



**GREEN  
CHEF**

## MEDITERRANEAN SHRIMP

*sun-dried tomatoes, sautéed zucchini, bell pepper & olives, walnuts*

### COOK TIME

30 MIN

### SERVINGS

2

### CALORIES PER SERVING

680

### NET CARBS PER SERVING

14 GRAMS

### MENU

KETO // PALEO // GLUTEN-FREE

A quick soak in red-wine vinaigrette infused with sun-dried tomatoes transforms shrimp into an irresistible Mediterranean feast.

After just five minutes in the marinade, the shrimp are pan-seared to juicy perfection and served alongside tender sautéed zucchini with bell pepper and Kalamata olives. A sprinkle of walnuts adds a crunchy finishing touch to the vibrant dish.

### INGREDIENTS (10 ITEMS)

¼ oz **Sun-dried tomatoes**  
1 whole **Zucchini**  
1 unit **Green bell pepper**  
1 whole **Shallot**  
¼ oz **Kalamata olives**  
¼ oz **Garlic**  
½ oz **Walnuts** T  
10 oz **Shrimp\*** SH  
2¾ oz **Sugar-free red-wine vinaigrette with Dijon**  
1½ tsp **Cumin, garlic & fennel blend**

### WHAT YOU'LL NEED

medium & large sauté pans  
mixing bowls  
measuring spoons  
thermometer  
cooking & olive oils  
salt & pepper

### ALLERGENS

T TREE NUTS (walnuts)  
SH SHELLFISH (shrimp)



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 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 SOAK TOMATOES

- Place **sun-dried tomatoes** in a small bowl. Cover with water. Let soak at least 5 minutes, or until softened.
- Once softened, roughly chop **tomatoes** (discard soaking liquid).

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 PREP

- Trim ends from **zucchini\***. Quarter lengthwise. Lay flat and slice across into quarter-moons, about ¼ inch thick.
- Medium dice **green bell pepper\*** into pieces, about ½ inch each.
- Cut ends off **shallot** and discard peel. Halve lengthwise. Lay flat and small dice into pieces, about ¼ inch each.
- Roughly chop **Kalamata olives**.
- Mince **garlic**.
- Roughly chop **walnuts\*\***.

*\*The ingredient you received may be a different color.*

*\*\*Alternatively, use a rolling pin to crush the walnuts in their bag.*

## 3 MARINATE SHRIMP

- Rinse **shrimp**. Pat dry with paper towels. Place **shrimp, tomatoes**, about half the **sugar-free red-wine vinaigrette with Dijon**, and about 1½ tablespoons olive oil in a medium bowl. Season with salt, pepper, and about half the **cumin, garlic, and fennel blend**. Stir to coat. Marinate about 5 minutes, stirring occasionally.

## 4 SAUTÉ VEGGIES

- Heat about 1½ tablespoons olive oil in a large sauté pan over medium heat. Add **zucchini, bell pepper, shallot, and olives** to hot pan. Season with about ¼ teaspoon salt, a pinch of pepper, and remaining **cumin, garlic, and fennel blend**. Stir to combine. Cook 4-5 minutes, or until bell pepper begins to soften, stirring occasionally.
- Add **garlic** and about 2 tablespoons water. Stir to combine. Cook 3-4 minutes, or until veggies are tender and liquid has cooked off, stirring occasionally.

## 5 COOK SHRIMP & TOMATOES

- Heat about 1 tablespoon cooking oil in a medium sauté pan over medium heat. Add **shrimp and tomatoes** to hot pan (discard any excess marinade). Cook 4-6 minutes, or until shrimp are fully cooked, stirring occasionally.

## 6 PLATE YOUR DISH

- Divide **shrimp and tomatoes** between plates. Drizzle with remaining **vinaigrette** to taste. Serve **sautéed veggies** next to shrimp. Garnish with **walnuts**. Enjoy!



## Nutrition Facts

2 Servings per container

**Serving size** (390g)

**Amount per serving**

**Calories** **680**

	% Daily Value*
<b>Total Fat</b> 58g	74%
Saturated Fat 8g	40%
Trans Fat 0g	
<b>Cholesterol</b> 180mg	60%
<b>Sodium</b> 1360mg	59%
<b>Total Carbohydrate</b> 19g	7%
Dietary Fiber 5g	18%
Total Sugars 6g	
Includes 0g Added Sugars	0%
<b>Protein</b> 24g	
Vitamin D 0mcg	0%
Calcium 132mg	10%
Iron 3mg	15%
Potassium 898mg	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], **Cumin, Garlic & Fennel Blend** (Ground Cumin, Granulated Garlic, Ground Coriander, Black Pepper, Ground Fennel), **Sun-Dried Tomatoes** [organic dried tomatoes], **Zucchini, Shallot, Bell Peppers, Garlic, Kalamata Olives** [kalamata olives, water, red wine vinegar, sea salt], **Walnuts** [walnuts], **Red Wine Vinaigrette** (Red Wine Vinegar [aged red wine vinegar], Lemon Juice [lemon], Dijon Mustard [water, organic mustard seeds, organic vinegar, salt, organic turmeric, organic spices], Dried Oregano, Granulated Garlic, Sea Salt, Black Pepper, Olive Oil [olive oil])

### 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.*