



# Fabulous Fish— *FAST*

## Forget Takeout...Take In!

(NAPSA)—One of the best things about dining out are the mouthwatering appetizers. They're special treats because they are often menu items that can be difficult to re-create at home.

With a little help from the frozen aisle of your favorite grocery store, it is simple to prepare showstopping appetizers that require very little culinary know-how. Companies like SeaPak Shrimp & Seafood Co. are now making products that are dead ringers for popular restaurant choices. For example, new SeaPak Shrimp Spring Rolls with Sweet Thai Chili Dipping Sauce bake to golden perfection in less than 15 minutes. The tender shrimp and crispy vegetables will have guests all wrapped up.

Grocery store products are often healthier than takeout, too. SeaPak Shrimp Spring Rolls contain less than 200 calories and when served alongside a crisp salad make a flavorful favorite more than just an appetizer. Serve this recipe to round out your menu, without rounding out your waistline.

For more great recipe ideas, visit [www.SeaPak.com](http://www.SeaPak.com).

### **Crunchy Oriental Slaw**

*Prep Time: 15 minutes*

*Cook Time: 7–14 minutes*

*Serves: 4*

### **8 SeaPak® Shrimp Spring Rolls**



**Make your meals more appetizing than ever with easy SeaPak Shrimp Spring Roll treats.**

- 1 cup canola oil**
- 2 teaspoons soy sauce**
- 2 teaspoons honey**
- ½ cup white wine vinegar**
- ¼ teaspoon freshly ground black pepper**
- 1 bag coleslaw mix**
- 2 cups thinly sliced snow peas**
- 1 tablespoon sesame seeds**
- ½ cup sliced almonds, toasted**
- ½ cup sunflower seeds, toasted**

**Cook SeaPak® Shrimp Spring Rolls according to package directions. In a medium mixing bowl, whisk together the canola oil, soy sauce, honey, vinegar and pepper. In a large mixing bowl, add the slaw mix, snow pea slices, sesame seeds, almonds and sunflower seeds. Toss together. Pour dressing over and toss until coated. Serve alongside warm spring rolls.**