



BOOM BOOM SHRIMP BOWLS

with green leaf lettuce, stir-fried cabbage & red bell pepper

COOK TIME
25 MIN

SERVINGS
2

CALORIES PER SERVING
500

NET CARBS PER SERVING
16 GRAMS

MENU
KETO // PALEO // GLUTEN-FREE

A quick trip into the oven has these juicy shrimp ready in a snap! After roasting, the tender shrimp are tossed in our creamy boom boom sauce (think avocado mayo, hot sauce, lime juice, and ginger). They're piled high over crisp green leaf lettuce and a cabbage and bell pepper stir-fry. It's all drizzled with toasted sesame oil for a rich and nutty finish.

INGREDIENTS (10 ITEMS)

- 3 ½ oz **Red bell pepper**
- 1 whole **Scallion**
- ¼ oz **Garlic**
- 5 ½ oz **Green leaf lettuce**
- 10 oz **Shrimp*** SH
- ½ tsp **Ginger, anise & clove blend**
- ¾ oz **Toasted sesame oil**
- 4 ¼ oz **Cabbage**
- 2 oz **Yellow onions & ginger**
- ¼ oz
- 2 ¾ oz **Boom boom sauce** E T

WHAT YOU'LL NEED

- medium sauté pan
- baking sheet
- mixing bowls
- measuring spoons
- oven mitt
- cooking oil
- salt & pepper

ALLERGENS

- SH SHRIMP
- E EGGS
- T TREE NUTS (coconut)

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

Validated
Certified gluten-free by the Gluten Intolerance Group's Gluten-Free Safe Spot Program.

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

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

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 [greenchef.com/faq](https://www.greenchef.com/faq) for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

1 PREP

- Preheat oven to 400 degrees.
- Medium dice **red bell pepper*** into pieces, about ½ inch each.
- Thinly slice **scallion** at an angle; discard root end. Separate **white ends** and **green tops**.
- Mince **garlic**.
- Rinse **green leaf lettuce*** to remove any dirt between layers. Lay flat and slice across into ribbons, about ½ inch wide; discard root end.

**The ingredient you received may be a different color.*

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 & ROAST SHRIMP

- Rinse **shrimp**. Pat dry with paper towels. Place in a medium bowl. Season with salt, pepper, and about half of the **ginger, anise, and clove blend**. Drizzle with about half of the **toasted sesame oil**. Stir to coat.
- Spread **shrimp** out in a single layer on a lightly oiled, foil-lined baking sheet. Roast 6–8 minutes, or until shrimp are fully cooked.

3 STIR-FRY VEGGIES

- Heat about 1 ½ tablespoons cooking oil in a medium sauté pan over medium-high heat. Add **cabbage***, **bell pepper**, **white scallion ends**, **garlic**, and **yellow onions and ginger** to hot pan. Season with salt, pepper, and remaining **spice blend** to taste. Cook 3–4 minutes, or until bell pepper is tender, stirring occasionally.

**The ingredient you received may be a different color.*

4 FINISH SHRIMP

- Transfer **shrimp** to a second medium bowl. Drizzle with about half of the **boom boom sauce**. Stir to coat.

5 PLATE YOUR DISH

- Divide **lettuce** between bowls. Top with **stir-fried veggies** and **shrimp**. Drizzle with remaining **sesame oil** and remaining **boom boom sauce**. Garnish with **green scallion tops**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (442g)

Amount per serving

Calories **500**

	% Daily Value*
Total Fat 37g	47%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 200mg	67%
Sodium 1130mg	49%
Total Carbohydrate 21g	8%
Dietary Fiber 5g	18%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 22g	
Vitamin D 0mcg	0%
Calcium 155mg	10%
Iron 2mg	10%
Potassium 696mg	15%

* 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.

All ingredients in this recipe:

Green Leaf Lettuce, Toasted Sesame Oil [toasted sesame oil], **Scallions, Shrimp** [shrimp, water, sodium bicarbonate, citric acid, salt], **Boom Boom Sauce** (Avocado Oil Mayonnaise [avocado oil, organic certified humane free range egg yolks, water, distilled vinegar, salt, lime juice concentrate, citric acid, lime oil], Hot Sauce [water, organic red bell peppers, organic onions, organic tomatoes (organic tomato puree [water, organic tomato paste], citric acid), organic white wine vinegar, sea salt, organic garlic powder, organic cayenne, xanthan gum], Lime Juice [lime], Puréed Ginger [ginger], Garlic, Coconut Aminos [organic coconut tree sap, sea salt], Coconut Nectar [coconut tree sap], Crushed Red Pepper Flakes), **Bell Peppers, Garlic, Yellow Onions, Ginger** [organic ginger, water, citric acid, salt], **Red Cabbage, Ginger, Anise & Clove Blend** (Ground Cloves, Dried Ginger, Cinnamon, Anise Seeds, Ground Coriander, Black Pepper)

Allergen information:

Contains Tree Nuts, Egg And Shellfish

Allergens may be reflected in pantry items listed in the “What You’ll Need” section of the recipe card.

Manufactured on equipment that processes products containing egg, fish/shellfish, milk, sesame, soy, peanuts, and tree nuts.

