



**GREEN
CHEF**

SMOKY SHRIMP WITH COTIJA

Paprika-chili pan sauce, butternut squash, sautéed cabbage

COOK TIME

35 MIN

SERVINGS

2

CALORIES PER SERVING

620

NET CARBS PER SERVING

20 GRAMS

MENU

KETO // GLUTEN-FREE

The homemade pan sauce in this Mexican-inspired seafood dish is loaded with smoky, earthy, and peppery flavors — and it's a cinch to make! Just simmer our savory spiced broth on the stovetop, then drizzle it over tender pan-seared shrimp. It's all served atop sautéed cumin-spiced cabbage (perfect for catching any extra sauce) and finished with a sprinkle of rich cotija cheese.

INGREDIENTS (10 ITEMS)

10 oz **Shrimp** SH
 1 ¼ oz **Cotija cheese** M
 5 ½ oz **Spiced vegetable broth** T
 7 oz **Butternut squash**
 6 ¼ oz **Cabbage***
 2 ½ oz **Yellow onions**
 ¼ oz **Garlic**
 1 tsp **Cumin seeds**
 1 tsp **Sweet paprika**
 1 ½ oz **Cilantro cider vinaigrette**

WHAT YOU'LL NEED

medium & large sauté pans
 baking sheet
 medium bowl
 measuring spoons
 whisk
 peeler
 oven mitt
 cooking oil
 salt & pepper

ALLERGENS

SH SHRIMP
M MILK
T TREE NUTS (coconut)



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 Food Service (GFFS) program.

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

*This ingredient may be a different color. Either way, this dish will still be delicious!

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

1

PREP

- Preheat oven to 400 degrees.
- Remove any seeds from **butternut squash** with a spoon. Carefully peel with a sharp peeler.* Medium dice into pieces, about ½ inch each.
- Mince **garlic**.

**If you don't have a sharp peeler, carefully use a sharp knife. Place squash cut-sides down, then slice away the skin, curving your knife with the shape of the squash as you go.*

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 & ROAST SQUASH

- Place **squash** in a medium bowl. Drizzle with about 1 ½ tablespoons cooking oil. Season with **sweet paprika**, about ¼ teaspoon salt, and a pinch of pepper. Stir to coat.
- Spread **squash** out in a single layer on a lightly oiled, foil-lined baking sheet. Roast 20–22 minutes, or until squash is fork tender, stirring halfway through.

3

SAUTÉ CABBAGE

- Heat about 1 ½ tablespoons cooking oil in a large sauté pan over medium heat. Add **yellow onions** and **garlic** to hot pan. Season with **cumin seeds**, salt, and pepper. Cook 3–4 minutes, or until onions are lightly browned, stirring occasionally.
- Add **cabbage**. Cook about 5 minutes, or until cabbage is tender, stirring occasionally.
- Remove from heat. Drizzle with **cilantro cider vinaigrette**. Stir to coat.

4

COOK SHRIMP

- Rinse **shrimp**. Pat dry with paper towels. Season with salt and pepper.
- Heat about 1 ½ tablespoons cooking oil in a medium sauté pan over medium-high heat. Add **shrimp** to hot pan. Cook 5–6 minutes, or until shrimp are fully cooked,* stirring occasionally. Transfer **shrimp** to a plate.

**Shrimp are fully cooked when they're pearly and opaque in the center.*

5

MAKE PAN SAUCE

- Return pan used for shrimp to stovetop over medium-high heat. Add **spiced vegetable broth** to hot pan. Cook 3–5 minutes, or until sauce reduces by about half, whisking occasionally. Salt and pepper to taste. Stir to combine.

6

PLATE YOUR DISH

- Divide **sautéed cumin-spiced cabbage** between bowls. Top with **shrimp**. Drizzle with **paprika-chili pan sauce** to taste. Serve **roasted butternut squash** on the side. Sprinkle **cotija cheese** over bowls. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (510g)

Amount per serving

Calories 620

	% Daily Value*
Total Fat 47g	60%
Saturated Fat 10g	50%
Trans Fat 0g	
Cholesterol 195mg	65%
Sodium 1770mg	77%
Total Carbohydrate 27g	10%
Dietary Fiber 7g	25%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 26g	
Vitamin D 0mcg	0%
Calcium 305mg	25%
Iron 3mg	15%
Potassium 787mg	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], **Spiced Vegetable Broth** (Vegetable Broth [water, organic carrots, organic onions, organic celery, organic tomatoes, organic tomato paste, organic garlic, organic leeks, organic cane sugar, sea salt, organic bay leaves, organic parsley, organic thyme, organic molasses, organic carrot powder, organic onion powder, organic spices, organic expeller pressed canola and/or safflower and/or sunflower oil, organic flavoring, organic spices, organic potato flour, organic expeller pressed canola and/or safflower and/or sunflower oil], Granulated Garlic, Ground Cumin, Dried Oregano, Chili Powder, Cocoa Powder [organic cocoa powder, non-alkaline processing], Sea Salt, Cinnamon, Smoked Paprika, Coconut Nectar [coconut tree sap], Red Wine Vinegar [aged red wine vinegar]), **Yellow Onions**, **Red Cabbage**, **Garlic**, **Cumin Seeds**, **Cotija Cheese** [pasteurized milk, salt, cheese cultures, enzymes, anti-caking agent [potato starch, corn starch, cellulose, natamycin (an all natural mold inhibitor)]], **Cilantro Cider Vinaigrette** (Cilantro, Apple Cider Vinegar [apple cider vinegar], Garlic, Olive Oil [olive oil], Stone-Ground Mustard [water, organic mustard seeds, organic vinegar, salt, organic spices], Sea Salt), **Butternut Squash**, **Sweet Paprika**

Allergen information:

Contains Milk, 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.