



# CREAMY GREEK SHRIMP

*Kale salad with yellow squash, tomato & feta cheese*

**COOK TIME**  
25 MIN

**SERVINGS**  
2

**CALORIES PER SERVING**  
660

**NET CARBS PER SERVING**  
14 GRAMS

**MENU**  
KETO // GLUTEN-FREE

Explore the rich history of Greek cuisine with this savory seafood dish. Shrimp are lightly seasoned with aromatic spices, then pan-seared and simmered with a silky roasted red pepper pan sauce. A light-but-hearty kale salad tossed with a citrusy caper sauce is the perfect accompaniment.

## INGREDIENTS (10 ITEMS)

- 10 oz **Shrimp** SH
- 1 ¼ tsp **Paprika, garlic & oregano**
- 2 ¼ oz **Roasted red peppers**
- 1 oz **Cream cheese** M
- 1 ½ tbsp **Sunflower seeds**
- 1 whole **Yellow squash\***
- 4 oz **Green kale\***
- 1 whole **Roma tomato**
- 2 oz **Feta cheese** M
- 3 ½ tbsp **Lemon-basil caper sauce**

## WHAT YOU'LL NEED

- large sauté pan
- mixing bowls
- measuring spoons
- cooking oil
- salt & pepper

## ALLERGENS

- SH SHRIMP
- M MILK



If you ordered the 4-serving version of this meal, refer to the guidelines in Step 1.



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 and eggs are organic unless otherwise labeled.

\*This ingredient may be a different color. Either way, this dish will still be delicious!

Wash and dry fresh produce. Wash hands and surfaces after handling raw shellfish. Consuming raw or undercooked shellfish may increase your risk of foodborne illness. Go to [help.greenchef.com](http://help.greenchef.com) for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

## 1 PREP

- Trim ends off **yellow squash**; discard. Halve lengthwise. Lay flat and slice across into about ¼-inch thick half moons.
- Remove and discard thick center stems from **green kale**. Roughly chop leaves into bite-size pieces.
- Small dice **Roma tomato** into about ¼-inch pieces.

### COOKING FOR 4

If you ordered the 4-serving version of this meal, modify this recipe by doubling the measurements (where it makes sense) and using bigger pots, pans, and bowls.

## 2 SEASON SHRIMP

- Rinse **shrimp**. Pat dry with a paper towel.\* Place in a medium bowl. Season with **paprika, garlic, and oregano**, salt, and pepper. Drizzle with about 1 tablespoon cooking oil. Stir to evenly coat.

*\*Did You Know? Patting the shrimp dry results in a more even distribution of the seasonings, as well as a better sear.*

## 3 COOK SQUASH

- Heat about 1 ½ tablespoons cooking oil in a large sauté pan over medium-high heat. Add **squash** to hot pan. Season with about ¼ teaspoon salt and a pinch of pepper. Cook 3-4 minutes, or until squash has softened, stirring occasionally. Transfer **squash** to a plate.

## 4 COOK SHRIMP

- Heat about 1 ½ tablespoons cooking oil in pan used for squash over medium-high heat. Add **shrimp** to hot pan. Sear 3-4 minutes, stirring occasionally.
- Add **roasted red peppers, cream cheese**, and about 1 tablespoon water. Cook 1-2 minutes, or until cream cheese is incorporated and shrimp is fully cooked, stirring occasionally.\*
- Remove from heat. Add **sunflower seeds**. Stir to combine.

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

## 5 MAKE SALAD

- Place **kale** in a large bowl. Drizzle with about 1 tablespoon of the **lemon-basil caper sauce**. Lightly season with salt. Massage until leaves soften.\*
- Add **squash, tomato**, and about half of the **feta cheese** to bowl. Drizzle with remaining **caper sauce** to taste. Toss to combine.

*\*Here's Why: Massaging the kale helps break down the fibers in the leaves, making for more tender greens.*

## 6 PLATE YOUR DISH

- Divide **creamy Greek shrimp** between plates. Serve **kale salad with caper sauce** next to shrimp. Garnish salad with remaining **feta cheese**. Enjoy!

