



**GREEN
CHEF**

SHRIMP SCAMPI

spaghetti squash noodles, basil pesto, Parmesan, hazelnuts

COOK TIME

35 MIN

SERVINGS

2

CALORIES PER SERVING

690

NET CARBS PER SERVING

16 GRAMS

MENU

KETO // GLUTEN-FREE // MEDI

This keto-friendly dish has all the creamy delightfulness of shrimp scampi—minus the carbs! Here, our favorite noodle replacement, tender roasted spaghetti squash, is sautéed with butter and Parmesan cheese. It serves as a rich base for lemon-garlic pan-seared shrimp. Toasted hazelnuts and a drizzle of basil pesto finish the dish with a satisfying crunch and herbaceous flavors.

INGREDIENTS (9 ITEMS)

17½ oz **Spaghetti squash***
2 tsp **Garlic-herb seasoning**
½ oz **Hazelnuts** T
1 whole **Roma tomato**
¼ oz **Garlic**
10 oz **Shrimp**** SH
2½ oz **Vegetable broth with lemon juice**
1 oz **Parmesan cheese** M
1¾ oz **Basil pesto with Parmesan** M T

WHAT YOU'LL NEED

medium nonstick pan
large sauté pan
baking sheet
small bowl
measuring spoons
thermometer
oven mitt
cooking & olive oils
1 tbsp butter M
salt & pepper

ALLERGENS

T TREE NUTS (almonds, hazelnuts)
SH SHELLFISH (shrimp)
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.

**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 SEASON & ROAST SQUASH

- Preheat oven to 425 degrees.
- Halve **spaghetti squash** if necessary. Remove seeds with a spoon. Drizzle insides with 1 tablespoon cooking oil. Season insides with salt, pepper, and about half of the **garlic-herb seasoning**.
- Place **squash**, cut sides down, on a lightly oiled, foil-lined baking sheet. Roast 25-30 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

- Roughly chop **hazelnuts** if necessary.
- Small dice **Roma tomato** into pieces, about ¼ inch each.
- Mince **garlic**.

3 SEASON SHRIMP

- Rinse **shrimp**. Pat dry with paper towels. Place **shrimp** in a small bowl. Season with salt, pepper, and remaining **garlic-herb seasoning**. Drizzle with 1-2 teaspoons cooking oil. Stir to coat.

4 TOAST HAZELNUTS

- Place **hazelnuts** in a dry large sauté pan over medium heat. Toast 2-3 minutes, or until fragrant, shaking pan frequently.
- Transfer **hazelnuts** to a plate.

5 COOK SHRIMP & MAKE SAUCE

- Heat 1½ tablespoons cooking oil in pan used for hazelnuts over medium-high heat. Add **shrimp** to hot pan. Cook 2-3 minutes, or until shrimp begin to turn pink, stirring occasionally.
- Add **tomato, garlic, and vegetable broth with lemon juice**. Stir to combine.* Cook 1-2 minutes, or until shrimp are fully cooked and broth has slightly reduced, 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 SQUASH NOODLES

- Separate **squash strands*** from peel with a fork.**

**Use about 2½ cups squash, saving the rest for another day. If you have a food scale, use 22 ounces to stay under 20 grams of net carbs per serving.*

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

7 FINISH SQUASH NOODLES

- Heat 1 tablespoon olive oil in a medium nonstick pan over medium heat. Add 1 tablespoon butter to hot pan. Stir until butter has melted.
- Transfer **squash noodles** to pan. Add about half of the **Parmesan cheese**. Cook 2-3 minutes, or until cheese melts, stirring occasionally. Season with salt and pepper to taste.*

**Make sure to taste the squash noodles after seasoning and adjust as needed. Adding salt and pepper throughout the cooking process is key to a delicious final product.*

8 PLATE YOUR DISH

- Divide **squash noodles** between plates. Top with **shrimp**. Spoon **tomato-garlic sauce** over shrimp. Drizzle with **basil pesto with Parmesan** to taste. Garnish with **toasted hazelnuts** and remaining **Parmesan**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (484g)

Amount per serving

Calories 690

	% Daily Value*
Total Fat 57g	73%
Saturated Fat 13g	65%
Trans Fat 0g	
Cholesterol 210mg	70%
Sodium 1060mg	46%
Total Carbohydrate 21g	8%
Dietary Fiber 5g	18%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 28g	
Vitamin D 0mcg	0%
Calcium 350mg	25%
Iron 3mg	15%
Potassium 567mg	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:

Basil Pesto (Garlic, Basil, Almonds [almonds], Sea Salt, Lemon Juice [lemon], Olive Oil [olive oil], Parmesan Cheese [pasteurized cow's milk (cheese cultures, salt, and enzymes), cellulose (to prevent caking) and potassium sorbate], Water, Ascorbic Acid [ascorbic acid]), **Hazelnuts** [hazelnuts], **Shrimp** [shrimp, water, sodium bicarbonate, citric acid, salt], **Garlic-Herb Seasoning** (Ground Rosemary, Granulated Garlic, Black Pepper, Italian Seasoning [basil, rosemary, marjoram, oregano, thyme]), **Spaghetti Squash**, **Parmesan Cheese** [pasteurized milk, cheese cultures, salt, enzymes, anti caking agent (potato starch powdered cellulose, natamycin)], **Garlic**, **Lemon Vegetable Broth** (Lemon Juice [lemon], Vegetable Broth [water, carrots, celery, onions, leeks, tomato puree (tomatoes, sea salt, citric acid), mushrooms, garlic, spices, sea salt]), **Roma Tomatoes**

Allergen information:

Contains Milk, Tree Nuts 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.