



# ITALIAN SHRIMP WITH PESTO

*Sautéed Brussels sprouts, carrots & roasted red peppers*

<b>COOK TIME</b> 25 MIN	<b>SERVINGS</b> 2	<b>CALORIES PER SERVING</b> 680	<b>NET CARBS PER SERVING</b> 17 GRAMS	<b>MENU</b> KETO // PALEO // GLUTEN-FREE
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Simmered with tangy sun-dried tomatoes and fragrant dried Italian herbs, this succulent shrimp dish is the perfect candidate for date night! Pan-seared shrimp are served over tender sautéed Brussels sprouts, carrots, and roasted red peppers, with a sprinkling of crunchy sunflower seeds for textural contrast. A drizzle of verdant basil pesto ties the meal together. Light a candle and enjoy!

## INGREDIENTS (9 ITEMS)

- ½ oz **Sun-dried tomatoes**
- 4 oz **Brussels sprouts**
- 10 oz **Shrimp\*** SH
- ¼ tsp **Italian seasoning**
- 1 ¾ oz **Dairy-free basil & garlic pesto** T
- 3 ½ oz **Carrots**
- 2 ¼ oz **Roasted red peppers**
- ½ oz **Sunflower seeds**
- 1 ¾ oz **White balsamic vinaigrette**

## WHAT YOU'LL NEED

- medium & large sauté pans
- mixing bowls
- measuring cup & spoons
- thermometer
- cooking & olive oils
- salt & pepper

## ALLERGENS

- SH SHELLFISH (shrimp)
- T TREE NUTS (almonds)

**COOKING FOR 4** If you ordered the 4-serving version of this meal, refer to the guidelines in Step 1.

**Validate**  
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. Consuming raw or undercooked shellfish may increase your risk of foodborne illness. Go to [greenchef.com/faq](http://greenchef.com/faq) for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

# 1 PREP

- Place **sun-dried tomatoes** in a small bowl; cover with about ½ cup water. Let soak at least 5 minutes, or until softened. Once softened, roughly chop **tomatoes** (reserve soaking liquid).
- Halve **Brussels sprouts** lengthwise. Lay flat and cut across into strips, about ¼ inch wide; discard stem ends.

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 **Italian seasoning**, salt, and pepper. Drizzle with about 1 tablespoon of the **dairy-free basil and garlic pesto** and about 1 ½ teaspoons olive oil. Stir to coat.



# 3 SAUTÉ VEGGIES

- Heat about 1 ½ tablespoons cooking oil in a large sauté pan over medium-high heat. Add **Brussels sprouts, carrots, roasted red peppers, and sunflower seeds** to hot pan. Season with salt and pepper. Cook 3-4 minutes, or until veggies are tender, stirring occasionally.
- Remove from heat. Stir in **white balsamic vinaigrette**. Season with salt and pepper to taste.



# 4 COOK SHRIMP

- Heat about 1 ½ tablespoons cooking oil in a medium sauté pan over medium-high heat. Add **shrimp, tomatoes, and reserved soaking liquid** to hot pan. Cook 4-5 minutes, or until shrimp are fully cooked, stirring occasionally. Season with salt and pepper to taste.



# 5 PLATE YOUR DISH

- Divide **sautéed veggies** between plates. Top with **Italian-seasoned shrimp**. Drizzle with remaining **pesto** to taste. Enjoy!



## Nutrition Facts

2 Servings per container

**Serving size** (363g)

Amount per serving

**Calories** **680**

	% Daily Value*
<b>Total Fat</b> 55g	71%
Saturated Fat 7g	35%
Trans Fat 0g	
<b>Cholesterol</b> 180mg	60%
<b>Sodium</b> 930mg	40%
<b>Total Carbohydrate</b> 24g	9%
Dietary Fiber 7g	25%
Total Sugars 11g	
Includes 1g Added Sugars	2%
<b>Protein</b> 25g	
Vitamin D 0mcg	0%
Calcium 154mg	10%
Iron 3mg	15%
Potassium 953mg	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], **Italian Seasoning** [basil, rosemary, marjoram, oregano, thyme], **Roasted Red Peppers** [bell pepper], **Sun-Dried Tomatoes** [organic dried tomatoes], **Brussels Sprouts**, **White Balsamic Vinaigrette** (White Balsamic Vinegar [aged white wine vinegar and must of white grapes], Agave [organic agave syrup], Stone-Ground Mustard [water, organic mustard seeds, organic vinegar, salt, organic spices], Lemon Juice [lemon], Olive Oil [olive oil]), **Carrots**, **Sunflower Seeds** [sunflower kernels, sunflower oil], **Dairy-Free Basil Pesto** (Garlic, Basil, Almonds [almonds], Sea Salt, Lemon Juice [lemon], Olive Oil [olive oil], Ascorbic Acid [ascorbic acid])

### Allergen information:

Contains 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.*