



ITALIAN SHRIMP & CREAMY “RICE”

roasted red peppers, almonds & Parmesan cheese, lemon vinaigrette

COOK TIME 15 MIN	SERVINGS 2	CALORIES PER SERVING 700	NET CARBS PER SERVING 8 GRAMS	MENU KETO // GLUTEN-FREE
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Creamy, cozy, and surprisingly quick—these keto bowls are comfort food at its best. In this 15-minute risotto-style dish, nourishing cauliflower “rice” is sautéed with juicy-sweet roasted red peppers, cream cheese, Parmesan, and butter to make a luxurious bed for garlicky Italian-seasoned shrimp. Our lemon-Dijon vinaigrette adds tangy brightness, while chopped almonds lend a nutty crunch on top. Like a little heat? Sprinkle on some crushed red pepper flakes at the end.

INGREDIENTS (9 ITEMS)

- ½ oz **Roasted almonds** T
- 10 oz **Shrimp*** SH
- 1 tsp **Oregano-garlic seasoning**
- ½ tsp **Crushed red pepper flakes**
- 6½ oz **Cauliflower “rice”**
- 2¼ oz **Roasted red peppers**
- 1 oz **Cream cheese** M
- 2 oz **Parmesan cheese** M
- ¾ oz **Lemon-Dijon vinaigrette with olive oil**

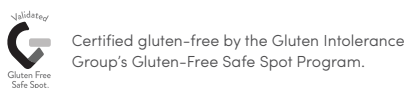
WHAT YOU’LL NEED

- medium sauté pan
- medium bowl
- measuring cup & spoons
- thermometer
- cooking oil
- 3 tbsp butter M
- salt & pepper

ALLERGENS

- T TREE NUTS (almonds)
- SH SHELLFISH (shrimp)
- M MILK

COOKING FOR 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. 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 PREP

- Roughly chop **roasted almonds**.

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 **oregano-garlic seasoning**, about ¼ teaspoon salt, and a pinch of pepper. Sprinkle with **crushed red pepper flakes** to taste.* Drizzle with about 1 tablespoon cooking oil. Stir to coat.

**If heat sensitive, use crushed red pepper flakes sparingly, or omit entirely.*

3 COOK SHRIMP

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

4 COOK CAULIFLOWER & PEPPERS

- Heat about 1½ tablespoons cooking oil in pan used for shrimp over medium-high heat. Add **cauliflower "rice"** to hot pan. Cook 3-4 minutes, or until lightly browned, stirring occasionally.
- Add **roasted red peppers** and about ¼ cup water. Cook 3-4 minutes, or until cauliflower is tender and liquid has cooked off, stirring occasionally.
- Remove from heat. Add **cream cheese**, about half of the **Parmesan cheese**, and 2 tablespoons butter. Season with about ¼ teaspoon salt and a pinch of pepper. Stir until cream cheese is incorporated and butter has melted.

5 PLATE YOUR DISH

- Divide **creamy "rice"** between bowls. Top with **Italian shrimp**. Drizzle with **lemon-Dijon vinaigrette with olive oil** to taste. Garnish with **almonds** and remaining **Parmesan cheese**. Sprinkle with any remaining **crushed red pepper flakes** to taste (or omit). Enjoy!



Nutrition Facts

2 Servings per container

Serving size (369g)

Amount per serving

Calories **700**

	% Daily Value*
Total Fat 58g	74%
Saturated Fat 21g	105%
Trans Fat 0.5g	
Cholesterol 260mg	87%
Sodium 1800mg	78%
Total Carbohydrate 12g	4%
Dietary Fiber 4g	14%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 34g	
Vitamin D 0mcg	0%
Calcium 463mg	35%
Iron 2mg	10%
Potassium 576mg	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], **Cauliflower**, **Almonds** [almonds], **Roasted Red Peppers** [bell pepper], **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)], **Oregano-Garlic Seasoning** (Dried Oregano, Granulated Garlic, Onion Powder, Dried Parsley), **Crushed Red Pepper Flakes**, **Lemon-Dijon Vinaigrette** (Lemon Juice [lemon], White Balsamic Vinegar [aged white wine vinegar and must of white grapes], Dijon Mustard [water, organic mustard seeds, organic vinegar, salt, organic turmeric, organic spices], Sea Salt, Black Pepper, Olive Oil [olive oil])

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.