



ITALIAN SHRIMP WITH PESTO

with sautéed Brussels sprouts, carrots & roasted red peppers

COOK TIME
25 MIN

SERVINGS
2

CALORIES PER SERVING
710

NET CARBS PER SERVING
16 GRAMS

MENU
KETO // PALEO // GLUTEN-FREE

With its tangy-sweet sun-dried tomatoes and savory Italian herbs, this elegant shrimp dish is perfect for date night (or any night, really). The savory shrimp are served over sautéed Brussels sprouts, carrots, and roasted red peppers that are tossed with a white balsamic vinaigrette for tangy notes. A drizzle of basil pesto adds a bright, herbaceous finishing touch.

INGREDIENTS (8 ITEMS)

- 10 oz **Shrimp** ^{SH}
- ¼ tsp **Italian seasoning**
- 3 tbs **Dairy-free basil & garlic pesto** ^T
- 4 oz **Brussels sprouts**
- 3 ½ oz **Carrots**
- ½ cup **Roasted red peppers**
- ½ oz **Sun-dried tomatoes**
- 3 tbs **White balsamic vinaigrette**

WHAT YOU'LL NEED

- medium & large sauté pans
- mixing bowls
- measuring cup & spoons
- cooking & olive oils
- salt & pepper

ALLERGENS

- ^{SH} SHRIMP
- ^T TREE NUTS (almonds)



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.

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 for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

1 START PREP

- Place **sun-dried tomatoes** in a small bowl. Cover with about ½ cup water. Let soak at least 5 minutes, or until softened.
- Once softened, roughly chop **tomatoes** (reserve soaking liquid).

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 FINISH PREP

- Halve **Brussels sprouts** lengthwise. Lay flat and cut across into strips, about ¼ inch wide; discard stem ends.



3 SEASON SHRIMP

- Rinse **shrimp**. Pat dry with paper towels. Place in a medium bowl. Season with **Italian seasoning**, salt, and pepper. Drizzle with about 1 tablespoon of the **dairy-free basil and garlic pesto** and about 1 ½ teaspoons olive oil. Stir to coat.



4 SAUTÉ VEGGIES

- Heat about 1 ½ tablespoons cooking oil in a large sauté pan over medium-high heat. Add **Brussels sprouts**, **carrots**, and **roasted red peppers** to hot pan. Season with salt and pepper. Stir to combine. Cook 3-4 minutes, or until veggies are tender, stirring occasionally.
- Remove from heat. Add **white balsamic vinaigrette**. Salt and pepper to taste. Stir to combine.



5 COOK SHRIMP

- Heat about 1 ½ tablespoons cooking oil in a medium sauté pan over medium-high heat. Add **shrimp** and **tomatoes** (with reserved **soaking liquid**) to hot pan. Cook 4-5 minutes, or until shrimp are fully cooked,* stirring occasionally. Salt and pepper to taste. Stir to combine.

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



6 PLATE YOUR DISH

- Divide **sautéed veggies** between plates. Top with **Italian-seasoned shrimp**. Drizzle with remaining **pesto** to taste. Enjoy!