



# SHRIMP & VEGGIE HASH

*with butternut squash, kale, tomato, Parmesan & hazelnuts*

<b>COOK TIME</b> 30 MIN	<b>SERVINGS</b> 2	<b>CALORIES PER SERVING</b> 590	<b>NET CARBS PER SERVING</b> 19 GRAMS	<b>MENU</b> KETO // GLUTEN-FREE
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You can make any weeknight meal extra memorable with the addition of shrimp. Here, the buttery shellfish (cooked to tender perfection in a matter of minutes on the stove) adds bites of rich, savory notes atop a veggie hash loaded with butternut squash, juicy tomato, and melty Parmesan. For a flavorful finishing touch, a bright lemon-chive vinaigrette is drizzled over top with a sprinkle of hazelnuts. The best part? It all comes together in 30 minutes.

- INGREDIENTS (10 ITEMS)**
- 10 oz **Shrimp** SH
  - 8 ¾ oz **Butternut squash**
  - 2 ¾ oz **Green kale**
  - 1 whole **Roma tomato**
  - 1 whole **Red onion**
  - 1 whole **Scallion**
  - 2 oz **Parmesan cheese** M
  - ½ oz **Hazelnuts** T
  - 1 ½ tsp **Sage, ginger & garlic blend**
  - 1 oz **Lemon-chive vinaigrette** T

- WHAT YOU'LL NEED**
- medium & large sauté pans
  - baking sheet
  - measuring spoons
  - peeler
  - oven mitt
  - cooking oil
  - 1 tbsp butter M
  - salt & pepper

- ALLERGENS**
- SH SHRIMP
  - M MILK
  - T TREE NUTS (coconut, hazelnuts)

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

**GF** 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.

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

## 1 START PREP & ROAST SQUASH

- Preheat oven to 450 degrees.
- Remove any seeds from **butternut squash** with a spoon. Carefully peel with a sharp peeler.\* Medium dice into pieces, about ½ inch each.
- Place **squash** on a lightly oiled, foil-lined baking sheet. Drizzle with about 1 ½ tablespoons cooking oil. Season with **sage, ginger, and garlic blend**, about ¼ teaspoon salt, and a pinch of pepper. Stir to coat. Spread out in a single layer.
- Transfer baking sheet to oven. Roast 16-18 minutes, or until fork tender, stirring halfway through.

*\*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  
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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 FINISH PREP

- Cut ends off **red onion** and discard peel. Halve lengthwise. Lay flat and small dice into pieces, about ¼ inch each.
- Thinly slice **scallion**; discard root end. Separate **white ends** and **green tops**.
- Small dice **Roma tomato** into pieces, about ¼ inch each.
- Remove and discard any thick center stems from **green kale**.\* Roughly chop leaves into bite-size pieces.
- Roughly chop **hazelnuts** if necessary.

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

## 3 MAKE HASH

- Heat about 1 ½ tablespoons cooking oil in a large sauté pan over medium-high heat. Add **onion** and **white scallion ends** to hot pan. Season with about ¼ teaspoon salt and a pinch of pepper. Cook 2-3 minutes, or until onion is softened, stirring occasionally.
- Add **tomato** and **kale**. Cook 2-3 minutes, or until kale is lightly wilted, stirring occasionally.
- Remove from heat. Transfer **squash** to pan. Add about half of the **Parmesan cheese**. Salt and pepper to taste. Stir to combine.

## 4 COOK SHRIMP

- Rinse **shrimp**. Pat dry with paper towels.
- Heat 1 tablespoon butter in a medium sauté pan over medium heat. Add **shrimp** to hot pan. Season with about ¼ teaspoon salt and about ¼ teaspoon pepper. Cook 3-5 minutes, or until shrimp are fully cooked,\* stirring occasionally.

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

## 5 PLATE YOUR DISH

- Divide **veggie hash** between plates. Top with **shrimp** and any remaining **butter** from pan. Drizzle with **lemon-chive vinaigrette** to taste. Garnish with **green scallion tops**, **hazelnuts**, and remaining **Parmesan cheese**. Enjoy!



## Nutrition Facts

2 Servings per container

**Serving size** (426g)

Amount per serving

**Calories** **590**

	% Daily Value*
<b>Total Fat</b> 44g	56%
Saturated Fat 11g	55%
Trans Fat 0g	
<b>Cholesterol</b> 210mg	70%
<b>Sodium</b> 2010mg	87%
<b>Total Carbohydrate</b> 25g	9%
Dietary Fiber 6g	21%
Total Sugars 7g	
Includes 0g Added Sugars	0%
<b>Protein</b> 28g	
Vitamin D 0mcg	0%
Calcium 347mg	25%
Iron 3mg	15%
Potassium 894mg	20%

\* 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], **Butternut Squash, Red Onion, Green Kale, Roma Tomatoes, Parmesan Cheese** [pasteurized milk, cheese cultures, salt, enzymes, anti caking agent (potato starch powdered cellulose, natamycin)], **Hazelnuts** [hazelnuts], **Sage, Ginger & Garlic Blend** (Dried Sage, Dried Ginger, Granulated Garlic), **Scallions, Lemon-Chive Vinaigrette** (Chives, Dijon Mustard [water, organic mustard seeds, organic vinegar, salt, organic turmeric, organic spices], Apple Cider Vinegar [apple cider vinegar], Lemon Juice [lemon], Coconut Nectar [coconut tree sap], Sea Salt, Black Pepper, Olive Oil [olive oil])

### Allergen information:

Contains Tree Nuts, Milk 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.*