



SESAME-GINGER SHRIMP BOWLS

fried eggs, zucchini, boom boom sauce, sesame seeds

COOK TIME 20 MIN	SERVINGS 2	CALORIES PER SERVING 610	NET CARBS PER SERVING 14 GRAMS	MENU KETO // PALEO // GLUTEN-FREE
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There's a lot to love about these shrimp bowls, including a slew of textures, plenty of umami flavor, and a quick 20-minute cook time! Our chefs packed them with protein by stir-frying tender shrimp with zucchini, cabbage, and carrots, then topping it all with a fried egg. A drizzle of our rich boom boom sauce (featuring avocado mayo, hot sauce, and ginger) lends a creamy kick to the meal. Each bowl is finished with a beautiful sprinkle of black and white sesame seeds.

INGREDIENTS (7 ITEMS)

- 1 whole **Zucchini**
- 3½ oz **Cabbage & carrots**
- 10 oz **Shrimp*** ^{SH}
- 1¾ oz **Sesame-ginger amino sauce** ^T
- 2 medium **Eggs** ^E
- 1¼ oz **Boom boom sauce** ^{E T}
- 1 tsp **Black & white sesame seeds**

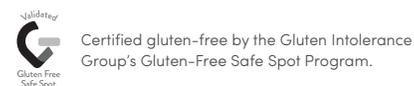
WHAT YOU'LL NEED

- medium nonstick pan
- large sauté pan
- medium bowl
- measuring spoons
- cooking oil
- salt & pepper

ALLERGENS

- ^{SH} SHELLFISH (shrimp)
- ^T TREE NUTS (coconut)
- ^E EGGS

COOKING TIP 4 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.

*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 for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

1 PREP

- Trim ends from **zucchini***. Halve lengthwise. Lay flat and slice across into half-moons, about ½ inch thick.
- Roughly chop **cabbage* and carrots** if necessary.

**The ingredient you received may be a different color.*

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 salt and pepper. Drizzle with about 1 tablespoon cooking oil. Stir to coat.

3 START STIR-FRY

- Heat about 1½ tablespoons cooking oil in a large sauté pan over medium heat. Add **zucchini** to hot pan. Season with about ¼ teaspoon salt and a pinch of pepper. Cook 5-6 minutes, or until lightly browned, stirring occasionally.
- Move **zucchini** to sides of pan. Add **shrimp** to center of pan. Cook 3-4 minutes, stirring occasionally.

4 FINISH STIR-FRY

- Move **shrimp and zucchini** to sides of pan. Add **cabbage and carrots** to center of pan. Add **sesame-ginger amino sauce** and 1 tablespoon water. Stir to coat. Cook 1-2 minutes, or until shrimp are fully cooked and veggies are tender, stirring occasionally. Season with salt and pepper to taste.

5 COOK EGGS

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

6 PLATE YOUR DISH

- Divide **shrimp and veggie stir-fry** between bowls. Top with **fried eggs**. Drizzle with **boom boom sauce** to taste. Garnish with **black and white sesame seeds**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (455g)

Amount per serving

Calories **610**

	% Daily Value*
Total Fat 49g	63%
Saturated Fat 8g	40%
Trans Fat 0g	
Cholesterol 435mg	145%
Sodium 1580mg	69%
Total Carbohydrate 17g	6%
Dietary Fiber 3g	11%
Total Sugars 10g	
Includes 0g Added Sugars	0%
Protein 28g	
Vitamin D 0mcg	0%
Calcium 163mg	15%
Iron 3mg	15%
Potassium 641mg	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], **Sesame-Ginger Amino Sauce** (Garlic, Coconut Aminos [organic coconut nectar, organic pure coconut blossom sap, natural unrefined sea salt], Apple Cider Vinegar [apple cider vinegar], Puréed Ginger [ginger], Crushed Red Pepper Flakes, Coconut Nectar [coconut tree sap], Lemon Juice [lemon], Sesame Oil [refined sesame oil], Toasted Sesame Oil [toasted sesame oil]), **Green Cabbage, Red Cabbage, Carrots, Zucchini, Egg, Black & White Sesame Seeds** (White Sesame Seeds [hulled sesame seeds], Black Sesame Seeds [black sesame seeds]), **Boom Boom Sauce** (Avocado Oil Mayonnaise [avocado oil, organic eggs, organic egg yolks, organic vinegar, sea salt, organic rosemary extract], Hot Sauce [water, organic red bell peppers, organic onions, organic tomatoes (organic tomato puree [water, organic tomato paste], citric acid), organic white wine vinegar, sea salt, organic garlic powder, organic cayenne, xanthan gum], Lime Juice [lime], Puréed Ginger [ginger], Garlic, Coconut Aminos [organic coconut nectar, organic pure coconut blossom sap, natural unrefined sea salt], Coconut Nectar [coconut tree sap], Crushed Red Pepper Flakes)

Allergen information:

Contains Tree Nuts, 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.