



**GREEN
CHEF**

BLACKENED SHRIMP & "GRITS"

bell pepper, lemon-chive vinaigrette

COOK TIME

25 MIN

SERVINGS

2

CALORIES PER SERVING

670

NET CARBS PER SERVING

10 GRAMS

MENU

KETO // GLUTEN-FREE //
FAST & FIT

The classic Southern combo of shrimp and grits gets a gluten-free reimaging in this 25-minute dish. Here, cauliflower "grits," made with cream cheese and melty sharp cheddar cheese, fill in for the traditional cornmeal base. They're topped with tender blackened shrimp, then pan-seared with green bell pepper for added texture and flavor. A lemon-chive vinaigrette drizzled over the top adds a bright and tangy finish.

INGREDIENTS (8 ITEMS)

1 unit **Green bell pepper**
10 oz **Shrimp*** SH
1 tsp **Blackening spices**
6½ oz **Cauliflower "grits"**
1 oz **Sharp cheddar cheese** M
1 oz **Cream cheese** M
2 tbsp **Almond flour** T
1¼ oz **Lemon-chive vinaigrette** T

WHAT YOU'LL NEED

medium & large sauté pans
medium bowl
measuring cup & spoons
thermometer
cooking oil
1 tbsp butter M
salt & pepper

ALLERGENS

SH SHELLFISH (shrimp)
M MILK
T TREE NUTS (almonds, coconut)



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.

*Shrimp are fully cooked when internal temperature reaches 145 degrees.

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**
- Medium dice **green bell pepper*** into pieces, about ½ inch each.
- *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.

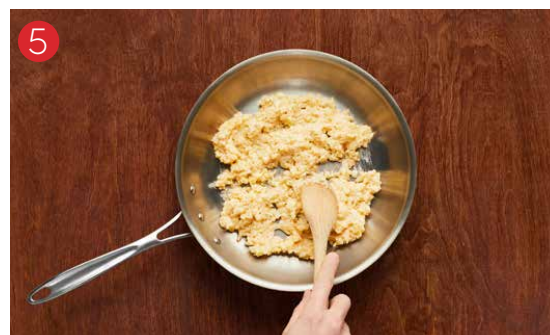
- 2 SEASON SHRIMP**
- Rinse **shrimp**. Pat dry with paper towels. Place in a medium bowl. Season with **blackening spices** and salt. Drizzle with 1 tablespoon cooking oil. Stir to coat.

- 3 START CAULIFLOWER "GRITS"**
- Heat 1½ tablespoons cooking oil in a medium sauté pan over medium heat. Add **cauliflower "grits"** to hot pan. Season with salt and pepper. Cook 2-3 minutes, or until crisp-tender, stirring occasionally.
 - Add ½ cup water. Cook 3-4 minutes, or until cauliflower is tender and liquid has cooked off, stirring occasionally.
 - Remove from heat.

- 4 COOK SHRIMP**
- Heat 1 tablespoon butter and 1½ tablespoons cooking oil in a large sauté pan over medium-high heat. Add **shrimp** and **bell pepper** to hot pan. Lightly season with salt and pepper. Cook 5-6 minutes, or until shrimp are fully cooked and bell pepper is tender, stirring occasionally.

- 5 FINISH CAULIFLOWER "GRITS"**
- Add **sharp cheddar cheese**, **cream cheese**, and **almond flour** to pan with **cauliflower**. Stir until cheddar cheese melts and cream cheese is incorporated. Season with salt and pepper to taste.*
- *Taste the cauliflower "grits" after seasoning and adjust as needed. Adding salt and pepper throughout the cooking process is key to a delicious dish.*

- 6 PLATE YOUR DISH**
- Divide **cauliflower "grits"** between plates. Top with **blackened shrimp and bell pepper**. Drizzle with **lemon-chive vinaigrette** to taste. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (399g)

Amount per serving

Calories 670

	% Daily Value*
Total Fat 56g	72%
Saturated Fat 13g	65%
Trans Fat 0g	
Cholesterol 215mg	72%
Sodium 1240mg	54%
Total Carbohydrate 15g	5%
Dietary Fiber 5g	18%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 29g	
Vitamin D 0mcg	0%
Calcium 268mg	20%
Iron 2mg	10%
Potassium 673mg	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:

Shrimp [shrimp, water, sodium bicarbonate, citric acid, salt], **Blackening Spices** [paprika (color), dehydrated onion, spices (black pepper, white pepper, red pepper, thyme, oregano), dehydrated garlic, and salt], **Bell Peppers**, **Lemon-Chive Vinaigrette** (Chives, Dijon Mustard [water, organic mustard seeds, organic vinegar, salt, organic turmeric, organic spices], Apple Cider Vinegar [apple cider vinegar], Lemon Juice [lemon], Coconut Nectar [coconut tree sap], Sea Salt, Black Pepper, Olive Oil [olive oil]), **Cauliflower**, **Cream Cheese** [cultured pasteurized skim milk and cream, whey protein, milk proteins, less than 2% salt, inulin (natural dietary fiber), natural acids, xanthan, locust bean and guar gums, potassium sorbate (maintains freshness)], **Almond Flour** [organic almonds], **Sharp Cheddar Cheese** [part-skim milk, cheese cultures, salt, enzymes, annatto, anti caking agent (potato starch powdered cellulose, natamycin)]

Allergen information:

Contains Milk, Tree Nuts 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.

