



**GREEN  
CHEF**

## CAJUN SHRIMP & PICKLED CORN RELISH

*cheddar mashed potatoes, sautéed collards*

### COOK TIME

35 MIN

### SERVINGS

2

### CALORIES PER SERVING

820

### MENU

GLUTEN-FREE

This dish delivers on all the down-home flavors you crave, and then some. Succulent shrimp are seasoned with Cajun-style spices (featuring paprika, herbs, and red pepper), then pan-seared to pearly perfection. They're served over a bed of rich, sharp-cheddar-strewn mashed potatoes. On top, there's a homemade corn relish—pickled in apple cider vinegar with yellow mustard seeds—for some tangy-sweet contrast. Sautéed collard greens make a deliciously nourishing side. All you need to complete the Southern-style experience is a tall glass of sweet tea!



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)

|         |  |
|---------|--|
| 12 oz   | <b>Yellow potatoes</b>                       |
| 1 whole | <b>Shallot</b>                               |
| 1 whole | <b>Scallion</b>                              |
| 5¼ oz   | <b>Collard greens</b>                        |
| 2¾ oz   | <b>Corn</b>                                  |
| ¼ tsp   | <b>Yellow mustard seeds</b>                  |
| 1¼ oz   | <b>Apple-cider pickling vinegar</b>          |
| 10 oz   | <b>Shrimp*</b> <small>SH</small>             |
| ¾ tsp   | <b>Cajun spice blend</b>                     |
| 2 oz    | <b>Sharp cheddar cheese</b> <small>M</small> |

### WHAT YOU'LL NEED

small & medium pots  
large sauté pan  
medium bowl  
measuring cup & spoons  
strainer  
potato masher  
thermometer  
cooking oil  
2 tbsp butter M  
salt & pepper

### ALLERGENS

SH SHELLFISH (shrimp)

M MILK

\*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 COOK POTATOES

- Medium dice **yellow potatoes\*** into pieces, about ½ inch each.
- Place **potatoes** 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, stirring occasionally.
- Reserve about ½ cup **potato cooking liquid**. Strain **potatoes**; shake off excess water. Return to pot. (You'll finish the potatoes in Step 6.)

*\*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 PREP

- Cut ends off **shallot** and discard peel. Halve lengthwise. Lay flat and small dice into pieces, about ¼ inch each.
- Trim and thinly slice **scallion**.
- Remove and discard any thick center stems from **collard greens**. Roll leaves into a large "cigar" and slice across into ribbons, about ¼ inch wide.

## 3 MAKE CORN RELISH

- Heat about 1 tablespoon cooking oil in a small pot over medium-high heat. Add **corn** and about half of the **shallot** to hot pot. Season with salt and pepper. Cook 1-2 minutes, or until shallot begins to soften, stirring occasionally.
- Add **yellow mustard seeds**. Cook about 1 minute, or until seeds are fragrant and lightly toasted, stirring frequently.
- Reduce heat to medium low. Add **apple-cider pickling vinegar** and about 2 tablespoons water. Simmer 4-5 minutes, or until liquid has reduced by about three-quarters, stirring occasionally.
- Remove from heat. Add **scallion**. Stir to combine.

## 4 SAUTÉ SHALLOT &amp; COLLARDS

- Heat about 1½ tablespoons cooking oil in a large sauté pan over medium-high heat. Add remaining **shallot** to hot pan. Cook 1-2 minutes, or until translucent, stirring occasionally.
- Add **collards**. Season with salt and pepper. Cook 2-3 minutes, or until collards begin to soften, stirring occasionally.
- Reduce heat to low. Add about ⅓ cup water. Simmer 6-7 minutes, or until collards are tender and liquid has mostly cooked off, stirring occasionally.
- Remove from heat. Season with salt and pepper to taste. Transfer **shallot and collards** to a plate. (Carefully wipe out pan.)

## 5 SEASON &amp; COOK SHRIMP

- Rinse **shrimp**. Pat dry with paper towels. Place in a medium bowl. Season with **Cajun spice blend** and salt. Stir to coat.
- Heat about 1½ tablespoons cooking oil in pan used for collards over medium-high heat. Add **shrimp** to hot pan. Cook 3-6 minutes, or until fully cooked, stirring occasionally.

## 6 FINISH POTATOES

- Mash **potatoes** with a potato masher (or fork) until smooth.
- Add **sharp cheddar cheese**, 2 tablespoons butter, and about 2 tablespoons reserved **potato cooking liquid**. Season with about ½ teaspoon salt and a pinch of pepper. Stir to combine.

*\*If the mixture is too thick, add more reserved potato cooking liquid a tablespoon at a time until the desired consistency is reached.*

## 7 PLATE YOUR DISH

- Divide **cheddar mashed potatoes** and **sautéed collards** between plates. Top with **Cajun shrimp**. Spoon **pickled corn relish** over top. Enjoy!





## Nutrition Facts

2 Servings per container

**Serving size** (520g)

**Amount per serving**

**Calories** 820

|                               | % Daily Value* |
|-------------------------------|----------------|
| <b>Total Fat</b> 50g          | 64%            |
| Saturated Fat 16g             | 80%            |
| Trans Fat 0g                  |                |
| <b>Cholesterol</b> 240mg      | 80%            |
| <b>Sodium</b> 1630mg          | 71%            |
| <b>Total Carbohydrate</b> 63g | 23%            |
| Dietary Fiber 5g              | 18%            |
| Total Sugars 10g              |                |
| Includes 3g Added Sugars      | 6%             |
| <b>Protein</b> 32g            |                |
| Vitamin D 0mcg                | 0%             |
| Calcium 419mg                 | 30%            |
| Iron 4mg                      | 20%            |
| Potassium 335mg               | 8%             |

\* 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], **Cajun Spice Blend** [paprika (color), spices (white pepper, black pepper, thyme, oregano, basil, red pepper), dehydrated onion, dehydrated garlic, and salt], **Yellow Potatoes**, **Sharp Cheddar Cheese** [part-skim milk, cheese cultures, salt, enzymes, annatto, anti caking agent (potato starch powdered cellulose, natamycin)], **Collard Greens**, **Corn** [corn], **Shallot**, **Yellow Mustard Seeds**, **Pickling Vinegar** (Apple Cider Vinegar [apple cider vinegar], Lime Juice [lime], Agave [organic agave syrup]), **Scallions**

### Allergen information:

Contains 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.*