



**GREEN  
CHEF**

## ROASTED FENNEL-CUMIN SHRIMP

*sun-dried tomatoes, cauliflower "rice" with bell pepper & olives*

### COOK TIME

20 MIN

### SERVINGS

2

### CALORIES PER SERVING

590

### NET CARBS PER SERVING

15 GRAMS

### MENU

KETO // PALEO // MEDI // FIT & FAST

This vibrant shrimp dish will transport you straight to the Mediterranean seaside. Shrimp and sun-dried tomatoes are seasoned with a cumin, garlic, and fennel blend, then marinated in a red-wine vinaigrette. Roasted to a juicy finish, they're served over a bed of cauliflower "rice" strewn with sautéed green bell pepper and Kalamata olives. A chopped walnut garnish adds a light crunch on top.

### INGREDIENTS (10 ITEMS)

¼ oz **Sun-dried tomatoes**  
1 unit **Green bell pepper**  
1 whole **Red onion**  
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**  
6½ oz **Cauliflower "rice"**

### WHAT YOU'LL NEED

large sauté pan  
baking sheet  
mixing bowls  
measuring spoons  
thermometer  
oven mitt  
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.

**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 START PREP

- Preheat oven to 400 degrees.
- Place **sun-dried tomatoes** in a small bowl. Cover with water. Let soak about 5 minutes, or until 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 FINISH PREP

- Medium dice **green bell pepper\*** into pieces, about ½ inch each.
- Cut ends off **red onion** and discard peel. Halve lengthwise; save one half for another use. Medium dice remaining half into pieces, about ½ inch each.
- Roughly chop **Kalamata olives**.
- Mince **garlic**.
- Roughly chop **walnuts\*\***.

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

*\*\*To enhance the walnuts' flavor, toast them in a dry small sauté pan over medium heat for 2-3 minutes.*

## 3 SEASON SHRIMP &amp; TOMATOES

- Rinse **shrimp**. Pat dry with paper towels. Place **shrimp** and **tomatoes** in a large bowl. Add about 2 tablespoons of the **sugar-free red-wine vinaigrette with Dijon** and 1½ tablespoons olive oil. Season with salt, pepper, and about half of the **cumin, garlic, and fennel blend**. Stir to evenly coat.

## 4 ROAST SHRIMP &amp; TOMATOES

- Spread **shrimp and tomatoes** out in a single layer on a lightly oiled, foil-lined baking sheet. Roast 8-10 minutes, or until shrimp are fully cooked.

## 5 COOK VEGGIES

- Heat 1½ tablespoons olive oil in a large sauté pan over medium heat. Add **bell pepper, onion, and olives** to hot pan. Season with remaining **spice blend** and salt and pepper to taste.\* Cook 5-6 minutes, or until bell pepper begins to soften, stirring occasionally.
- Add **cauliflower "rice," garlic**, and about 2 tablespoons water. Cook 3-4 minutes, or until cauliflower is tender and liquid has cooked off, stirring occasionally.

*\*The Kalamata olives are salty; season accordingly.*

## 6 PLATE YOUR DISH

- Divide **cauliflower "rice" with bell pepper and olives** between plates. Top with **roasted fennel-cumin shrimp and tomatoes**. Drizzle with remaining **vinaigrette** to taste. Garnish with **walnuts**. Enjoy!





Nutrition Facts

2 Servings per container

Serving size (389g)

Amount per serving

Calories 590

	% Daily Value*
Total Fat 48g	62%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 180mg	60%
Sodium 1070mg	47%
Total Carbohydrate 21g	8%
Dietary Fiber 6g	21%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 23g	
Vitamin D 0mcg	0%
Calcium 131mg	10%
Iron 2mg	10%
Potassium 878mg	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], **Cauliflower, Red Onion, 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.