



**GREEN  
CHEF**

# SHRIMP & VEGGIE NOODLE BOWLS

*with bell pepper, pineapple, ginger, cashews, sweet & sour sauce*

## COOK TIME

20 MIN

## SERVINGS

2

## CALORIES PER SERVING

660

This takeout-inspired dish is as simple as it is delicious. Green bell pepper, juicy pineapple, and ginger are quickly stir-fried with savory shrimp, then finished in our vibrant sweet and sour sauce. It's all served over tender udon noodles tossed with cabbage. A sprinkle of cashews and fresh scallion adds a subtle crunch to the savory 20-minute meal.

## INGREDIENTS (10 ITEMS)

10 oz **Shrimp** SH  
 4 ¼ oz **Udon noodles** W  
 3 ½ oz **Sweet & sour sauce** T  
 1 ¾ oz **Green bell pepper**  
 2 ¼ oz **Pineapple**  
 1 ¼ oz **Cabbage**  
 2 oz **Yellow onions**  
 & ¼ oz **& ginger**  
 1 whole **Scallion**  
 ½ oz **Dry-roasted cashews** T  
 1 ½ tsp **Arrowroot**

## WHAT YOU'LL NEED

large pot  
 medium nonstick pan  
 large sauté pan  
 small bowl  
 measuring cup & spoons  
 whisk  
 strainer  
 cooking oil  
 salt & pepper

## ALLERGENS

SH SHRIMP  
W WHEAT  
T TREE NUTS (cashews, coconut)



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

**GREEN CHEF IS PROUD** to be a USDA Certified Organic company. All produce and eggs are organic unless otherwise labeled.

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](http://help.greenchef.com) for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

## 1 COOK NOODLES

- Bring a large pot of lightly salted water to a boil. Add **udon noodles** to boiling water. Stir. Cook 6-8 minutes, or until tender, stirring occasionally.
- Strain **noodles**. Rinse with cold water. Shake off excess water. Return to pot. Drizzle with 1-2 teaspoons cooking oil. Stir to coat.

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 **pineapple** (reserve any juice in pouch).
- Medium dice **green bell pepper** into pieces, about ½ inch each.
- Roughly chop **dry-roasted cashews** if necessary.
- Thinly slice **scallion**; discard root end.



## 3 MAKE SAUCE

- Place **sweet and sour sauce**, any reserved **pineapple juice**, and **arrowroot** in a small bowl. Whisk to combine.

## 4 START STIR-FRY

- Rinse **shrimp**. Pat dry with paper towels.
- Heat about 1 ½ tablespoons cooking oil in a large sauté pan over medium-high heat. Add **bell pepper**, **pineapple**, and **yellow onions and ginger** to hot pan. Cook 3-4 minutes, or until onions are translucent, stirring occasionally.
- Add **shrimp**. Lightly season with salt and pepper. Cook 3-4 minutes, or until shrimp begin to turn pink, stirring occasionally.



## 5 FINISH STIR-FRY

- Add **sauce** and about ¼ cup water to pan with **shrimp and veggies**. Stir to coat. Cook 1-2 minutes, or until shrimp are fully cooked and sauce is warmed through, stirring frequently.\* (Shrimp are fully cooked when they're pearly and opaque in the center.) Salt and pepper to taste. Remove from heat.

*\*If sauce is too thick, stir in a splash of water.*



## 6 FINISH NOODLES

- Heat about 1 ½ tablespoons cooking oil in a medium nonstick pan over medium-high heat. Add **cabbage\*** to hot pan. Season with salt and pepper. Cook 2-3 minutes, or until cabbage softens, stirring occasionally.
- Remove from heat. Transfer **noodles** to pan. Stir to combine.

*\*Your cabbage may be a different color. Either way, this dish will still be delicious!*

## 7 PLATE YOUR DISH

- Divide **udon noodles with cabbage** between bowls. Top with **sweet and sour shrimp stir-fry**. Garnish with **cashews** and **scallion**. Enjoy!





# Nutrition Facts

2 Servings per container

Serving size (409g)

Amount per serving

Calories 660

	% Daily Value*
<b>Total Fat</b> 30g	38%
Saturated Fat 4g	20%
Trans Fat 0g	
<b>Cholesterol</b> 180mg	60%
<b>Sodium</b> 1510mg	66%
<b>Total Carbohydrate</b> 65g	24%
Dietary Fiber 2g	7%
Total Sugars 13g	
Includes 0g Added Sugars	0%
<b>Protein</b> 29g	
Vitamin D 0mcg	0%
Calcium 92mg	8%
Iron 2mg	10%
Potassium 487g	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, salt, sodium citrate, sodium bicarbonate, sodium carbonate], **Udon Noodles** [heirloom wheat and buckwheat flour, sea salt ], **Green Cabbage, Bell Peppers, Yellow Onions, Ginger** [organic ginger, organic rice vinegar, citric acid], **Pineapple, Sweet & Sour Sauce** (Granulated Garlic, Onion Powder, Pineapple Juice [pineapple juice], Coconut Aminos [organic coconut nectar, organic pure coconut blossom sap, natural unrefined sea salt], Sugar-Free Sriracha Sauce [roasted red peppers, tomato paste, vinegar, fresh jalapeño peppers, filtered water, pear juice concentrate, sea salt, Sriracha seasoning blend, smoked serrano powder, additional spices], Rice Wine Vinegar [rice vinegar (water, rice), salt], Toasted Sesame Oil [organic toasted sesame oil], Coconut Nectar [coconut tree sap nectar], Ground Tomatoes [tomatoes, tomato puree, sea salt, citric acid]), **Arrowroot** [arrowroot starch ], **Cashews** [cashews, canola oil], **Scallions**

Allergen information:

Contains Tree Nuts, Wheat 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.

