



**GREEN
CHEF**

COCONUT SHRIMP SOUP

fennel, celery, balsamic roasted red pepper sauce, Parmesan

COOK TIME

25 MIN

SERVINGS

2

CALORIES PER SERVING

540

NET CARBS PER SERVING

17 GRAMS

MENU

KETO // GLUTEN-FREE
// FAST & FIT

Inspired by *cioppino*, the hearty Italian-American shellfish stew from San Francisco, this seafood soup is enhanced by a mix of tangy-sweet balsamic roasted red pepper sauce and creamy coconut milk. Sautéed fennel adds classic anise flavor, while a sprinkle of red pepper flakes imparts a touch of heat. As you sink your spoon into the velvety broth, you'll find a plethora of succulent shrimp seasoned with paprika, garlic, and bay leaf.

INGREDIENTS (10 ITEMS)

1¼ oz **Fennel**
1¾ oz **Celery**
1 whole **Yellow onion**
¼ oz **Garlic**
10 oz **Shrimp*** SH
¾ tsp **Paprika, garlic & bay leaf**
6¼ oz **Balsamic roasted red pepper sauce with olive oil**
5 oz **Coconut milk** T
½ tsp **Crushed red pepper flakes**
1 oz **Parmesan cheese** M

WHAT YOU'LL NEED

large pot
medium bowl
measuring cup & spoons
thermometer
cooking oil
salt & pepper

ALLERGENS

SH SHELLFISH (shrimp)
T TREE NUTS (coconut)
M MILK



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 Safe Spot Program.

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°.

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

- Remove and discard core from **fennel** with angled downward cuts. Slice into strips, about ¼ inch thick. Cut widthwise into pieces, about ¼ inch each.
- Slice **celery** across into pieces, about ¼ inch each.
- Cut ends off **yellow onion** and discard peel. Halve lengthwise. Lay flat and cut lengthwise into strips, about ¼ inch thick.
- Mince **garlic**.

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 **paprika**, **garlic**, and **bay leaf**, ¼ teaspoon salt, and a pinch of pepper. Drizzle with 1 tablespoon cooking oil. Stir to coat.

3

START SOUP

- Heat 1½ tablespoons cooking oil in a large pot over medium-high heat. Add **fennel**, **celery**, and **onion** to hot pot. Season with ¼ teaspoon salt and a pinch of pepper. Cook 3–4 minutes, or until veggies begin to soften, stirring occasionally.

4

ADD SHRIMP

- Add **shrimp** and **garlic** to pot. Cook 3–4 minutes, or until onion and fennel begin to brown and shrimp begin to turn pink, stirring occasionally.

5

FINISH SOUP

- Add **balsamic roasted red pepper sauce with olive oil**, **coconut milk**, about ¼ cup water, and **crushed red pepper flakes***. Stir to combine. Bring to a boil, then reduce heat to medium. Cook 4–6 minutes, or until shrimp are fully cooked, stirring occasionally. Season with salt and pepper to taste.

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

6

PLATE YOUR DISH

- Divide **coconut shrimp soup** between bowls. Garnish with **Parmesan cheese**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (481g)

Amount per serving

Calories 540

	% Daily Value*
Total Fat 38g	49%
Saturated Fat 15g	75%
Trans Fat 0g	
Cholesterol 195mg	65%
Sodium 1750mg	76%
Total Carbohydrate 21g	8%
Dietary Fiber 4g	14%
Total Sugars 10g	
Includes 0g Added Sugars	0%
Protein 27g	
Vitamin D 0mcg	0%
Calcium 285mg	20%
Iron 2mg	10%
Potassium 773mg	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], **Celery**, **Yellow Onion**, **Garlic**, **Balsamic Roasted Red Pepper Sauce** (Roasted Red Peppers [bell pepper], Tomato Paste [vine ripened organic tomatoes], Lemon Juice [lemon], Balsamic Vinegar [wine vinegar, concentrated grape must, caramel color], Ground Tomatoes [organic tomatoes, organic tomato puree, sea salt, citric acid], Olive Oil [olive oil], Sea Salt, Water, Ascorbic Acid [ascorbic acid]), **Coconut Milk** [coconut milk], **Parmesan Cheese** [pasteurized milk, cheese cultures, salt, enzymes, anti caking agent (potato starch powdered cellulose, natamycin)], **Fennel**, **Crushed Red Pepper Flakes**, **Paprika**, **Garlic & Bay Leaf** (Sweet Paprika, Ground Bay Leaves, Granulated Garlic)

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.