



SPICY SESAME SHRIMP

broccoli stir-fry, cashews, spicy ginger-lime aioli

COOK TIME 15 MIN	SERVINGS 2	CALORIES PER SERVING 630	NET CARBS PER SERVING 14 GRAMS	MENU KETO // PALEO // GLUTEN-FREE
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This 15-minute dish showcases what a great stir-fry can (and should) be. It's quick, uncomplicated, and super-satisfying. First, garlic-seasoned shrimp are cooked until pearly and opaque, then tossed with red pepper flakes, toasted sesame oil, and crackly sesame seeds. Next, you'll be sautéing broccoli, onion, cabbage, and carrots until tender. The veggies are tossed with crunchy, buttery cashews, topped with the flavorful shrimp, and drizzled with spicy ginger-lime aioli.

INGREDIENTS (10 ITEMS)

- ¼ oz **Garlic**
- 6 oz **Broccoli**
- 1 whole **Red onion**
- 10 oz **Shrimp*** SH
- ¾ oz **Toasted sesame oil**
- ½ tsp **Crushed red pepper flakes**
- 1 tsp **Black & white sesame seeds**
- 3½ oz **Cabbage & carrots**
- ½ oz **Roasted cashews** T
- 2 oz **Spicy ginger-lime aioli** E

WHAT YOU'LL NEED

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

ALLERGENS

- SH SHELLFISH (shrimp)
- T TREE NUTS (cashews)
- E EGGS

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

Validated
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**

- Mince **garlic**.
- Cut **broccoli** lengthwise into slices, about ¼ inch thick.
- Cut ends off **red onion** and discard peel. Halve lengthwise; save one half for another use. Cut remaining half lengthwise into strips, about ¼ inch thick.

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 **START SHRIMP**

- Rinse **shrimp**. Pat dry with paper towels.
- Heat about 1½ tablespoons cooking oil in a medium sauté pan over medium heat. Add **shrimp** and **garlic** to hot pan. Season with about ¼ teaspoon salt and pinch of pepper. Cook 4-6 minutes, or until shrimp are fully cooked and garlic is fragrant, stirring occasionally.

3 **FINISH SHRIMP**

- Add **toasted sesame oil** and **crushed red pepper flakes*** to taste to pan with shrimp. Cook 1-2 minutes, stirring frequently.
- Remove from heat. Add **black and white sesame seeds**. Stir to coat.

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

4 **MAKE STIR-FRY**

- Heat about 2 tablespoons cooking oil in a large sauté pan over medium heat. Add **broccoli** and **onion** to hot pan. Season with about ¼ teaspoon salt and a pinch of pepper. Cook 4 minutes, or until broccoli begins to brown, stirring occasionally.
- Add **cabbage*** and **carrots**, **roasted cashews**, and about 2 tablespoons water to pan. Cook 2-3 minutes, or until veggies are tender and water is evaporated, stirring occasionally.

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

5 **PLATE YOUR DISH**

- Divide **broccoli stir-fry** between plates. Top with **spicy sesame shrimp**. Drizzle with **spicy ginger-lime aioli** to taste. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (389g)

Amount per serving

Calories **630**

	% Daily Value*
Total Fat 53g	68%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 200mg	67%
Sodium 1630mg	71%
Total Carbohydrate 18g	7%
Dietary Fiber 4g	14%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 24g	
Vitamin D 0mcg	0%
Calcium 158mg	10%
Iron 3mg	15%
Potassium 690mg	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:

Spicy Ginger-Lime Aioli (Avocado Oil Mayonnaise [avocado oil, organic certified humane free range egg yolks, water, distilled vinegar, salt, lime juice concentrate, citric acid, lime oil], Hot Sauce [water, organic red bell peppers, organic onions, organic tomatoes (organic tomato puree [water, organic tomato paste], citric acid), organic white wine vinegar, sea salt, organic garlic powder, organic cayenne, xanthan gum], Lime Juice [lime], Puréed Ginger [ginger], Garlic), **Broccoli, Red Cabbage, Carrots, Red Onion, Cashews** [cashews, canola and/or peanut and/or sunflower oil], **Shrimp** [shrimp, water, sodium bicarbonate, citric acid, salt], **Crushed Red Pepper Flakes, Garlic, Toasted Sesame Oil** [toasted sesame oil], **Black & White Sesame Seeds** (White Sesame Seeds, Black Sesame Seeds [black sesame seeds])

Allergen information:

Contains Tree Nuts, Egg 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.