



SOUTHWEST SHRIMP & BACON COBB SALAD

hard-boiled eggs, ranch dressing, pepitas, cotija, Cholula

COOK TIME 25 MIN	SERVINGS 2	CALORIES PER SERVING 520	NET CARBS PER SERVING 12 GRAMS	MENU KETO // GLUTEN-FREE
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This dinner-worthy salad is fully loaded with protein, veggies, and bold Southwest flavors. Cumin-spiced shrimp, crisp bacon, and hard-boiled eggs top a fresh base of romaine, cabbage, and tomatoes. There's plenty of tangy Greek yogurt-based ranch to dress the salad. Garnishing the top are sharp crumbles of cotija cheese and crunchy, toasty pepitas.

INGREDIENTS (11 ITEMS)

- 2 medium **Eggs** E
- 4 oz **Bacon***
- 5¼ oz **Romaine lettuce**
- 3½ oz **Cabbage**
- 4 oz **Grape tomatoes**
- ½ oz **Pepitas**
- 10 oz **Shrimp**** SH
- 1 tsp **Ground cumin**
- ¾ oz **Cotija cheese** M
- 2¾ oz **Greek yogurt-based ranch dressing** M
- 1 tsp **Cholula sauce**

WHAT YOU'LL NEED

- small pot with lid
- large sauté pan
- baking sheet
- mixing bowls
- measuring spoons
- thermometer
- oven mitt
- cooking oil
- salt & pepper

ALLERGENS

- E EGGS
- 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.

*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, pork, and eggs. Consuming raw or undercooked shellfish, pork, or eggs 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 BOIL EGGS

- Preheat oven to 425 degrees.
- Bring a small pot of water to a boil. Carefully lower **eggs** into boiling water with a spoon. Reduce heat to low and cover pot with lid. Simmer 11 minutes.
- Drain water from pot. Cover **eggs** with about 2 inches cold water. Soak 5-10 minutes to cool.
- Peel **eggs**. Rinse with water to remove shell fragments. Quarter lengthwise.

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 BACON

- Place **bacon** on a lightly oiled, foil-lined baking sheet. Roast 14-16 minutes, or until crispy.
- Transfer to a paper-towel-lined plate. Once cool enough to handle, roughly chop **bacon** into bite-size pieces.

3 PREP

- Halve **romaine lettuce** lengthwise. Lay flat and slice across into ribbons, about ¼ inch wide; discard root end.
- Roughly chop **cabbage*** if necessary.
- Halve **grape tomatoes**.

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

4 TOAST PEPITAS

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

5 COOK SHRIMP

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

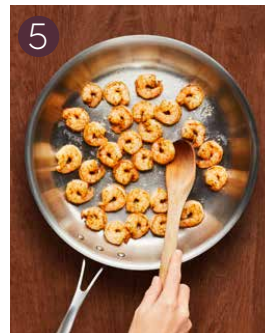
6 MAKE SALAD

- Place **romaine**, **cabbage**, **tomatoes**, and about half of the **cotija cheese** in a large bowl. Drizzle with **Greek yogurt-based ranch dressing**. Toss to combine. Season with salt and pepper to taste.*

**The cotija is naturally salty; season accordingly.*

7 PLATE YOUR DISH

- Divide **salad** between bowls. Top with **shrimp**, **hard-boiled eggs**, and **bacon**. Garnish with **pepitas** and remaining **cotija**. Drizzle with **Cholula sauce** as desired (or omit). Enjoy!



Nutrition Facts

2 Servings per container

Serving size (519g)

Amount per serving

Calories 520

	% Daily Value*
Total Fat 32g	41%
Saturated Fat 9g	45%
Trans Fat 0g	
Cholesterol 475mg	158%
Sodium 1410mg	61%
Total Carbohydrate 16g	6%
Dietary Fiber 4	14%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 47g	
Vitamin D 0mcg	0%
Calcium 244mg	20%
Iron 4mg	20%
Potassium 530mg	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**, **Ground Cumin**, **Romaine Lettuce**, **Grape Tomatoes**, **Green Cabbage**, **Red Cabbage**, **Egg**, **Cotija Cheese** [pasteurized milk, salt, cheese cultures, enzymes, cellulose], **Pepitas** [pumpkin seed kernels], **Ranch Dressing** (Greek Yogurt [pasteurized organic whole milk, organic sweet cream buttermilk, living yogurt cultures: L. acidophilous, L. bulgaricus, S. thermophilus, and Bifidobacterium lactis], Sour Cream [cultured cream], Buttermilk [organic cultured lowfat milk, organic nonfat milk, salt, vitamin A palmitate, vitamin D3], Onion Powder, Granulated Garlic, Dried Dill, Black Pepper, Sea Salt, White Wine Vinegar [aged white wine vinegar], Ascorbic Acid [ascorbic acid]), **Cholula Sauce** [water, peppers (arbol & piquin), salt, vinegar, garlic powder, spices, xanthan gum]

Allergen information:

Contains Milk, 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.