



# HARISSA-SPICED SHRIMP

*cauliflower, bell pepper, chermoula sauce, slaw, currants*

**COOK TIME**  
30 MIN

**SERVINGS**  
2

**CALORIES PER SERVING**  
640

**NET CARBS PER SERVING**  
19 GRAMS

**MENU**  
KETO // PALEO // GLUTEN-FREE  
// MEDITERRANEAN

Harissa and chermoula bring the vibrant flavors of Morocco to your dinner table in tonight's meal. Harissa seasoning lends spicy boldness to pan-seared shrimp. Chermoula, a popular condiment typically used to flavor seafood, is made here with fresh herbs, garlic, lemon juice, and warming spices. It's drizzled over roasted cauliflower and bell pepper for a perfect finishing touch.

### INGREDIENTS (10 ITEMS)

- 9¾ oz **Cauliflower**
- 1 unit **Red bell pepper**
- 3½ oz **Cabbage & carrots**
- 1 whole **Scallion**
- ½ oz **Pepitas**
- 1¼ oz **Lemon-cumin dressing**
- 10 oz **Shrimp\* SH**
- 1 tsp **Harissa seasoning**
- 2 oz **Chermoula sauce**
- ½ oz **Currants**

### WHAT YOU'LL NEED

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

### ALLERGENS

SH SHELLFISH (shrimp)

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

**Validate**  
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.

\*Shrimp are fully cooked when internal temperature reaches 145 degrees.

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](http://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 **cauliflower** into bite-size pieces if necessary.
- Large dice **red bell pepper\*** into pieces, about ¾ inch each.
- Roughly chop **cabbage\* and carrots** if necessary.
- Trim and thinly slice **scallion**.
- Roughly chop **pepitas**.

*\*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 START CAULIFLOWER & BELL PEPPER

- Place **cauliflower** and **bell pepper** in a large bowl. Drizzle with 1½ tablespoons cooking oil. Season with ¼ teaspoon salt and a pinch of pepper. Stir to coat.
- Spread **cauliflower and bell pepper** out in a single layer on a lightly oiled, foil-lined baking sheet. (Reserve bowl.) Roast 18–20 minutes, or until cauliflower is fork-tender, stirring halfway through. (You'll finish the cauliflower and bell pepper in Step 5.)

# 3 MAKE SLAW

- Place **cabbage and carrots, scallion, and pepitas** in a medium bowl. Drizzle with **lemon-cumin dressing** to taste. Toss to combine. Season with salt and pepper to taste.

# 4 SEASON & COOK SHRIMP

- Rinse **shrimp**. Pat dry with paper towels. Place in a second medium bowl. Season with **harissa seasoning\***, salt, and pepper. Drizzle with 1 tablespoon cooking oil. Stir to coat.
- Heat 1½ tablespoons cooking oil in a medium sauté pan over medium-high heat. Add **shrimp** to hot pan. Cook 3–5 minutes, or until fully cooked, stirring occasionally.

*\*If heat sensitive, use harissa seasoning sparingly.*

# 5 FINISH CAULIFLOWER & BELL PEPPER

- Return **cauliflower and bell pepper** to bowl used for seasoning. Drizzle with **chermoula sauce** to taste. Stir to coat. Season with salt and pepper to taste.

# 6 PLATE YOUR DISH

- Divide **harissa-spiced shrimp** between plates. Serve **cauliflower and bell pepper** and **slaw** on the side. Sprinkle **currants** over slaw. Enjoy!



## Nutrition Facts

2 Servings per container

**Serving size** (481g)

Amount per serving

**Calories** **640**

	% Daily Value*
<b>Total Fat</b> 50g	64%
Saturated Fat 7g	35%
Trans Fat 0g	
<b>Cholesterol</b> 180mg	60%
<b>Sodium</b> 1240mg	54%
<b>Total Carbohydrate</b> 26g	9%
Dietary Fiber 7g	25%
Total Sugars 13g	
Includes 0g Added Sugars	0%
<b>Protein</b> 26g	
Vitamin D 0mcg	0%
Calcium 160mg	10%
Iron 4mg	20%
Potassium 1033mg	20%

\* 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], **Harissa Seasoning** [caraway, cumin, coriander, black pepper, fennel, red pepper, cinnamon, ginger, peppermint, chili pepper, smoked paprika (color & flavor), dehydrated garlic, organic lemon peel], **Green Cabbage**, **Carrots**, **Dried Currants** [raisins], **Scallions**, **Lemon-Cumin Dressing** (Lemon Juice [lemon], Ground Cumin, Olive Oil [olive oil], Parsley, Stone-Ground Mustard [water, organic mustard seeds, organic vinegar, salt, organic spices]), **Cauliflower**, **Bell Peppers**, **Chermoula Sauce** (Parsley, Cilantro, Garlic, Water, Ground Cumin, Ground Coriander, Crushed Red Pepper Flakes, Sweet Paprika, Smoked Paprika, Olive Oil [olive oil], Lemon Juice [lemon], Red Wine Vinegar [aged red wine vinegar], Sea Salt), **Pepitas** [pumpkin seed kernels]

### Allergen information:

Contains 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.*