



**GREEN
CHEF**

PESTO SHRIMP & COUSCOUS BOWLS

kale, artichokes, sunflower seeds, dates

COOK TIME

25 MIN

SERVINGS

2

CALORIES PER SERVING

690

MENU

MEDITERRANEAN

Equal parts savory and sweet, our pesto couscous makes a delicious bed for shrimp. To start off tonight's meal, you'll cook toasted pearl couscous until al dente, then stir in fresh kale, briny artichoke hearts, sweet dates, and chewy sunflower seeds. That's all mixed with a dairy-free basil and garlic pesto, which adds to the sunny elements of this dish. Shrimp, flavored with Italian-style spices and dill, top off these bowls for a refreshing, hearty meal.

INGREDIENTS (8 ITEMS)

½ cup	Toasted pearl couscous ^W
2¾ oz	Lacinato kale
1¼ oz	Artichoke hearts
¾ oz	Dates
10 oz	Shrimp* ^{SH}
1 tsp	Italian-style spices & dill
½ oz	Sunflower seeds
1¾ oz	Dairy-free basil & garlic pesto ^T

WHAT YOU'LL NEED

small pot
large sauté pan
medium bowl
measuring cup & spoons
thermometer
cooking & olive oils
salt & pepper

ALLERGENS

- ^W WHEAT
- ^{SH} SHELLFISH (shrimp)
- ^T TREE NUTS (almonds)



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.

*Shrimp are fully cooked when internal temperature reaches 145°.

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 COUSCOUS

- Bring 1¼ cups water and ¼ teaspoon salt to a boil in a small pot. Once boiling, stir in **toasted pearl couscous**. Reduce heat to medium low. Simmer 11-14 minutes, or until couscous is al dente and water has absorbed.
- Remove from heat. Drizzle with 1 tablespoon olive oil. Stir to coat. (You'll finish the couscous in Step 4.)

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

- Remove any thick center stems from **lacinato kale**.^{*} Roll leaves into a large "cigar" and slice across into ribbons, about ¼ inch wide.
- Roughly chop **artichoke hearts**.
- Finely chop **dates**.

^{}To quickly prep, hold the stem end with one hand; pinch and strip the leaves down and away with your other hand (like pulling a zipper!).*



3 SEASON & COOK SHRIMP

- Rinse **shrimp**. Pat dry with paper towels. Place in a medium bowl. Season with **Italian-style spices and dill**, salt, and pepper. Drizzle with 1 tablespoon cooking oil. Stir to coat.
- Heat 1½ tablespoons cooking oil in a large sauté pan over medium-high heat. Add **shrimp** to hot pan. Cook 5-6 minutes, or until fully cooked, stirring occasionally. Remove from heat.



4 FINISH COUSCOUS

- Add **kale, artichokes, dates**, and about half the **sunflower seeds** to pot with **couscous**. Drizzle with about half the **dairy-free basil and garlic pesto**. Stir to combine.



5 PLATE YOUR DISH

- Divide **couscous** between bowls. Top with **shrimp**. Drizzle with remaining **basil and garlic pesto**. Garnish with remaining **sunflower seeds**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (303g)

Amount per serving

Calories 690

	% Daily Value*
Total Fat 44g	56%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 180mg	60%
Sodium 1230mg	53%
Total Carbohydrate 45g	16%
Dietary Fiber 5g	18%
Total Sugars 9g	
Includes 0g Added Sugars	0%
Protein 29g	
Vitamin D 0mcg	0%
Calcium 170mg	15%
Iron 3mg	15%
Potassium 431mg	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], **Italian-Style Spices & Dill** (Italian Seasoning [basil, rosemary, marjoram, oregano, thyme], Dried Dill, Onion Powder, Black Pepper, Granulated Garlic), **Toasted Pearl Couscous** [pearled couscous (wheat flour)], **Lacinato Kale**, **Dairy-Free Basil Pesto** (Garlic, Basil, Almonds [almonds], Sea Salt, Lemon Juice [lemon], Olive Oil [olive oil], Ascorbic Acid [ascorbic acid]), **Artichoke Hearts** [hearts of artichokes, water, salt, citric acid], **Dates** [organic dried pitted dates], **Sunflower Seeds** [sunflower kernels, sunflower oil]

Allergen information:

Contains Tree Nuts, Wheat 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.