



# CAJUN SHRIMP STIR-FRY

*green beans, squash, tomato, Creole Dijonnaise, walnuts*

**COOK TIME**  
25 MIN

**SERVINGS**  
2

**CALORIES PER SERVING**  
550

**NET CARBS PER SERVING**  
9 GRAMS

**MENU**  
KETO // PALEO // GLUTEN-FREE  
// FAST & FIT

This dish delivers all the down-home flavors you crave. Succulent shrimp are seasoned with Cajun-style blackening spices (featuring paprika, herbs, and red pepper), then stir-fried with green beans, yellow squash, tomato, and creamy Creole Dijonnaise. On top are toasted walnuts for crunchy contrast. The best part? Everything is cooked in just one pan! That means more time to enjoy this magnificent meal and less time worrying about a sink full of dishes.

## INGREDIENTS (7 ITEMS)

- ½ oz **Walnuts** T
- 6 oz **Green beans**
- 1 whole **Yellow squash**
- 1 whole **Roma tomato**
- 1¾ oz **Creole Dijonnaise with avocado mayo** E
- 10 oz **Shrimp\*** SH
- 1 tsp **Blackening spices**

## WHAT YOU'LL NEED

- large sauté pan
- mixing bowls
- measuring spoons
- whisk
- thermometer
- cooking oil
- salt & pepper

## ALLERGENS

- T TREE NUTS (walnuts)
- E EGGS
- 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°.

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 PREP

- Roughly chop **walnuts** if necessary.
- Trim stem ends off **green beans**. Halve widthwise.
- Trim ends from **yellow squash\***. Halve lengthwise. Lay flat and slice across into half-moons, about ½ inch thick.
- Medium dice **Roma tomato** into pieces, about ½ inch each.
- Place **Creole Dijonnaise with avocado mayo** and 1 tablespoon cooking oil in a small bowl. Whisk to combine.

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

## 4 COOKING FOR

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 TOAST WALNUTS

- Place **walnuts** in a dry, large sauté pan over medium heat. Toast 2-3 minutes, or until fragrant, shaking pan frequently.
- Transfer **walnuts** to a plate. (Reserve pan.)

## 3 SEASON SHRIMP

- Rinse **shrimp**. Pat dry with paper towels. Place in a medium bowl. Season with **blackening spices**, salt, and pepper. Drizzle with 1 tablespoon cooking oil. Stir to coat.

## 4 START STIR-FRY

- Heat 1½ tablespoons cooking oil in pan used for walnuts over medium heat. Add **green beans** to hot pan. Season with ¼ teaspoon salt and a pinch of pepper. Cook 5-6 minutes, or until crisp-tender, stirring occasionally.
- Move **green beans** to sides of pan. Add **squash** and **shrimp** to center of pan. Cook 4-5 minutes, or until squash begins to soften, stirring occasionally.

## 5 FINISH STIR-FRY

- Move **green beans, squash, and shrimp** to sides of pan. Add **tomato** to center of pan. Add about half the **Creole Dijonnaise** and 1 tablespoon water. Stir to coat. Cook 1-2 minutes, or until shrimp are fully cooked and veggies are tender, stirring occasionally. Season with salt and pepper to taste.

## 6 PLATE YOUR DISH

- Divide **Cajun shrimp stir-fry** between bowls. Drizzle with remaining **Creole Dijonnaise** to taste. Garnish with **toasted walnuts**. Enjoy!





## Nutrition Facts

2 Servings per container

**Serving size** (422g)

Amount per serving

**Calories** 550

	% Daily Value*
<b>Total Fat</b> 47g	60%
Saturated Fat 6g	30%
Trans Fat 0g	
<b>Cholesterol</b> 200mg	67%
<b>Sodium</b> 1450mg	63%
<b>Total Carbohydrate</b> 14g	5%
Dietary Fiber 5g	18%
Total Sugars 6g	
Includes 0g Added Sugars	0%
<b>Protein</b> 23g	
Vitamin D 0mcg	0%
Calcium 131mg	10%
Iron 2mg	10%
Potassium 723mg	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], **Blackening Spices** [paprika (color), dehydrated onion, spices (black pepper, white pepper, red pepper, thyme, oregano), dehydrated garlic, and salt], **Roma Tomatoes**, **Yellow Squash**, **Walnuts** [walnuts], **Green Beans**, **Creole Dijonnaise** (Granulated Garlic, Sweet Paprika, Smoked Paprika, Ground Cayenne Pepper, Ground Cumin, Celery Seeds, Dried Basil, Sea Salt, Avocado Oil Mayonnaise [avocado oil, organic eggs, organic egg yolks, organic vinegar, sea salt, organic rosemary extract], Dijon Mustard [water, organic mustard seeds, organic vinegar, salt, organic turmeric, organic spices], Apple Cider Vinegar [apple cider vinegar])

### Allergen information:

Contains Egg, 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.*