



SHRIMP & BACON ZUCCHINI NOODLE BOWLS

garlic cream sauce, parsley, Parmesan

COOK TIME 25 MIN	SERVINGS 2	CALORIES PER SERVING 620	NET CARBS PER SERVING 15 GRAMS	MENU KETO // GLUTEN-FREE
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Zucchini noodles are not only a gluten-free pasta substitute—they're also a delicious and unique base for these shrimp and bacon bowls. Use a vegetable peeler to create pappardelle-shaped ribbons, then toss them with olive oil and a garlic, paprika, and herb blend to infuse them with flavor. Next, you'll build a creamy, dreamy sauce with peas and tomato right in the pan. The finishing touch? A satisfying helping of herby shrimp and crispy bacon—plus a garnish of Parmesan and parsley—to top off this decadent, creamy "pasta."

INGREDIENTS (11 ITEMS)

- 4 oz **Bacon***
- 2 whole **Zucchini**
- ¼ oz **Garlic**
- 1 whole **Roma tomato**
- ¼ oz **Parsley**
- 1¼ tsp **Garlic, paprika & herb blend**
- 10 oz **Shrimp** SH**
- 2¾ oz **Creamy mushroom broth M**
- 2½ oz **Peas**
- 1 oz **Cream cheese M**
- 1 oz **Parmesan cheese M**

WHAT YOU'LL NEED

- large sauté pan
- mixing bowls
- measuring spoons
- peeler
- thermometer
- cooking & olive oils
- 2 tbsp butter M
- salt & pepper

ALLERGENS

- 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 pork and shellfish. Consuming raw or undercooked pork or shellfish 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 COOK BACON

- Place **bacon** in a dry, large sauté pan over medium-high heat. Cook 6-10 minutes, or until bacon is crispy and fat renders, flipping occasionally.
- Transfer **bacon** to a paper-towel-lined plate and allow to cool. Discard all but a thin layer of **bacon fat** from pan.

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

- Trim ends from **zucchini***. Using a peeler, shave zucchini lengthwise into ribbons, rotating as you go, until you get to the seedy core; discard core.
- Mince **garlic**.
- Small dice **Roma tomato** into pieces, about ¼ inch each.
- De-stem **parsley**; roughly chop leaves.

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



3 SEASON ZUCCHINI

- Place **zucchini** in a large bowl. Drizzle with about 1 tablespoon olive oil. Season with about half the **garlic, paprika, and herb blend** and a pinch of salt. Toss to coat.

4 COOK SHRIMP

- Rinse **shrimp**. Pat dry with paper towels. Place in a medium bowl. Season with remaining **garlic, paprika, and herb blend**.
- Return pan with **bacon fat** to stovetop over medium-high heat. Add **shrimp** to hot pan. Cook 5-6 minutes, or until fully cooked, stirring occasionally.
- Transfer **shrimp** to a plate. (Carefully wipe out pan.)



5 START ZUCCHINI NOODLES

- Heat about 1 teaspoon cooking oil in pan used for shrimp over medium-high heat. Add **garlic** and **zucchini noodles**. Cook 1-2 minutes, or until fragrant.
- Add **tomato, creamy mushroom broth**, and about 2 tablespoons water. Simmer 1-2 minutes, or until zucchini is tender, stirring occasionally.



6 FINISH ZUCCHINI NOODLES

- Reduce heat to medium low. Add **peas, cream cheese**, 2 tablespoons butter, about half the **Parmesan cheese**, and about half the **parsley**. Stir until butter has melted and sauce is combined. Season with salt and pepper to taste.

7 PLATE YOUR DISH

- Divide **zucchini noodles and garlic cream sauce** between bowls. Top with **shrimp**. Sprinkle **chopped bacon** over shrimp. Garnish with remaining **Parmesan cheese** and **parsley**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (590g)

Amount per serving

Calories 620

	% Daily Value*
Total Fat 42g	54%
Saturated Fat 19g	95%
Trans Fat 0g	
Cholesterol 300mg	100%
Sodium 1330mg	58%
Total Carbohydrate 20g	7%
Dietary Fiber 5g	18%
Total Sugars 9g	
Includes 0g Added Sugars	0%
Protein 43g	
Vitamin D 0mcg	0%
Calcium 354mg	25%
Iron 3mg	15%
Potassium 893mg	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], **Bacon, Garlic, Zucchini, Peas** [peas], **Cream Cheese** [cultured pasteurized skim milk and cream, whey protein, milk proteins, less than 2% salt, inulin (natural dietary fiber), natural acids, xanthan, locust bean and guar gums, potassium sorbate (maintains freshness)], **Creamy Mushroom Broth** (Whipping Cream [organic grade A cream (milk), carrageenan], Mushroom Broth [water, organic mushrooms, sea salt, organic garlic], Stone-Ground Mustard [water, organic mustard seeds, organic vinegar, salt, organic spices], Lemon Juice [lemon], Sea Salt, Black Pepper, Ascorbic Acid [ascorbic acid]), **Garlic, Paprika & Herb Blend** (Granulated Garlic, Sweet Paprika, Italian Seasoning [basil, rosemary, marjoram, oregano, thyme], Dried Parsley, Onion Powder), **Parmesan Cheese** [pasteurized milk, cheese cultures, salt, enzymes, anti caking agent (potato starch powdered cellulose, natamycin)], **Parsley, Roma Tomatoes**

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.

