



**GREEN
CHEF**

HARISSA-SPICED SHRIMP

cauliflower, bell pepper, chermoula sauce, slaw, currants

COOK TIME

30 MIN

SERVINGS

2

CALORIES PER SERVING

630

NET CARBS PER SERVING

16 GRAMS

MENU

KETO // PALEO // GLUTEN-FREE
// MEDITERRANEAN

Harissa and chermoula bring the vibrant flavors of Morocco to your dinner table in tonight's meal. Harissa seasoning lends spicy boldness to the pan-seared shrimp, thanks to red chiles, garlic, citrus, and earthy spices. Alongside the shrimp, bright, herby chermoula sauce adds layers of flavor to roasted cauliflower and bell pepper. Fresh cabbage and carrot slaw, studded with sweet currants, rounds out the dish.

INGREDIENTS (10 ITEMS)

7 oz **Cauliflower**
1 unit **Red bell pepper***
3½ oz **Cabbage & carrots**
1 whole **Scallion**
½ oz **Pepitas**
1¼ oz **Lemon-cumin dressing**
10 oz **Shrimp** SH**
1 tsp **Harissa seasoning**
2 oz **Chermoula sauce**
½ oz **Currants**

WHAT YOU'LL NEED

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

ALLERGENS

SH SHELLFISH (shrimp)



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 Safe Spot Program.

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

*Due to the varying nature of organic produce, we may have sent a larger bell pepper than needed.
**Shrimp are fully cooked when internal temperature reaches 145°.

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.
 - Cut **cauliflower** into bite-size pieces if necessary.
 - Large dice **red bell pepper*** into pieces, about ¾ inch each.**
 - Roughly chop **cabbage* and carrots** if necessary.
 - Trim and thinly slice **scallion**.
 - Roughly chop **pepitas**.

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

***Use enough bell pepper to match the size of a baseball, saving the rest for another day. If you have a food scale, use 7 ounces to stay under 35 grams of net carbs per serving.*

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 ROAST VEGGIES

- Place **cauliflower** and **bell pepper** in a large bowl. Drizzle with 1½ tablespoons cooking oil. Season with ¼ teaspoon salt and a pinch of pepper. Stir to coat.
- Spread **cauliflower and bell pepper** out in a single layer on a lightly oiled, foil-lined baking sheet. (Reserve bowl.) Roast 18–20 minutes, or until cauliflower is fork-tender, stirring halfway through. (You'll finish the cauliflower and bell pepper in Step 5.)

3 MAKE SLAW

- Place **cabbage and carrots, scallion, and pepitas** in a medium bowl. Drizzle with **lemon-cumin dressing** to taste. Toss to combine. Season with salt and pepper to taste.

4 SEASON & COOK SHRIMP

- Rinse **shrimp**. Pat dry with paper towels. Place in a second medium bowl. Season with **harissa seasoning***, salt, and pepper. Drizzle with 1 tablespoon cooking oil. Stir to coat.
- Heat 1½ tablespoons cooking oil in a medium sauté pan over medium-high heat. Add **shrimp** to hot pan. Cook 3–5 minutes, or until fully cooked, stirring occasionally.

**If heat sensitive, use harissa seasoning sparingly.*

5 FINISH VEGGIES

- Return **cauliflower and bell pepper** to bowl used for seasoning. Drizzle with **chermoula sauce** to taste. Stir to coat. Season with salt and pepper to taste.

6 PLATE YOUR DISH

- Divide **harissa-spiced shrimp** between plates. Pile **roasted cauliflower and bell pepper** next to shrimp. Serve **cabbage and carrot slaw** on the side. Sprinkle **currants** over slaw. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (432g)

Amount per serving

Calories 630

	% Daily Value*
Total Fat 50g	64%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 180mg	60%
Sodium 1230mg	53%
Total Carbohydrate 23g	8%
Dietary Fiber 7g	25%
Total Sugars 12g	
Includes 0g Added Sugars	0%
Protein 25g	
Vitamin D 0mcg	0%
Calcium 150mg	10%
Iron 4mg	20%
Potassium 894mg	20%

* 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:

Shrimp [shrimp, water, sodium bicarbonate, citric acid, salt], **Harissa Seasoning** [caraway, cumin, coriander, black pepper, fennel, red pepper, cinnamon, ginger, peppermint, chili pepper, smoked paprika (color & flavor), dehydrated garlic, organic lemon peel], **Green Cabbage**, **Carrots**, **Dried Currants** [raisins], **Scallions**, **Lemon-Cumin Dressing** (Lemon Juice [lemon], Ground Cumin, Olive Oil [olive oil], Parsley, Stone-Ground Mustard [water, organic mustard seeds, organic vinegar, salt, organic spices]), **Cauliflower**, **Bell Peppers**, **Chermoula Sauce** (Parsley, Cilantro, Garlic, Water, Ground Cumin, Ground Coriander, Crushed Red Pepper Flakes, Sweet Paprika, Smoked Paprika, Olive Oil [olive oil], Lemon Juice [lemon], Red Wine Vinegar [aged red wine vinegar], Sea Salt), **Pepitas** [pumpkin seed kernels]

Allergen information:

Contains 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.