



**GREEN
CHEF**

MOROCCAN SHRIMP BISQUE

with zucchini, bell pepper, tomato, feta, spiced yogurt & almonds

COOK TIME

25 MIN

SERVINGS

2

CALORIES PER SERVING

530

NET CARBS PER SERVING

18 GRAMS

MENU

KETO // GLUTEN-FREE

There's nothing like the rich, comforting flavors of a creamy bisque. In this keto-friendly version, our chefs drew inspiration from the bold flavors of Moroccan cuisine. They layered in a warm, earthy paprika-turmeric tomato sauce with cream cheese to form a nuanced backdrop for spicy shrimp and tender zucchini, bell pepper, and tomato. Ladled into bowls, a drizzle of cardamom-spiced Greek yogurt and a sprinkle of feta and almonds top it all off.

INGREDIENTS (11 ITEMS)

10 oz **Shrimp** SH
 1 tsp **Spicy cumin-allspice blend**
 1 whole **Zucchini***
 1 ¾ oz **Green bell pepper***
 1 whole **Roma tomato**
 1 whole **Red onion**
 2 oz **Feta cheese** M
 5 ¼ oz **Paprika-turmeric tomato sauce**
 2 oz **Cardamom-spiced Greek yogurt** M
 1 oz **Cream cheese** M
 ½ oz **Dry-roasted almonds** T

WHAT YOU'LL NEED

large sauté pan
 medium bowl
 measuring cup & spoons
 cooking oil
 salt & pepper

ALLERGENS

SH SHRIMP
M MILK
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.

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

1

PREP

- Trim ends off **zucchini**; discard. Halve lengthwise. Lay flat and slice into half-moons, about ¼ inch thick.
- Small dice **green bell pepper** into pieces, about ¼ inch each.
- Cut ends off **red onion*** and discard peel. Halve lengthwise. Lay flat and medium dice into pieces, about ½ inch each.
- Small dice **Roma tomato** into pieces, about ¼ inch each.
- Roughly chop **dry-roasted almonds**.

**We recommend using the whole onion in this recipe, but feel free to add it to your taste.*

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 **spicy cumin-allspice blend**, salt, and pepper. Drizzle with about 1 ½ tablespoons cooking oil. Stir to coat.

3

START BISQUE

- Heat about 1 ½ tablespoons cooking oil in a large sauté pan over medium-high heat. Add **shrimp**, **zucchini**, **bell pepper**, and **onion** to hot pan. Season with about ¼ teaspoon salt and a pinch of pepper. Stir to combine. Cook 3-5 minutes, or until shrimp are lightly browned, stirring frequently.

4

ADD SAUCE

- Reduce heat on pan with shrimp and veggies to medium. Add **tomato**, about ½ cup water, and **paprika-turmeric tomato sauce**. Cook 3-4 minutes, or until shrimp are fully cooked,* stirring occasionally. Remove from heat.

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

5

FINISH BISQUE

- Add **cream cheese** and about half of the **feta cheese** to pan with bisque. Salt and pepper to taste. Stir until cream cheese is incorporated.

6

PLATE YOUR DISH

- Divide **Moroccan shrimp bisque** between bowls. Drizzle with **cardamom-spiced Greek yogurt** to taste. Garnish with **almonds** and remaining **feta cheese**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (534g)

Amount per serving

Calories 530

	% Daily Value*
Total Fat 35g	45%
Saturated Fat 9g	45%
Trans Fat 0g	
Cholesterol 215mg	72%
Sodium 1710mg	72%
Total Carbohydrate 22g	8%
Dietary Fiber 4g	14%
Total Sugars 10g	
Includes 0g Added Sugars	0%
Protein 32g	
Vitamin D 0mcg	0%
Calcium 343mg	25%
Iron 2mg	10%
Potassium 818mg	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], **Spicy Cumin-Allspice Blend** (Ground Cumin, Granulated Garlic, Onion Powder, Ground Coriander, Ground Cayenne Pepper, Allspice), **Cardamom Greek Yogurt** (Greek Yogurt [pasteurized organic whole milk, organic sweet cream buttermilk, living yogurt cultures: L. acidophilous, L. bulgaricus, S. thermophilus, and Bifidobacterium lactis], Ground Cardamom, Ground Cayenne Pepper, Granulated Garlic, Sea Salt, Black Pepper, Lemon Juice [lemon]), **Feta Cheese** [pasteurized milk, cheese cultures, salt, enzymes, anti-caking agent (potato starch, powdered cellulose, natamycin)], **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)], **Bell Peppers**, **Almonds** [almonds], **Roma Tomatoes**, **Red Onion**, **Zucchini**, **Paprika-Turmeric Tomato Sauce** (Red Wine Vinegar [aged red wine vinegar], Diced Tomatoes [organic tomatoes, organic tomato juice, sea salt, calcium chloride, citric acid], Cinnamon, Sweet Paprika, Turmeric, Ground Cumin, Ground Coriander, Sea Salt, Tomato Paste [vine ripened organic tomatoes], Granulated Garlic, Smoked Paprika, Ascorbic Acid [ascorbic acid])

Allergen information:

Contains Tree Nuts, Milk 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.