



**GREEN
CHEF**

CHIPOTLE-LIME SHRIMP BOWLS

cauliflower "rice," fried eggs, tomato, cotija, pepitas

COOK TIME

20 MIN

SERVINGS

2

CALORIES PER SERVING

630

NET CARBS PER SERVING

14 GRAMS

MENU

KETO // GLUTEN-FREE

This zesty Mexican-inspired seafood dish is sure to spice up your week! Citrusy sautéed shrimp is served over cauliflower "rice" that's tossed with tangy lime juice. A fried egg on top adds extra protein, while chipotle crema, cotija cheese, and toasted pepitas add finishing touches of creaminess and crunch.

INGREDIENTS (9 ITEMS)

1 whole **Roma tomato**
 1 whole **Lime**
 ½ oz **Pepitas**
 9 oz **Cauliflower "rice"**
 ¾ tsp **Orange-chili spice blend**
 10 oz **Shrimp*** SH
 2 medium **Eggs** E
 1¼ oz **Chipotle crema with lime** M
 ¾ oz **Cotija cheese** M

WHAT YOU'LL NEED

medium & large sauté pans
 medium nonstick pan
 mixing bowls
 measuring cup & spoons
 microplane
 thermometer
 cooking oil
 salt & pepper

ALLERGENS

SH SHELLFISH (shrimp)
E EGGS
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 degrees and they're pearly and opaque in the center.

Wash and dry fresh produce. Wash hands and surfaces after handling raw shellfish and eggs. Consuming raw or undercooked shellfish or eggs 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

- Small dice **Roma tomato** into pieces, about ¼ inch each.
- Zest whole **lime** with a microplane (or on small holes of a box grater) over a small bowl. Quarter **lime**.

COOKING FOR
4

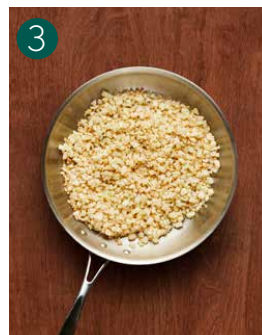
If you ordered the 4-serving version of this meal, modify this recipe by doubling the measurements (where it makes sense) and using bigger pots, pans, and bowls.



2

TOAST PEPITAS

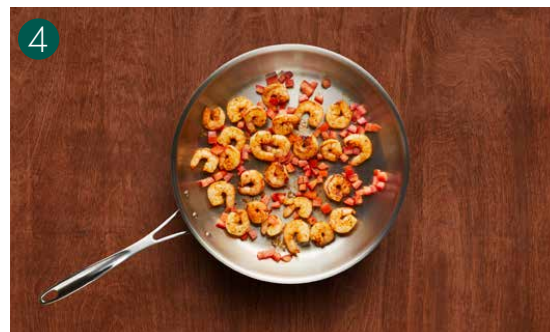
- Place **pepitas** in a dry, large sauté pan over medium heat. Toast 3–4 minutes, or until fragrant, shaking pan frequently.
- Transfer **pepitas** to a cutting board and allow to cool. (Reserve pan.) Roughly chop.



3

START CAULIFLOWER “RICE”

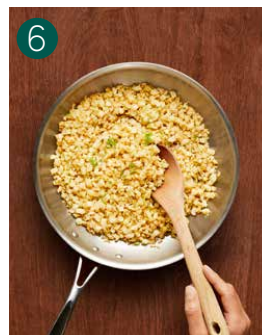
- Heat about 1½ tablespoons cooking oil in a medium sauté pan over medium heat. Add **cauliflower “rice”** to hot pan. Season with about half the **orange-chili spice blend**, about ¼ teaspoon salt, and a pinch of pepper. Stir to combine. Cook about 1 minute, stirring frequently.
- Stir in about ¼ cup water. Cook 3–4 minutes, or until cauliflower “rice” is tender and liquid has cooked off, stirring occasionally. Remove from heat. (You’ll finish the cauliflower “rice” in Step 6.)



4

SEASON & COOK SHRIMP

- Rinse **shrimp**. Pat dry with paper towels. Place in a medium bowl. Season with salt, pepper, and remaining **orange-chili spice**. Drizzle with about ½ tablespoon cooking oil. Stir to coat.
- Heat about 1½ tablespoons cooking oil in pan used for pepitas over medium-high heat. Add **shrimp** to hot pan. Cook 4–5 minutes, or until shrimp are fully cooked, stirring frequently.
- Remove from heat. Add **tomato**. Stir to combine.



5

FRY EGGS

- Heat about 1½ tablespoons cooking oil in a medium nonstick pan over medium heat. Carefully crack **eggs** into hot pan. Cook until eggs have reached desired doneness. Lightly season with salt and pepper.

6

FINISH CAULIFLOWER “RICE”

- Squeeze juice from two **lime wedges** over pan with **cauliflower “rice.”** Add about half the **lime zest**. Stir to combine.

7

PLATE YOUR DISH

- Divide **cauliflower “rice”** between bowls. Top with **shrimp and tomato**. Drizzle with **chipotle crema with lime**. Serve **fried eggs** on the side. Sprinkle with **pepitas, cotija cheese**, and remaining **lime zest**. Serve with remaining **lime wedges**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (481g)

Amount per serving

Calories 630

	% Daily Value*
Total Fat 49g	63%
Saturated Fat 10g	50%
Trans Fat 0g	
Cholesterol 440mg	147%
Sodium 1570mg	68%
Total Carbohydrate 19g	7%
Dietary Fiber 5g	18%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 35g	
Vitamin D 0mcg	0%
Calcium 194mg	15%
Iron 4mg	20%
Potassium 753mg	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], **Orange-Chili Spice Blend** (Sweet Paprika, Onion Powder, Granulated Garlic, Dried Orange Peel, Ground Chipotle Pepper, Ancho Chili Powder, Chili Powder [chili pepper, paprika, oregano, cumin, garlic, salt, spices], Dried Oregano), **Cauliflower**, **Egg**, **Roma Tomatoes**, **Chipotle-Lime Crema** (Sour Cream [cultured cream], Lime Juice [lime], Granulated Garlic, Ground Cumin, Ancho Chili Powder, Ground Chipotle Pepper, Sea Salt), **Lime**, **Cotija Cheese** [pasteurized milk, salt, cheese cultures, enzymes, cellulose], **Pepitas** [pumpkin seed kernels]

Allergen information:

Contains Milk, 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.