



**GREEN  
CHEF**

# SHRIMP FRA DIAVOLO

*zucchini, roasted red peppers, onion, basil pesto*

## COOK TIME

25 MIN

## SERVINGS

2

## CALORIES PER SERVING

670

## NET CARBS PER SERVING

19 GRAMS

## MENU

KETO // GLUTEN-FREE

*Fra diavolo*, the Italian-American dish, is traditionally made with pasta and seafood dressed in a spicy tomato sauce with garlic and fresh herbs. Our chefs took inspiration from those flavors to make this gluten-free version, with sautéed zucchini, onion, and roasted red peppers standing in for the pasta. To top off the bowls, there's a caprese-inspired mix of fresh mozzarella, tomato, and basil pesto. Psst—if you like things spicy, stir in crushed red pepper flakes from your pantry at the end of cooking.



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 (8 ITEMS)

4 oz **Fresh mozzarella cheese** **M**  
1 whole **Roma tomato**  
1 whole **Yellow onion**  
1 whole **Zucchini\***  
10 oz **Shrimp\*\*** **SH**  
2¼ oz **Roasted red peppers**  
5¼ oz **Italian-seasoned tomato & roasted red pepper sauce**  
1¾ oz **Dairy-free basil & garlic pesto** **T**

## WHAT YOU'LL NEED

medium nonstick pan  
medium bowl  
measuring cup & spoons  
thermometer  
cooking & olive oils  
salt & pepper

## ALLERGENS

**M** MILK  
**SH** SHELLFISH (shrimp)  
**T** TREE NUTS (almonds)

\*Due to the varying nature of organic produce, we may have sent a larger zucchini than needed.

\*\*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 PREP

- Medium dice **fresh mozzarella cheese** into pieces, about ½ inch each.
- Small dice **Roma tomato** into pieces, about ¼ inch each.
- Cut ends off **yellow onion** and discard peel. Halve lengthwise; save one half for another use. Small dice remaining half into pieces, about ¼ inch each.
- Trim ends from **zucchini\***. Quarter lengthwise. Lay flat and slice across into quarter-moons, about ¼ inch thick.

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

*\*Use enough zucchini to match the size of a plantain, saving the rest for another day. If you have a food scale, use 12 ounces to stay under 20 grams of net carbs per serving.*

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 MAKE TOPPING

- Place **mozzarella** and **tomato** in a medium bowl. Lightly season with about ¼ teaspoon salt and a pinch of pepper. Drizzle with about 1 tablespoon olive oil. Toss to combine.

## 3 COOK SHRIMP

- Rinse **shrimp**. Pat dry with paper towels.
- Heat about 1½ tablespoons cooking oil in a medium nonstick pan over medium-high heat. Add **shrimp** to hot pan. Season with ¼ teaspoon salt and a pinch of pepper. Cook 3–4 minutes, or until fully cooked. Transfer to a plate.

## 4 COOK VEGGIES

- Heat about 1 tablespoon cooking oil in pan used for shrimp over medium-high heat. Add **onion**, **roasted red peppers**, and **zucchini** to hot pan. Season with salt and pepper. Cook 3–4 minutes, or until onion begins to brown, stirring occasionally.

## 5 MAKE FRA DIAVOLO SAUCE

- Add **shrimp**, **Italian-seasoned tomato and roasted red pepper sauce**, and ¼ cup water to pan. Stir to combine. Sprinkle with **tomato and mozzarella cheese topping**. Reduce heat to medium. Simmer 2–3 minutes, or until sauce is warmed through and cheese is softened.

## 6 PLATE YOUR DISH

- Divide **shrimp fra diavolo** between bowls. Drizzle with **dairy-free basil and garlic pesto** to taste. Enjoy!



## Nutrition Facts

2 Servings per container

**Serving size** (547g)

**Amount per serving**

**Calories** **670**

	% Daily Value*
<b>Total Fat</b> 50g	64%
Saturated Fat 12g	60%
Trans Fat 0g	
<b>Cholesterol</b> 220mg	73%
<b>Sodium</b> 1850mg	80%
<b>Total Carbohydrate</b> 24g	9%
Dietary Fiber 5g	18%
Total Sugars 13g	
Includes 0g Added Sugars	0%
<b>Protein</b> 31g	
Vitamin D 0mcg	0%
Calcium 419mg	30%
Iron 3mg	15%
Potassium 945mg	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], **Mozzarella Cheese** [pasteurized milk, salt, vinegar, lactic acid, enzymes, culture and rennet], **Zucchini**, **Roasted Red Peppers** [bell pepper], **Roma Tomatoes**, **Dairy-Free Basil Pesto** (Garlic, Basil, Almonds [almonds], Sea Salt, Lemon Juice [lemon], Olive Oil [olive oil], Ascorbic Acid [ascorbic acid]), **Yellow Onion**, **Tomato & Roasted Red Pepper Sauce** (Roasted Red Peppers [bell pepper], Garlic, Ground Tomatoes [organic tomatoes, organic tomato puree, sea salt, citric acid], Tomato Paste [vine ripened organic tomatoes], Balsamic Vinegar [wine vinegar, concentrated grape must, caramel color], Sea Salt, Black Pepper, Italian Seasoning [basil, rosemary, marjoram, oregano, thyme], Ground Coriander, Ground Fennel, Ascorbic Acid [ascorbic acid])

### Allergen information:

Contains Tree Nuts, 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.*