



**GREEN
CHEF**

STEAK & SHRIMP WITH SPICY PEPERONATA

Parmesan cheese, pine nuts, parsley-basil pepita pesto

COOK TIME

35 MIN

SERVINGS

2

CALORIES PER SERVING

870

NET CARBS PER SERVING

11 GRAMS

MENU

KETO // GLUTEN-FREE

When you can't decide between meat and seafood, why not have both? This surf and turf dinner centers around peperonata, a mixture of sweet bell peppers in a balsamic roasted red pepper sauce. The peperonata happens to go great with both steak and shrimp. Thin zucchini ribbons add a veggie boost to the dish, while pine nuts add a toasty crunch. For even more sauce, there's a parsley-basil pesto to drizzle over everything.



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 (10 ITEMS)

½ oz **Pine nuts** T
1 unit **Red bell pepper**
1 whole **Zucchini**
2 (5 oz) **Bavette steaks***
10 oz **Shrimp**** SH
¼ tsp **Italian seasoning**
4¾ oz **Balsamic roasted red pepper sauce with olive oil**
1 oz **Parmesan cheese** M
½ tsp **Crushed red pepper flakes**
2 oz **Parsley-basil pepita pesto with fresh garlic** T

WHAT YOU'LL NEED

large sauté pan
baking sheet
medium bowl
measuring spoons
peeler
thermometer
oven mitt
cooking & olive oils
salt & pepper

ALLERGENS

T TREE NUTS (coconut, pine nuts)
SH SHELLFISH (shrimp)
M MILK

*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 & SEASON ZUCCHINI

- Preheat oven to 400 degrees.
- Roughly chop **pine nuts**.
- Cut **red bell pepper*** lengthwise into strips, about ¼ inch thick.
- Trim ends off **zucchini***; discard. Peel lengthwise, forming long ribbons; discard seedy core.
- Place **zucchini** in a medium bowl. Drizzle with about 1 tablespoon olive oil. Season with salt and pepper. Stir to coat.

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

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 TOAST PINE NUTS

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

3 SEASON & COOK STEAKS

- Pat **bavette steaks** dry with paper towels. Season with salt and pepper.
- Heat about 1½ tablespoons cooking oil in pan used for pine nuts 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. (Reserve pan.)

4 SEASON & ROAST SHRIMP

- Rinse **shrimp**. Pat dry with paper towels.
- Place **shrimp** on a lightly oiled, foil-lined baking sheet. Drizzle with about 1 tablespoon cooking oil. Season with **Italian seasoning**, salt, and pepper. Stir to coat. Spread out in a single layer. Roast 8-10 minutes, or until fully cooked.

5 START PEPPERONATA

- Heat about 1½ tablespoons cooking oil in pan used for steaks over medium-high heat. Add **bell pepper** to hot pan. Season with about ¼ teaspoon salt and a pinch of pepper. Cook 2-3 minutes, or until bell pepper begins to soften, stirring occasionally.

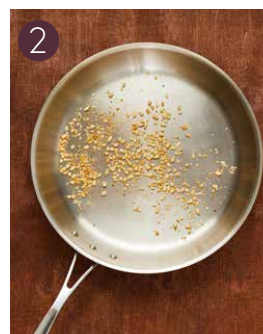
6 FINISH PEPPERONATA

- Add **zucchini**, **balsamic roasted red pepper sauce with olive oil**, about half of the **Parmesan cheese**, and about 1 tablespoon water to pan with bell pepper. Season with **crushed red pepper flakes*** to taste. Cook 1-2 minutes, or until sauce is warmed through and veggies are tender, stirring occasionally.
- Remove from heat.

**If heat sensitive, use crushed red pepper flakes sparingly, or omit entirely.*

7 PLATE YOUR DISH

- Cut **steaks** against the grain into 5-7 slices each.
- Divide **spicy peperonata** between bowls. Top with **steak** and **shrimp**. Drizzle with **parsley-basil pepita pesto with fresh garlic**. Garnish with **pine nuts** and remaining **Parmesan cheese**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (608g)

Amount per serving

Calories 870

	% Daily Value*
Total Fat 66g	85%
Saturated Fat 17g	85%
Trans Fat 0g	
Cholesterol 265mg	88%
Sodium 1590mg	69%
Total Carbohydrate 15g	5%
Dietary Fiber 4g	14%
Total Sugars 9g	
Includes 0g Added Sugars	0%
Protein 54g	
Vitamin D 0mcg	0%
Calcium 272mg	20%
Iron 7mg	40%
Potassium 1082mg	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], **Zucchini, Balsamic Roasted Red Pepper Sauce** (Roasted Red Peppers [bell pepper], Tomato Paste [vine ripened organic tomatoes], Lemon Juice [lemon], Balsamic Vinegar [wine vinegar, concentrated grape must], Ground Tomatoes [organic tomatoes, organic tomato puree, sea salt, citric acid], Olive Oil [olive oil], Sea Salt, Water, Ascorbic Acid [ascorbic acid]), **Bell Peppers, Crushed Red Pepper Flakes, Italian Seasoning** [basil, rosemary, marjoram, oregano, thyme], **Pine Nuts** [pine nuts], **Parsley-Basil Pepita Pesto** (Lemon Juice [lemon], Parsley, Basil, Garlic, Coconut Milk [organic coconut, coconut extract, water, organic guar gum], Sea Salt, Black Pepper, Dijon Mustard [water, organic mustard seeds, organic vinegar, salt, organic turmeric, organic spices], Ground Cayenne Pepper, Pepitas [pumpkin seeds], Red Wine Vinegar [aged red wine vinegar]), **Parmesan Cheese** [pasteurized milk, cheese cultures, salt, enzymes]

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.

