



SPICY SESAME SHRIMP

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

COOK TIME	SERVINGS	CALORIES PER SERVING	NET CARBS PER SERVING	MENU
15 MIN	2	620	13 GRAMS	KETO // PALEO // GLUTEN-FREE // FAST & FIT

This 15-minute dish showcases what a stir-fry should be—quick, uncomplicated, and super satisfying. First, garlic-seasoned shrimp are cooked until opaque, then tossed with red pepper flakes, toasted sesame oil, and crackly sesame seeds. Next, you'll sauté broccoli, onion, cabbage, and carrots, and toss in buttery cashews. Top the stir-fry with the garlicky shrimp and a drizzle of ginger-lime aioli.

INGREDIENTS (10 ITEMS)

¼ oz	Garlic
6 oz	Broccoli
1 whole	Red onion
10 oz	Shrimp* <small>SH</small>
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 <small>T</small>
2 oz	Spicy ginger-lime aioli <small>E</small>

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 FOR 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°.

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

PREP

- Mince **garlic**.
- Cut **broccoli** lengthwise into slices, about ¼ inch thick.
- Cut ends off **red onion** and discard peel. Quarter lengthwise; save three-quarters for another use. Cut remaining quarter 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 1½ tablespoons cooking oil in a medium sauté pan over medium heat. Add **shrimp** and **garlic** to hot pan. Season with ¼ teaspoon salt and a 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. 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

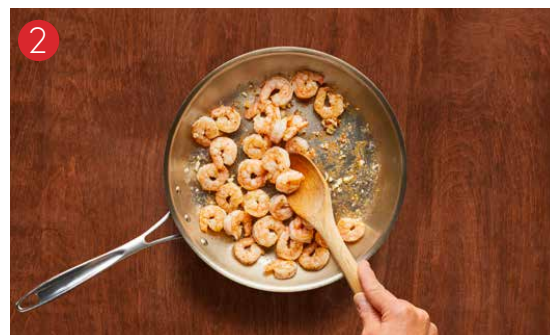
- Heat 2 tablespoons cooking oil in a large sauté pan over medium heat. Add **broccoli** and **onion** to hot pan. Season with ¼ teaspoon salt and a pinch of pepper. Cook about 4 minutes, or until broccoli begins to brown, stirring occasionally.
- Add **cabbage*** and **carrots**, **roasted cashews**, and about 2 tablespoons water. Cook 2-3 minutes, or until veggies are tender and water has 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 (374g)

Amount per serving

Calories 620

	% Daily Value*
Total Fat 52g	67%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 195mg	65%
Sodium 1650mg	72%
Total Carbohydrate 17g	6%
Dietary Fiber 4g	14%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 24g	
Vitamin D 0mcg	0%
Calcium 165mg	15%
Iron 3mg	15%
Potassium 670mg	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 eggs, organic egg yolks, organic vinegar, sea salt, organic rosemary extract], 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 [hulled 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.