

STEAK & SHRIMP IN CREAMY CHIVE SAUCE

cheesy mashed butternut squash, roasted broccoli

COOK TIME 40 MIN	SERVINGS 2	CALORIES PER SERVING 950	NET CARBS PER SERVING 20 GRAMS	MENU KETO // GLUTEN-FREE
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Surf 'n' turf meets comfort food in this twist on a steakhouse classic. Bavette steaks and shrimp are both seasoned simply with salt and pepper, then seared separately until each turns golden on the outside. They're both topped with a rich and creamy chive sauce—made with mushroom amino sauce and cream cheese. Finally, because the sides are just as important, we're serving up two stellar accompaniments: tender roasted broccoli and mashed butternut squash with sharp cheddar cheese.

INGREDIENTS (8 ITEMS)

- 8¾ oz **Butternut squash***
- 6 oz **Broccoli**
- ⅛ oz **Chives**
- 2 (5 oz) **Bavette steaks****
- 10 oz **Shrimp*** SH**
- 1¾ oz **Mushroom amino sauce T**
- 1 oz **Cream cheese M**
- 1 oz **Sharp cheddar cheese M**

WHAT YOU'LL NEED

- medium pot
- medium sauté pan
- baking sheet
- medium bowl
- measuring spoons
- strainer
- peeler
- potato masher
- thermometer
- oven mitt
- cooking oil
- 2 tbsp butter M
- salt & pepper

ALLERGENS

- SH SHELLFISH (shrimp) T TREE NUTS (coconut)
- M MILK



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.

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

**Steaks are 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 meat and shellfish. Consuming raw or undercooked meat or 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

- Preheat oven to 425 degrees.
- Remove any seeds from **butternut squash*** with a spoon. Carefully peel with a sharp peeler.** Medium dice into pieces, about ½ inch each.
- Cut **broccoli** into bite-size pieces if necessary.
- Mince **chives**.

**Use about 2 cups squash, saving the rest for another day. If you have a food scale, use 9 ounces to stay under 20 grams of net carbs per serving.*

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

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 COOK SQUASH

- Place **squash** in a medium pot. Cover with at least 2 inches cold, lightly salted water. Bring to a boil. Cook 12-15 minutes, or until fork-tender.
- Strain **squash**; shake off excess water. Return to pot. (You'll finish the squash in Step 7.)

3 SEASON & ROAST BROCCOLI

- Place **broccoli** on a lightly oiled, foil-lined baking sheet. Drizzle with about 1½ tablespoons cooking oil. Season with salt and pepper. Stir to coat. Spread out in a single layer.
- Roast 14-16 minutes, or until fork-tender, stirring halfway through.

4 SEASON & COOK STEAKS

- Pat **bavette steaks** dry with paper towels. Season with salt and pepper. Heat about 1½ tablespoons cooking oil in a medium sauté pan over medium-high heat until shimmering. Once pan is hot, add **steaks**. Sear 5-6 minutes on each side, or until fully cooked (or to desired doneness).
- Transfer **steaks** to a cutting board. Let rest at least 3 minutes.

5 SEASON & COOK SHRIMP

- Rinse **shrimp**. Pat dry with paper towels. Place in a medium bowl. Season with salt and pepper. Drizzle with about 1 tablespoon cooking oil. Stir to coat.
- Heat about 1½ tablespoons cooking oil in pan used for steaks over medium heat. Add **shrimp** to hot pan. Cook 5-6 minutes, or until fully cooked, stirring occasionally.
- Transfer **shrimp** to a plate.

6 MAKE SAUCE

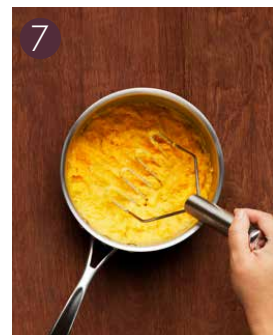
- Add **mushroom amino sauce**, about half of the **chives**, about half of the **cream cheese**, and 2 tablespoons water to pan used for shrimp. Simmer 1-2 minutes, or until sauce has thickened and cream cheese is incorporated, stirring occasionally. Season with salt and pepper to taste.

7 MASH SQUASH

- Add **sharp cheddar cheese**, remaining **cream cheese**, and 2 tablespoons butter to pot with **squash**. Mash with a potato masher (or fork) until smooth. Season with about ¼ teaspoon salt and a pinch of pepper. Stir to combine.

8 PLATE YOUR DISH

- Cut **steaks** against the grain into 5-7 slices each.
- Divide **cheesy mashed butternut squash** between plates. Shingle **steak** over top. Place **shrimp** next to steak. Place **roasted broccoli** next to shrimp. Spoon **creamy chive sauce** over steak and shrimp. Garnish with remaining **chives**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (580g)

Amount per serving

Calories 950

	% Daily Value*
Total Fat 72g	92%
Saturated Fat 23g	115%
Trans Fat 0g	
Cholesterol 300g	100%
Sodium 1620mg	70%
Total Carbohydrate 24g	9%
Dietary Fiber 4g	14%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 55g	
Vitamin D 0mcg	0%
Calcium 324mg	25%
Iron 6mg	35%
Potassium 1213mg	25%

* 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:

Bavette Steaks [beef bavette steak], **Shrimp** [shrimp, water, sodium bicarbonate, citric acid, salt], **Broccoli**, **Butternut 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)], **Sharp Cheddar Cheese** [part-skim milk, cheese cultures, salt, enzymes, annatto, anti caking agent (potato starch powdered cellulose, natamycin)], **Chives**, **Mushroom Amino Sauce** (Coconut Aminos [organic coconut nectar, organic pure coconut blossom sap, natural unrefined sea salt], Mushroom Broth [water, organic mushrooms, sea salt, organic garlic], Kelp Granules [organic raw kelp], Garlic, Lemon Juice [lemon])

Allergen information:

Contains Tree Nuts, 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.