



# BOOM BOOM SHRIMP BOWLS

*green leaf lettuce, stir-fried cabbage & red bell pepper*

**COOK TIME**  
25 MIN

**SERVINGS**  
2

**CALORIES PER SERVING**  
500

**NET CARBS PER SERVING**  
16 GRAMS

**MENU**  
KETO // PALEO // GLUTEN-FREE

A quick trip into the oven has these juicy shrimp ready in a snap! After roasting, the tender shrimp are tossed in our creamy boom boom sauce (think avocado mayo, hot sauce, lime juice, and ginger) and piled high atop crisp green leaf lettuce and a cabbage and bell pepper stir-fry. It's all drizzled with toasted sesame oil for a rich and nutty finish.

## INGREDIENTS (10 ITEMS)

- 1 unit **Red bell pepper**
- 1 whole **Scallion**
- ¼ oz **Garlic**
- 5¾ oz **Green leaf lettuce**
- 10 oz **Shrimp\*** SH
- ½ tsp **Ginger, anise & clove blend**
- ¾ oz **Toasted sesame oil**
- 3½ oz **Cabbage**
- 2 oz **Yellow onions**
- & ⅓ oz **& ginger**
- 2¾ oz **Boom boom sauce** E T

## WHAT YOU'LL NEED

- medium sauté pan
- baking sheet
- medium bowl
- measuring spoons
- thermometer
- oven mitt
- cooking oil
- salt & pepper

## ALLERGENS

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



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](http://greenchef.com/faq) for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

## 1

## PREP

- Preheat oven to 400 degrees.
- Medium dice **red bell pepper\*** into pieces, about ½ inch each.
- Trim and thinly slice **scallion** at an angle, separating whites from greens.
- Mince **garlic**.
- Rinse **green leaf lettuce\*** to remove any dirt between layers. Lay flat and slice across into ribbons, about ½ inch wide; discard root end.

*\*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

## SEASON &amp; ROAST SHRIMP

- Rinse **shrimp**. Pat dry with paper towels. Place in a medium bowl. Season with salt, pepper, and about half of the **ginger, anise, and clove blend**. Drizzle with about half of the **toasted sesame oil**. Stir to coat.
- Spread **shrimp** out in a single layer on a lightly oiled, foil-lined baking sheet. (Wash out bowl; reserve.) Roast 6–8 minutes, or until fully cooked. (You'll finish the shrimp in Step 4.)

## 3

## STIR-FRY VEGGIES

- Heat about 1½ tablespoons cooking oil in a medium sauté pan over medium-high heat. Add **cabbage\***, **bell pepper**, **scallion whites**, **garlic**, and **yellow onions and ginger** to hot pan. Season with salt, pepper, and remaining **spice blend** to taste. Cook 3–4 minutes, or until bell pepper is tender, stirring occasionally.

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

## 4

## FINISH SHRIMP

- Transfer **shrimp** to clean bowl used for seasoning. Drizzle with about half of the **boom boom sauce**. Stir to coat.

## 5

## PLATE YOUR DISH

- Divide **lettuce** between bowls. Top with **stir-fried veggies** and **boom boom shrimp**. Drizzle with remaining **sesame oil** and remaining **boom boom sauce**. Garnish with **scallion greens**. Enjoy!



## Nutrition Facts

2 Servings per container

**Serving size** (432g)

Amount per serving

**Calories** **500**

	% Daily Value*
<b>Total Fat</b> 37g	47%
Saturated Fat 4.5g	23%
Trans Fat 0g	
<b>Cholesterol</b> 200mg	67%
<b>Sodium</b> 1120mg	49%
<b>Total Carbohydrate</b> 20g	7%
Dietary Fiber 4g	14%
Total Sugars 7g	
Includes 0g Added Sugars	0%
<b>Protein</b> 22g	
Vitamin D 0mcg	0%
Calcium 153mg	10%
Iron 2mg	10%
Potassium 686mg	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:

**Green Leaf Lettuce, Toasted Sesame Oil** [toasted sesame oil], **Scallions, Shrimp** [shrimp, water, sodium bicarbonate, citric acid, salt], **Boom Boom Sauce** (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, Coconut Aminos [organic coconut nectar, organic pure coconut blossom sap, natural unrefined sea salt], Coconut Nectar [coconut tree sap], Crushed Red Pepper Flakes), **Bell Peppers, Garlic, Yellow Onions, Ginger** [organic ginger, water, citric acid, salt], **Red Cabbage, Ginger, Anise & Clove Blend** (Ground Cloves, Dried Ginger, Cinnamon, Anise Seeds, Ground Coriander, Black Pepper)

### 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.

