



**GREEN
CHEF**

SHRIMP & BACON SPAGHETTI SQUASH ALFREDO

Parmesan cheese, parsley

COOK TIME

35 MIN

SERVINGS

2

CALORIES PER SERVING

730

NET CARBS PER SERVING

20 GRAMS

MENU

KETO // GLUTEN-FREE

Tonight's keto and gluten-free dinner takes inspiration from an Italian-American classic: pasta Alfredo. The rich and creamy dish is lightened up (and flavor-boosted) with garlic, paprika, and herb-seasoned spaghetti squash in place of noodles. The squash strands are coated in a rich and savory sauce made from creamy mushroom broth and cream cheese, then mixed with succulent shrimp, shards of crispy bacon, fresh parsley, and Parmesan cheese. For a decadent finishing touch, the dish is topped off with even more bacon, parsley, and Parm.



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.

INGREDIENTS (9 ITEMS)

17½ oz	Spaghetti squash*
1¼ tsp	Garlic, paprika & herb blend
¼ oz	Garlic
¼ oz	Parsley
4 oz	Bacon**
10 oz	Shrimp*** <small>SH</small>
4 oz	Creamy mushroom broth <small>M</small>
1 oz	Cream cheese <small>M</small>
2 oz	Parmesan cheese <small>M</small>

WHAT YOU'LL NEED

large sauté pan
baking sheet
medium bowl
measuring cup & spoons
thermometer
oven mitt
cooking oil
2 tbsp butter M
salt & pepper

ALLERGENS

SH SHELLFISH (shrimp)
M MILK

*Due to the varying nature of organic produce, we may have sent a larger squash than needed.

**Bacon is fully cooked when internal temperature reaches 145 degrees.

***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 and pork. Consuming raw or undercooked shellfish or pork 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 SEASON & ROAST SQUASH

- Preheat oven to 450 degrees.
- Halve **spaghetti squash** if necessary. Remove seeds with a spoon. Drizzle insides with 1-2 tablespoons cooking oil. Season insides with about 2 teaspoons of the **garlic, paprika, and herb blend**, about ½ teaspoon salt, and a pinch of pepper.
- Place **squash**, cut sides down, on a lightly oiled, foil-lined baking sheet. Roast 20-25 minutes, or until squash strands easily separate when pierced with a fork.

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 PREP

- Mince **garlic**.
- De-stem **parsley**; roughly chop leaves.

3 COOK BACON

- Place **bacon** in a dry large sauté pan over medium-high heat. Cook 6-10 minutes, or until bacon is crispy and fat renders, flipping occasionally.
- Transfer **bacon** to a paper-towel-lined plate and allow to cool. Discard all but a thin layer of **bacon fat** from pan.
- Transfer **bacon** to a cutting board and allow to cool. Roughly chop.

4 COOK SHRIMP

- Rinse **shrimp**. Pat dry with paper towels.
- Return pan with **bacon fat** to stovetop over medium-high heat. Add **shrimp** and **garlic** to hot pan. Lightly season with salt, pepper, and **remaining spice blend**. Cook 5-6 minutes, or until shrimp are fully cooked, stirring occasionally.
- Transfer **shrimp** to a medium bowl.

5 START SAUCE

- Return pan used for shrimp to stovetop over medium heat. Add **creamy mushroom broth, cream cheese**, 2 tablespoons butter, and ½ cup water to hot pan. Cook 2-4 minutes, or until cream cheese is incorporated and sauce coats the back of a spoon, stirring occasionally.* Remove from heat.

**Be sure to scrape up any browned bits in the bottom of the pan as you stir—those unassuming specks are full of concentrated flavor and will give additional richness to your sauce.*

6 FORM NOODLES & FINISH SAUCE

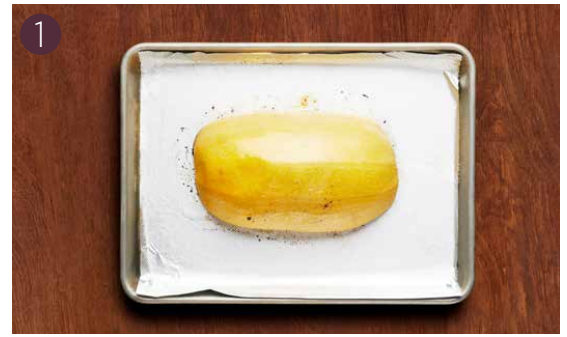
- Separate **squash strands** from peel with a fork.*
- Transfer **squash strands**** to pan with **sauce**. Add **shrimp**, about half of the **bacon**, about half of the **parsley**, and about half of the **Parmesan cheese**. Stir to combine. Season with salt and pepper to taste.

**We recommend using tongs or an oven mitt to hold the spaghetti squash while it's hot.*

***Use enough cooked squash to fill about 2 cups, saving the rest for another day. If you have a food scale, use 18 ounces to stay under 20 grams of net carbs per serving.*

7 PLATE YOUR DISH

- Divide **shrimp and bacon spaghetti squash Alfredo** between bowls. Garnish with remaining **bacon, parsley**, and **Parmesan**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (582g)

Amount per serving

Calories **730**

	% Daily Value*
Total Fat 53g	68%
Saturated Fat 25g	125%
Trans Fat 0g	
Cholesterol 330mg	110%
Sodium 2160mg	94%
Total Carbohydrate 24g	9%
Dietary Fiber 4g	14%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 45g	
Vitamin D 0mcg	0%
Calcium 519mg	40%
Iron 2mg	10%
Potassium 471mg	10%

* 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], **Bacon, Garlic, Spaghetti Squash, Cream Cheese** [cultured pasteurized skim milk and cream, whey protein, milk proteins, less than 2% salt, inulin (natural dietary fiber), natural acids, xanthan, locust bean and guar gums, potassium sorbate (maintains freshness)], **Creamy Mushroom Broth** (Whipping Cream [organic grade A cream (milk), carrageenan], Mushroom Broth [water, organic mushrooms, sea salt, organic garlic], Stone-Ground Mustard [water, organic mustard seeds, organic vinegar, salt, organic spices], Lemon Juice [lemon], Sea Salt, Black Pepper, Ascorbic Acid [ascorbic acid]), **Garlic, Paprika & Herb Blend** (Granulated Garlic, Sweet Paprika, Italian Seasoning [basil, rosemary, marjoram, oregano, thyme], Dried Parsley, Onion Powder), **Parmesan Cheese** [pasteurized milk, cheese cultures, salt, enzymes], **Parsley**

Allergen information:

Contains Milk 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.

