	<b>4%</b>
Iron 0.3mg	<b>2%</b>
Potassium 0mg	<b>0%</b>

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: WATER, COCONUT, VEGETABLE GLYCERIN, KONJAC FLOUR, TAPIOCA STARCH, SEA SALT, NATURAL FLAVOR, DHA ALGAL OIL, SOY PROTEIN, SLAKED LIME, BETA CAROTENE COLOR

CONTAINS: SOY, COCONUT

DISTRIBUTED BY  
THE ISH FOOD COMPANY  
ROCKLAND, DE 19732

MANUFACTURED IN A FACILITY THAT ALSO  
PROCESSES: WHEAT, CASHEW

## Recipe Suggestions



Shrimpish®  
Fra Diavolo



Shrimpish®  
Citrus Salad



**Unit Size:** 4 x 1.75 lbs. bags  
**Unit Dimensions:** 9" x 13"  
**Case Dimensions:** 14.25"L x 10.25"W x 6.50"H  
**Case Net Weight:** 7.0 lbs.  
**Case Gross Weight:** 7.7 lbs.

**Code:** 59001  
**Case Cube:** .583 ft  
**TixHi:** 11x6  
**Cases/Pallet:** 66  
**Pallet Weight:** 548.2 lbs.  
**Shelf Life (FZ):** 15 months

**Contact:**  
sales@ishfood.com  
(800) 837-5419

THE  
**ish**  
FOOD COMPANY, LLC



Manufactured in the USA

# shrimpish. citrus salad

A great addition to microwavable entrees, stews, soups, and more!



## Ingredients:

2 tbs.	Olive Oil
1 ct.	Juiced Lime
1 tbs.	Honey
½ tsp.	Ground Coriander
½ tsp.	Salt
1 lb.	Shrimpish®
1 ct.	Boston Bibb or Butter Lettuce Head
½ ct.	Green Leaf Lettuce Head
1 ct.	English Ground Pepper, sliced ¼" thick
2 ct.	Oranges
2 ct.	Ruby Red Grapefruits
¼ c.	Fresh Mint, chopped
	Freshly Ground Black Pepper

## Honey Lime Dressing

1 ct.	Lime Zest and Juice
2 tbs.	Honey
1 tbs.	Dijon Mustard
1 tsp.	Salt
¼ c.	Extra Virgin Olive Oil
	Freshly Ground Black Pepper

## Instructions:

Keep Shrimpish® frozen until use. Thaw overnight in the refrigerator before use.

- Combine the olive oil, lime juice, honey, coriander, salt and freshly found black pepper in a medium bowl. Add the Shrimpish® and toss to evenly coat. Let the shrimp marinate for 30 minutes.
- While the Shrimpish® is marinating, supreme the oranges and grapefruits, slice off the top and the bottom of the fruit first to create a flat surface. Then run your knife down the sides of the orange, curving with the shape of the orange, to cut away all the peel. Carefully, make slices on either side of the membranes separating the orange segments, loosening the segments from the orange. Be sure to do this over a bowl to catch all the juices (which you can transfer to a glass and enjoy!).
- Make the dressing by combining the white balsamic vinegar, lime juice, like zest, honey, dijon mustard and salt. Whisk in the olive oil, drizzling slowly to emulsion and thicken the dressing. Season with freshly ground black pepper.
- Tear the Boston bibb lettuce and green leaf lettuce into bite-sized pieces and place them in a large salad bowl. Add the cucumber and citrus segments.
- Pre-heat a outdoor grill, electric grill or stovetop grill pan to medium-high heat. Grill the Shrimpish® for 2 to 3 minutes on each side, seasoning with salt.
- Drizzle some of the dressing on the salad and toss to coat. Place the grilled Shrimpish® on the salad and drizzle a little more of the dressing on top. Finish with the fresh chopped mint leaves and serve immediately.