



**GREEN
CHEF**

CREAMY SHRIMP PRIMAVERA

spaghetti squash, tomato, peas, Parmesan, toasted sunflower seeds

COOK TIME

35 MIN

SERVINGS

2

CALORIES PER SERVING

630

NET CARBS PER SERVING

18 GRAMS

MENU

KETO // GLUTEN-FREE

Primavera translates to “spring” in Italian.

While the name’s roots come from the Boot, this dish was actually born in the U.S. Our keto version pays homage to the veggie-laden original—but the noodles have been replaced with strands of roasted spaghetti squash. The “spaghetti” is tossed with tomato, peas, and Parmesan. On top, there’s succulent shrimp in a creamy sauce, crunchy sunflower seeds, even more cheese, and a pinch of red pepper flakes for a bit of heat.



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.

INGREDIENTS (9 ITEMS)

17½ oz	Spaghetti squash
1½ tsp	Oregano-garlic seasoning
10 oz	Shrimp* <small>SH</small>
1 whole	Roma tomato
½ oz	Sunflower seeds
1 oz	Cream cheese <small>M</small>
2½ oz	Peas
1 oz	Parmesan cheese <small>M</small>
½ tsp	Crushed red pepper flakes

WHAT YOU’LL NEED

medium & large sauté pans
baking sheet
medium bowl
measuring cup & spoons
whisk
oven mitt
cooking oil
3 tbsp butter M
salt & pepper

ALLERGENS

SH SHELLFISH (shrimp)

M MILK

*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](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 450 degrees.
- Halve **spaghetti squash** if necessary. Remove seeds with a spoon. Drizzle insides with 1-2 tablespoons cooking oil. Season with about half of the **oregano-garlic seasoning**, about ¼ teaspoon salt, and a pinch of pepper.
- Place **squash**, cut sides down, on a lightly oiled, foil-lined baking sheet. Roast 20-25 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 SEASON SHRIMP

- Rinse **shrimp**. Pat dry with paper towels. Place **shrimp** in a medium bowl. Season with remaining **oregano-garlic seasoning**, about ¼ teaspoon salt, and a pinch of pepper. Drizzle with about 1 tablespoon cooking oil. Stir to coat. Let sit at least 10 minutes.

3 PREP

- Small dice **Roma tomato** into pieces, about ¼ inch each.

4 TOAST SEEDS

- Place **sunflower seeds** in a dry, medium sauté pan over medium heat. Toast 3-4 minutes, or until fragrant, shaking pan frequently.
- Transfer **sunflower seeds** to a cutting board and allow to cool. Roughly chop.

5 COOK SHRIMP

- Heat 1 tablespoon butter in pan used for sunflower seeds over medium-high heat. Add **shrimp** to hot pan. Cook 5-6 minutes, or until fully cooked, stirring occasionally.
- Transfer **shrimp** to a plate.

6 MAKE SAUCE & FINISH SHRIMP

- Bring about ¼ cup water to a simmer in pan used for shrimp over medium-high heat. Simmer 2-3 minutes, or until liquid is reduced by about one-third, stirring occasionally.
- Remove from heat. Add **cream cheese**. Whisk until cream cheese is incorporated.
- Transfer **shrimp** to pan. Stir to coat. Season with salt and pepper to taste.

7 FINISH SQUASH

- Separate **squash strands** from peel with a fork.*
- Heat 2 tablespoons butter in a large sauté pan over medium heat. Transfer **squash strands** to pan. Add **tomato, peas**, about half of the **Parmesan cheese**, and about ¼ cup water. Stir to combine. Cook 3-4 minutes, or until cheese melts and veggies are warmed through, stirring occasionally. Season with salt and pepper to taste.

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

8 PLATE YOUR DISH

- Divide **squash and veggies** between bowls. Top with **creamy shrimp**. Spoon any remaining **cream sauce** from pan over top. Garnish with **toasted sunflower seeds**, remaining **Parmesan cheese**, and **crushed red pepper flakes** to taste (or omit). Enjoy!



Nutrition Facts

2 Servings per container

Serving size (473g)

Amount per serving

Calories 630

	% Daily Value*
Total Fat 47g	60%
Saturated Fat 18g	90%
Trans Fat 0.5g	
Cholesterol 245mg	82%
Sodium 1630mg	71%
Total Carbohydrate 24g	9%
Dietary Fiber 6g	21%
Total Sugars 10g	
Includes 0g Added Sugars	0%
Protein 31g	
Vitamin D 0mcg	0%
Calcium 332mg	25%
Iron 2mg	10%
Potassium 505mg	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:

Shrimp [shrimp, water, sodium bicarbonate, citric acid, salt], **Spaghetti Squash**, **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)], **Parmesan Cheese** [pasteurized milk, cheese cultures, salt, enzymes, anti caking agent (potato starch powdered cellulose, natamycin)], **Roma Tomatoes**, **Sunflower Seeds** [sunflower kernels, sunflower oil], **Peas** [peas], **Oregano-Garlic Seasoning** (Dried Oregano, Granulated Garlic, Onion Powder, Dried Parsley), **Crushed Red Pepper Flakes**

Allergen information:

Contains 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.