



BOOM BOOM SHRIMP & BACON BOWLS

broccoli stir-fry, scallion scrambled eggs, sesame seeds, cashews

COOK TIME 30 MIN	SERVINGS 2	CALORIES PER SERVING 670	NET CARBS PER SERVING 16 GRAMS	MENU KETO // PALEO // GLUTEN-FREE
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With their triple hit of protein, we could have called these Boom Boom *Boom* bowls instead. Bacon, egg, and shrimp top a stir-fry of broccoli, cabbage, and carrots. It's all drizzled with our creamy boom boom sauce that's zingy with ginger and tangy with lime. For extra crunch and nuttiness, the bowls are sprinkled with sesame seeds, roasted cashews, and scallion greens, then drizzled with toasted sesame oil.

INGREDIENTS (12 ITEMS)

- 6 oz **Broccoli**
- 1 whole **Scallion**
- 2 medium **Eggs** E
- 4 oz **Bacon***
- 10 oz **Shrimp**** SH
- 2 oz **Yellow onions & ginger**
- & ½ oz
- 3½ oz **Cabbage & carrots**
- ¾ oz **Coconut aminos** T
- 1¼ oz **Boom boom sauce** E T
- 1 tsp **Black & white sesame seeds**
- ½ oz **Roasted cashews** T
- ¾ oz **Toasted sesame oil**

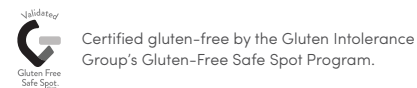
WHAT YOU'LL NEED

- medium nonstick pan
- large sauté pan
- baking sheet
- mixing bowls
- measuring spoons
- whisk
- thermometer
- oven mitt
- cooking oil
- salt & pepper

ALLERGENS

- E EGGS
- SH SHELLFISH (shrimp)
- T TREE NUTS (cashews, coconut)

4 COOKING TOP
If you ordered the 4-serving version of this meal, refer to the guidelines in Step 1.



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 pork, shellfish, and eggs. Consuming raw or undercooked pork, shellfish, or eggs may increase your risk of foodborne illness. Go to 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 400 degrees.
- Cut **broccoli** lengthwise into slices, about ¼ inch thick.
- Trim and thinly slice **scallion**, separating whites from greens.
- Crack **eggs** into a medium bowl. Add **scallion whites**. Season with salt and pepper. Whisk until combined and frothy.

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 ROAST BACON

- Spread **bacon** out in a single layer on one side of a lightly oiled, foil-lined baking sheet. Roast for 10 minutes (you'll add the shrimp to the baking sheet then).

3 SEASON & ROAST SHRIMP

- Rinse **shrimp**. Pat dry with paper towels. Place in a second medium bowl. Drizzle with about 1 teaspoon cooking oil. Season with salt and pepper. Stir to coat.
- Once **bacon** has roasted 10 minutes, remove baking sheet from oven. Carefully add **shrimp** in a single layer on empty side. Roast 8-10 minutes, or until bacon is crispy and shrimp are fully cooked.
- Transfer **bacon** to a paper-towel-lined plate and allow to cool.
- Transfer **bacon** to a cutting board. Roughly chop.

4 MAKE STIR-FRY

- Heat about 1 tablespoon cooking oil in a large sauté pan over medium-high heat. Add **broccoli** to hot pan. Season with about ¼ teaspoon salt and a pinch of pepper. Cook 3-4 minutes, or until broccoli begins to brown, stirring occasionally.
- Add **yellow onions and ginger, cabbage* and carrots**, and about 2 tablespoons water. Season with about ¼ teaspoon salt and a pinch of pepper. Cook 4-5 minutes, or until veggies are tender and water has evaporated, stirring occasionally. Remove from heat.
- Add **coconut aminos**. Stir to combine.

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

5 SCRAMBLE EGGS

- Heat about 1 tablespoon cooking oil in a medium nonstick pan over medium heat. Add **eggs and scallion whites** to hot pan. Cook until eggs reach desired doneness, stirring frequently.

6 PLATE YOUR DISH

- Divide **broccoli stir-fry** between bowls. Top with **scallion scrambled eggs** and **shrimp**. Drizzle with **boom boom sauce**. Garnish with **bacon, black and white sesame seeds, roasted cashews**, and **scallion greens**. Drizzle with **toasted sesame oil**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (496g)

Amount per serving

Calories 670

	% Daily Value*
Total Fat 48g	62%
Saturated Fat 8g	40%
Trans Fat 0g	
Cholesterol 465mg	155%
Sodium 1920mg	83%
Total Carbohydrate 21g	8%
Dietary Fiber 5g	18%
Total Sugars 10g	
Includes 0g Added Sugars	0%
Protein 43g	
Vitamin D 0mcg	0%
Calcium 207mg	15%
Iron 4mg	20%
Potassium 672mg	15%

* 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, Egg, Carrots, Red Cabbage, Broccoli, Toasted Sesame Oil** [toasted sesame oil], **Yellow Onions, Ginger** [organic ginger, organic cane sugar, organic rice vinegar, citric acid], **Scallions, Boom Boom Sauce** (Avocado Oil Mayonnaise [avocado oil, organic eggs, organic egg yolks, organic vinegar, sea salt, organic rosemary extract], Hot Sauce [water, organic red bell peppers, organic onions, organic tomatoes (organic tomato puree [water, organic tomato paste], citric acid), organic white wine vinegar, sea salt, organic garlic powder, organic cayenne, xanthan gum], Lime Juice [lime], Puréed Ginger [ginger], Garlic, Coconut Aminos [organic coconut nectar, organic pure coconut blossom sap, natural unrefined sea salt], Coconut Nectar [coconut tree sap], Crushed Red Pepper Flakes), **Black & White Sesame Seeds** (White Sesame Seeds [hulled sesame seeds], Black Sesame Seeds [black sesame seeds]), **Cashews** [cashews, canola and/or peanut and/or sunflower oil], **Coconut Aminos** [organic coconut nectar, organic pure coconut blossom sap, natural unrefined sea salt]

Allergen information:

Contains Tree Nuts, 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.