



**GREEN  
CHEF**

## SHRIMP SCAMPI

*spaghetti squash noodles, basil pesto, Parmesan, hazelnuts*

### COOK TIME

35 MIN

### SERVINGS

2

### CALORIES PER SERVING

830

### NET CARBS PER SERVING

16 GRAMS

### MENU

KETO // GLUTEN-FREE

This dish has all the creamy delightfulness of shrimp scampi—minus the carbs! Here, our favorite noodle replacement, tender roasted spaghetti squash, is sautéed with butter and Parmesan cheese. It serves as a rich base for lemony, garlicky shrimp, pan-seared to perfection. Toasted hazelnuts and a drizzle of basil pesto finish the meal with a satisfying crunch and herby flavors.

### INGREDIENTS (9 ITEMS)

17½ oz	<b>Spaghetti squash</b>
2 tsp	<b>Garlic-herb seasoning</b>
½ oz	<b>Hazelnuts</b> <small>T</small>
1 whole	<b>Roma tomato</b>
¼ oz	<b>Garlic</b>
10 oz	<b>Shrimp*</b> <small>SH</small>
2½ oz	<b>Vegetable broth with lemon juice</b>
1 oz	<b>Parmesan cheese</b> <small>M</small>
1¾ oz	<b>Basil pesto with Parmesan</b> <small>M T</small>

### WHAT YOU'LL NEED

medium nonstick pan  
large sauté pan  
baking sheet  
small bowl  
measuring spoons  
thermometer  
oven mitt  
cooking & olive oils  
2 tbsp butter M  
salt & pepper

### ALLERGENS

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



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°.

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 SEASON & ROAST SQUASH

- Preheat oven to 425 degrees.
- Halve **spaghetti squash** if necessary. Remove seeds with a spoon. Drizzle insides with 1-2 tablespoons cooking oil. Season insides with salt, pepper, and about half the **garlic-herb seasoning**.
- Place **squash**, cut sides down, on a lightly oiled, foil-lined baking sheet. Roast 25-30 minutes, or until squash strands easily separate when pierced with a fork.

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 PREP

- Roughly chop **hazelnuts** if necessary.
- Small dice **Roma tomato** into pieces, about ¼ inch each.
- Mince **garlic**.

## 3 TOAST HAZELNUTS

- Place **hazelnuts** in a large, dry sauté pan over medium heat. Toast 2-3 minutes, or until fragrant, shaking pan frequently.
- Transfer **hazelnuts** to a plate.

## 4 COOK SHRIMP & MAKE SAUCE

- Rinse **shrimp**. Pat dry with paper towels. Place **shrimp** in a small bowl. Season with salt, pepper, and remaining **garlic-herb seasoning**. Drizzle with 1-2 teaspoons cooking oil. Stir to coat.
- Heat about 1½ tablespoons cooking oil in pan used for hazelnuts over medium-high heat. Add **shrimp** to hot pan. Cook 2-3 minutes, or until shrimp begin to turn pink, stirring occasionally.
- Add **tomato, garlic, and vegetable broth with lemon juice**. Stir to combine.\* Cook 1-2 minutes, or until shrimp are fully cooked and broth is slightly reduced, stirring occasionally. Remove from heat.

*\*Be sure to scrape up any browned bits in the bottom of the pan as you stir—those unassuming specks are full of concentrated flavor and will bring additional richness to your sauce.*

## 5 FINISH SQUASH NOODLES

- Separate **squash strands** from peel with a fork.\*
- Heat about 2 tablespoons olive oil in a medium nonstick pan over medium heat. Add 2 tablespoons butter to hot pan. Stir until butter has melted. Transfer **squash noodles** to pan. Add about half the **Parmesan cheese**. Cook 2-3 minutes, or until cheese melts, stirring occasionally. Season with salt and pepper to taste.\*\* Stir to combine.

*\*We recommend using tongs or an oven mitt to hold the spaghetti squash while it's hot.*

*\*\*Make sure to taste the squash noodles 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 **squash noodles** between plates. Top with **shrimp**. Spoon **pan sauce** over shrimp. Drizzle everything with **basil pesto with Parmesan** to taste. Garnish with **toasted hazelnuts** and remaining **Parmesan cheese**. Enjoy!



## Nutrition Facts

2 Servings per container

**Serving size** (501g)

**Amount per serving**

**Calories** 830

	% Daily Value*
<b>Total Fat</b> 73g	94%
Saturated Fat 18g	90%
Trans Fat 0g	
<b>Cholesterol</b> 225mg	75%
<b>Sodium</b> 1060mg	46%
<b>Total Carbohydrate</b> 22g	8%
Dietary Fiber 6g	21%
Total Sugars 7g	
Includes 0g Added Sugars	0%
<b>Protein</b> 28g	
Vitamin D 0mcg	0%
Calcium 357mg	25%
Iron 3mg	15%
Potassium 566mg	10%

\* 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:

**Basil Pesto** (Garlic, Basil, Almonds [almonds], Sea Salt, Lemon Juice [lemon], Olive Oil [olive oil], Parmesan Cheese [pasteurized cow's milk (cheese cultures, salt, and enzymes), cellulose (to prevent caking) and potassium sorbate ], Water, Ascorbic Acid [ascorbic acid]), **Hazelnuts** [hazelnuts], **Shrimp** [shrimp, water, sodium bicarbonate, citric acid, salt], **Garlic-Herb Seasoning** (Ground Rosemary, Granulated Garlic, Black Pepper, Italian Seasoning [basil, rosemary, marjoram, oregano, thyme]), **Spaghetti Squash**, **Parmesan Cheese** [pasteurized milk, cheese cultures, salt, enzymes, anti caking agent (potato starch powdered cellulose, natamycin)], **Garlic**, **Lemon Vegetable Broth** (Lemon Juice [lemon], Vegetable Broth [water, carrots, celery, onions, leeks, tomato puree (tomatoes, sea salt, citric acid), mushrooms, garlic, spices, sea salt]), **Roma Tomatoes**

### 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.*