



**GREEN
CHEF**

CARIBBEAN SHRIMP & COCONUT RICE

Mangos & green bell pepper, chard salad with cabbage & carrots

COOK TIME

25 MIN

SERVINGS

2

CALORIES PER SERVING

630

MENU

GLUTEN-FREE

Warm seasonings and tropical flavors are front and center in tonight's satisfying shrimp dish. Bold Caribbean spices (think nutmeg, allspice, and cloves) add savory depth to tender pan-seared shrimp, juicy mangos, and green bell pepper. It's all served on a bed of jasmine rice flecked with shredded coconut. A leafy chard salad — tossed in a tangy orange cider vinaigrette — adds a garden-fresh element on the side.

INGREDIENTS (12 ITEMS)

10 oz **Shrimp** SH
 ¾ tsp **Caribbean-style spices**
 ½ cup **Jasmine rice**
 3 ½ oz **Mangos**
 1 ¾ oz **Green bell pepper***
 2 ½ oz **Yellow onions**
 ¼ oz **Shredded coconut** T
 3 ¼ oz **Coconut milk with pineapple juice** T
 2 ¾ oz **Green chard***
 2 oz **Cabbage***
 & 1 ¼ oz **& carrots**
 1 whole **Scallion**
 1 ¼ oz **Orange cider vinaigrette**

WHAT YOU'LL NEED

small pot with lid
 large sauté pan
 large bowl
 measuring cup & spoons
 cooking oil
 salt & pepper

ALLERGENS

SH SHRIMP
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 COOK RICE

- Bring **jasmine rice**, **shredded coconut**, ½ cup water, **coconut milk with pineapple juice**, and about ¼ teaspoon salt to a boil in a small pot. Stir. Reduce heat to medium-low and cover pot with lid.* Simmer 16-18 minutes, or until rice is tender and liquid is absorbed.
- Remove from heat. Let rest, covered, 3 minutes. Fluff with a fork.

**Before putting on the lid, incorporate any coconut stuck to the sides of the pot into the rice to ensure it doesn't burn.*

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 START PREP

- Roughly chop **cabbage and carrots** if necessary.
- Medium dice **green bell pepper** into pieces, about ½ inch each.
- Roughly chop **mangos** (reserve any juice in pouch).
- Thinly slice **scallion** at an angle; discard root end.

3 FINISH PREP

- Remove and discard any thick center stems from **green chard**. Roll leaves into a large "cigar" and slice across into ribbons, about ½ inch wide.
- Place **chard** in a large bowl. Drizzle with about 1 tablespoon of the **orange cider vinaigrette**. Lightly season with salt. Massage until leaves soften.

4 MAKE SALAD

- Add **cabbage and carrots** to bowl with **chard**. Drizzle with remaining **vinaigrette** to taste. Salt and pepper to taste. Toss to combine.

5 COOK SHRIMP & VEGGIES

- 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** and **yellow onions** to hot pan. Stir to combine. Cook 2-3 minutes, or until veggies begin to soften, stirring occasionally.
- Add **shrimp**. Season with **Caribbean-style spices** and salt. Cook 4-5 minutes, or until shrimp are fully cooked,* stirring occasionally.
- Remove from heat. Add **mangos** (with any reserved **juice**) and about 2 tablespoons water. Salt and pepper to taste. Stir to combine.

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

6 PLATE YOUR DISH

- Divide **coconut rice** between plates. Serve **Caribbean shrimp with mangos and veggies** over rice. Garnish with **scallion**. Serve **chard salad** on the side. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (476g)

Amount per serving

Calories 630

	% Daily Value*
Total Fat 28g	36%
Saturated Fat 10g	50%
Trans Fat 0g	
Cholesterol 180mg	60%
Sodium 1250mg	54%
Total Carbohydrate 67g	24%
Dietary Fiber 5g	18%
Total Sugars 17g	
Includes 3g Added Sugars	6%
Protein 24g	
Vitamin D 0mcg	0%
Calcium 131mg	10%
Iron 4mg	20%
Potassium 533mg	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), **Jasmine rice**, **Caribbean-style spices** (granulated garlic, ground nutmeg, ground allspice, dried thyme, ground clove, black pepper, cinnamon, cayenne pepper), **Green bell pepper**, **Coconut milk with pineapple juice** (pineapple juice, coconut milk [organic coconut, purified water, organic guar gum], agave [blue agave nectar], ascorbic acid), **Chard**, **Cabbage & carrots**, **Orange cider vinaigrette** (apple cider vinegar [raw and unfiltered organic apple cider vinegar], orange juice, lemon juice, agave [blue agave nectar], sea salt, black pepper, sunflower oil), **Shredded coconut**, **Scallion**, **Mangos**, **Yellow onions**

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.