



**GREEN
CHEF**

SHRIMP & KALE CAESAR SALAD

butternut squash, sun-dried tomatoes, hazelnuts, Parmesan

COOK TIME

30 MIN

SERVINGS

2

CALORIES PER SERVING

690

NET CARBS PER SERVING

18 GRAMS

MENU

KETO // GLUTEN-FREE

Caesar salad gets a serious seafood upgrade in this wholesome dish. Here, the classic dish is prepared with the addition of tender pan-seared shrimp served over a bed of leafy green kale with butternut squash, sun-dried tomatoes, and a sprinkle of Parmesan cheese. Our creamy lemon-Dijon sauce lends the dish bright and tangy notes, while toasted hazelnuts add a rich crunch throughout.

INGREDIENTS (9 ITEMS)

½ oz	Sun-dried tomatoes
4¼ oz	Green kale
½ oz	Hazelnuts T
5¼ oz	Butternut squash
4¼ oz	Creamy lemon-Dijon sauce E T
1 oz	Parmesan cheese M
½ tsp	Garlic, paprika & herb blend
10 oz	Shrimp* SH
1 tsp	Cumin, garlic & fennel blend

WHAT YOU'LL NEED

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

ALLERGENS

- T TREE NUTS (coconut, hazelnuts)
- E EGGS
- M MILK
- 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](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

- Place **sun-dried tomatoes** in a small bowl. Cover with water. Let soak at least 5 minutes, or until softened.
- Once 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

- Remove and discard any thick center stems from **green kale***. Roughly chop leaves into bite-size pieces.
- Roughly chop **hazelnuts** if necessary.
- Remove any seeds from **butternut squash** with a spoon. Carefully peel with a sharp peeler.** Small dice into pieces, about ¼ inch each.

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

***If you don't have a sharp peeler, carefully use a sharp knife. Place squash cut sides down, then slice away the skin, curving your knife with the shape of the squash as you go.*

3 MAKE SALAD

- Place **kale** in a large bowl. Drizzle with about 1 tablespoon of the **creamy lemon-Dijon sauce**. Lightly season with salt. Massage until leaves soften.
- Add **tomatoes** and about half of the **Parmesan cheese**. Drizzle with remaining **lemon-Dijon sauce** to taste. Toss to combine. Season with salt and pepper to taste.

4 TOAST HAZELNUTS

- Place **hazelnuts** in a dry medium sauté pan over medium heat. Toast 1-2 minutes, or until fragrant, shaking pan frequently.
- Transfer **hazelnuts** to a plate.

5 COOK SQUASH

- Heat about 1½ tablespoons cooking oil in pan used for hazelnuts over medium-high heat. Add **squash** to hot pan. Season with **garlic, paprika, and herb blend**, about ½ teaspoon salt, and a pinch of pepper. Cook 5-8 minutes, or until fork-tender, stirring frequently.

6 COOK SHRIMP

- Rinse **shrimp**. Pat dry with paper towels.
- Heat about 1½ tablespoons cooking oil in a large sauté pan over medium-high heat. Add **shrimp** to hot pan. Season with **cumin, garlic, and fennel blend**, salt, and pepper. Cook 4-5 minutes, or until fully cooked, stirring occasionally.

7 PLATE YOUR DISH

- Divide **kale Caesar salad** between bowls. Top with **butternut squash** and **shrimp**. Garnish with **toasted hazelnuts** and remaining **Parmesan**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (373g)

Amount per serving

Calories 690

	% Daily Value*
Total Fat 54g	69%
Saturated Fat 12g	60%
Trans Fat 0g	
Cholesterol 225mg	75%
Sodium 1810mg	79%
Total Carbohydrate 24g	9%
Dietary Fiber 6g	21%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 29g	
Vitamin D 0mcg	0%
Calcium 347mg	25%
Iron 3mg	15%
Potassium 1011mg	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:

Creamy Lemon-Dijon Sauce (Coconut Milk [organic coconut, coconut extract, water, organic guar gum], Avocado Oil Mayonnaise [avocado oil, organic certified humane free range egg yolks, water, distilled vinegar, salt, lime juice concentrate, citric acid, lime oil], Nutritional Yeast [dried yeast, niacin, pyridoxine hydrochloride (B6), riboflavin (B2), thiamin hydrochloride (B1), folic acid, vitamin B12], Lemon Juice [lemon], White Wine Vinegar [aged white wine vinegar], Granulated Garlic, Dijon Mustard [water, organic mustard seeds, organic vinegar, salt, organic turmeric, organic spices], Black Pepper), **Green Kale, Sun-Dried Tomatoes** [organic dried tomatoes], **Parmesan Cheese** [pasteurized milk, cheese cultures, salt, enzymes], **Hazelnuts** [hazelnuts], **Shrimp** [shrimp, water, sodium bicarbonate, citric acid, salt], **Cumin, Garlic & Fennel Blend** (Ground Cumin, Granulated Garlic, Ground Coriander, Black Pepper, Ground Fennel), **Butternut Squash, Garlic, Paprika & Herb Blend** (Granulated Garlic, Sweet Paprika, Italian Seasoning [basil, rosemary, marjoram, oregano, thyme], Dried Parsley, Onion Powder)

Allergen information:

Contains Tree Nuts, Milk, 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.