



BERBERE-SPICED SHRIMP

cumin-turmeric cauliflower "rice," cabbage & mango slaw

COOK TIME 25 MIN	SERVINGS 2	CALORIES PER SERVING 590	NET CARBS PER SERVING 25 GRAMS	MENU PALEO // GLUTEN-FREE
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Berberé seasoning, a fragrant Ethiopian pantry staple, adds earthy warmth to this hearty, 25-minute seafood dish. Here, our custom blend (with paprika, fenugreek, ginger, and subtly sweet allspice) elevates succulent, pan-seared shrimp. They're piled atop tender cumin-turmeric cauliflower "rice," alongside a vibrant cabbage and mango slaw with sunflower seeds. Each bite is a symphony of flavor.

INGREDIENTS (9 ITEMS)

- 4¼ oz **Cabbage**
- 3½ oz **Mangos**
- 1 whole **Yellow onion**
- ½ oz **Sunflower seeds**
- 1¼ oz **Cumin-oregano lime vinaigrette**
- 9 oz **Cauliflower "rice"**
- 1 tbs **Sweetened cumin-turmeric blend** T
- 10 oz **Shrimp*** SH
- 1¾ tsp **Berberé seasoning**

WHAT YOU'LL NEED

- medium & large sauté pans
- mixing bowls
- measuring spoons
- thermometer
- cooking oil
- salt & pepper

ALLERGENS

- T TREE NUTS (coconut)
- 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 for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

1 PREP

- Roughly chop **cabbage*** if necessary.
- Roughly chop **mangos** (discard any excess juice).
- Cut ends off **yellow onion** and discard peel. Halve lengthwise; save one half for another use. Small dice remaining half into pieces, about ¼ inch each.

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

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 MAKE SLAW

- Place **cabbage**, **mangos**, and **sunflower seeds** in a medium bowl. Drizzle with **cumin-oregano lime vinaigrette** to taste. Toss to combine. Season with salt and pepper to taste.*

**Taste the slaw after seasoning and adjust as needed. Adding salt and pepper throughout the cooking process is key to a delicious final product.*

3 COOK CAULIFLOWER "RICE"

- Heat about 1½ tablespoons cooking oil in a large sauté pan over medium heat. Add **cauliflower "rice"** and **onion** to hot pan. Season with **sweetened cumin-turmeric blend** and about ½ teaspoon salt. Stir to combine. Cook 4-5 minutes, or until cauliflower is tender, stirring occasionally.

4 SEASON & COOK SHRIMP

- Rinse **shrimp**. Pat dry with paper towels. Place in a second medium bowl. Season with **berbere seasoning**, salt, and pepper. Drizzle with about 1 tablespoon cooking oil. Stir to coat.
- Heat about 1½ tablespoons cooking oil in a medium sauté pan over medium-high heat. Add **shrimp** to hot pan. Cook 5-6 minutes, or until fully cooked, stirring occasionally.

5 PLATE YOUR DISH

- Divide **cumin-turmeric cauliflower "rice"** between plates. Top with **berbere-spiced shrimp**. Serve **cabbage and mango slaw** on the side. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (489g)

Amount per serving

Calories 590

	% Daily Value*
Total Fat 43g	55%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 180mg	60%
Sodium 1610mg	70%
Total Carbohydrate 32g	12%
Dietary Fiber 7g	25%
Total Sugars 17g	
Includes 1g Added Sugars	2%
Protein 25g	
Vitamin D 0mcg	0%
Calcium 155mg	10%
Iron 3mg	15%
Potassium 881mg	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], **Berberé Seasoning** (Sweet Paprika, Dried Ginger, Ground Fenugreek, Allspice, Ground Coriander, Onion Powder, Granulated Garlic), **Sunflower Seeds** [sunflower kernels, sunflower oil], **Green Cabbage, Red Cabbage, Mangos** [mango], **Seasoned Lime Vinaigrette** (Lime Juice [lime], Ground Cumin, Dried Oregano, Sea Salt, Black Pepper, Olive Oil [olive oil], Agave [organic agave syrup]), **Cauliflower, Yellow Onion, Sweetened Cumin-Turmeric Blend** (Ground Cumin, Turmeric, Coconut Sugar [organic coconut sugar])

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.