



ROASTED FENNEL-CUMIN SHRIMP

Sun-dried tomatoes, cauliflower "rice" with bell pepper & olives

COOK TIME
20 MIN

SERVINGS
2

CALORIES PER SERVING
460

NET CARBS PER SERVING
15 GRAMS

MENU
KETO // GLUTEN-FREE

Mediterranean flavors star in this vibrant seafood dish. Shrimp and sun-dried tomatoes are seasoned with a fennel-cumin spice blend, then marinated in a red wine vinaigrette. Roasted to a juicy finish, they're served over a bed of cauliflower "rice" strewn with sautéed green bell pepper and Kalamata olives. A chopped walnut garnish adds a light crunch on top.

INGREDIENTS (10 ITEMS)

- 10 oz **Shrimp** SH
- 2 tsp **Fennel-cumin spice blend**
- ¼ cup **Sugar-free red-wine vinaigrette with Dijon**
- ¾ oz **Sun-dried tomatoes**
- 1 ½ cups **Cauliflower "rice"**
- 1 ¾ oz **Green bell pepper***
- ½ oz **Kalamata olives**
- 1 medium **Red onion**
- ¼ oz **Garlic**
- 2 tbsp **Walnuts** T

WHAT YOU'LL NEED

- large sauté pan
- baking sheet
- mixing bowls
- measuring spoons
- oven mitt

ALLERGENS

- SH SHELLFISH
- T TREE NUT



Certified gluten-free by the Gluten Intolerance Group's Gluten-Free Food Service (GFFS) program.

GREEN CHEF IS PROUD to be a USDA Certified Organic company. All produce is organic unless otherwise labeled.

*You may receive a different color variety of this ingredient.

Wash and dry fresh produce. Wash hands and surfaces after handling raw shellfish. Consuming raw or undercooked shellfish can be harmful to your health. Go to help.greenchef.com for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at help@greenchef.com

1 PREP TOMATOES

- Preheat oven to 400 degrees.
- Place **sun-dried tomatoes** in a small bowl. Cover with water. Let soak about 5 minutes, or until softened.
- Roughly chop **tomatoes** (discard soaking water).



2 PREP VEGGIES & NUTS

- Medium dice **green bell pepper** into about ½-inch pieces.
- Cut ends off **red onion** and discard peel. Halve lengthwise. Lay one half flat and medium dice into about ½-inch pieces (reserve remaining half for another use).
- Roughly chop **Kalamata olives**.
- Mince **garlic**.
- Roughly chop **walnuts**.*

**Got Time? To enhance the walnuts' flavor, toast them in a dry small sauté pan over medium heat for 2-3 minutes, shaking the pan frequently.*



3 MARINATE SHRIMP

- Rinse **shrimp**. Pat dry with a paper towel. Place **shrimp** and **tomatoes** in a large bowl. Add about 2 tablespoons of the **sugar-free red-wine vinaigrette with Dijon** and about 1 ½ tablespoons olive oil. Season with salt, pepper, and about half of the **fennel-cumin spice blend**. Stir to evenly coat.



4 ROAST SHRIMP

- Spread **shrimp and tomatoes** out in a single layer on a lightly oiled foil-lined baking sheet. Roast 8-10 minutes, or until shrimp are fully cooked.*

**Take Note: Shrimp are fully cooked when they're pearly and opaque in the center.*



5 COOK CAULIFLOWER

- Heat about 1 ½ tablespoons olive oil in a large sauté pan over medium heat. Add **bell pepper, onion, and olives** to hot pan. Season with salt, pepper, and remaining **spice blend**. Stir to combine. Cook 5-6 minutes, or until bell pepper begins to soften, stirring occasionally.
- Add **cauliflower "rice," garlic,** and about 2 tablespoons water. Stir to combine. Cook 3-4 minutes, or until cauliflower is tender and liquid has cooked off, stirring occasionally.



6 PLATE YOUR DISH

- Divide **cauliflower "rice" with bell pepper and olives** between plates. Top with **roasted fennel-cumin shrimp and tomatoes**. Drizzle with remaining **vinaigrette** to taste. Garnish with **walnuts**.
- Enjoy!