



**GREEN  
CHEF**

# MOROCCAN-SPICED SHRIMP BISQUE

*zucchini, tomato, feta, cardamom yogurt, almonds*

## COOK TIME

25 MIN

## SERVINGS

2

## CALORIES PER SERVING

530

## NET CARBS PER SERVING

17 GRAMS

## MENU

KETO // GLUTEN-FREE //  
MEDITERRANEAN // FAST & FIT

This creamy tomato seafood bisque is deliciously decadent—yet ready to eat in only 25 minutes! A spicy Moroccan-inspired cumin-allspice blend seasons the shrimp, which are sautéed with zucchini. Diced tomato and a paprika-turmeric tomato sauce go into the pan next before it's all finished with cream cheese, feta, and a drizzle of Greek yogurt spiced with cardamom. A sprinkle of roasted almonds adds a satisfying crunch throughout.

## INGREDIENTS (10 ITEMS)

1 whole **Zucchini**  
1 whole **Yellow onion**  
1 whole **Roma tomato**  
½ oz **Roasted almonds** <sup>T</sup>  
10 oz **Shrimp\*** <sup>SH</sup>  
1 tsp **Spicy cumin-allspice blend**  
5¼ oz **Paprika-turmeric tomato sauce**  
1 oz **Cream cheese** <sup>M</sup>  
2 oz **Feta cheese** <sup>M</sup>  
2 oz **Cardamom-spiced Greek yogurt** <sup>M</sup>

## WHAT YOU'LL NEED

large sauté pan  
medium bowl  
measuring cup & spoons  
thermometer  
cooking oil  
salt & pepper

## ALLERGENS

<sup>T</sup> TREE NUTS (almonds)  
<sup>SH</sup> SHELLFISH (shrimp)  
<sup>M</sup> 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.

\*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

**PREP**

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

*\*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

**SEASON SHRIMP**

- Rinse **shrimp**. Pat dry with paper towels. Place in a medium bowl. Season with **spicy cumin-allspice blend\***, salt, and pepper. Drizzle with 1½ tablespoons cooking oil. Stir to coat.

*\*If heat sensitive, use spicy cumin-allspice blend sparingly.*

3

**START BISQUE**

- Heat 1½ tablespoons cooking oil in a large sauté pan over medium-high heat. Add **shrimp, zucchini, and onion** to hot pan. Season with salt and pepper. Cook 3–5 minutes, or until shrimp are lightly browned, stirring frequently.

4

**ADD SAUCE**

- Reduce heat to medium. Add **paprika-turmeric tomato sauce, tomato**, and about ½ cup water to pan. Cook 3–4 minutes, or until shrimp are fully cooked, stirring occasionally. Remove from heat.

5

**FINISH BISQUE**

- Add **cream cheese** and about half the **feta cheese** to pan. Stir until cream cheese is incorporated. Season with salt and pepper to taste.\*

*\*Taste the bisque after seasoning and adjust as needed. Adding salt and pepper throughout the cooking process is key to a delicious dish.*

6

**PLATE YOUR DISH**

- Divide **Moroccan-spiced shrimp bisque** between bowls. Drizzle with **cardamom-spiced Greek yogurt** to taste. Garnish with **almonds** and remaining **feta**. Enjoy!



## Nutrition Facts

2 Servings per container

**Serving size** (510g)

**Amount per serving**

**Calories** 530

	% Daily Value*
<b>Total Fat</b> 35g	45%
Saturated Fat 9g	45%
Trans Fat 0g	
<b>Cholesterol</b> 220mg	73%
<b>Sodium</b> 1590mg	69%
<b>Total Carbohydrate</b> 21g	8%
Dietary Fiber 4g	14%
Total Sugars 11g	
Includes 0g Added Sugars	0%
<b>Protein</b> 31g	
Vitamin D 0mcg	0%
Calcium 332mg	25%
Iron 2mg	10%
Potassium 803mg	15%

\* 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], **Spicy Cumin-Allspice Blend** (Ground Cumin, Granulated Garlic, Onion Powder, Ground Coriander, Ground Cayenne Pepper, Allspice [pimento]), **Cardamom**, **Greek Yogurt** (Greek Yogurt [pasteurized organic whole milk, organic sweet cream buttermilk, living yogurt cultures: L. acidophilous, L. bulgaricus, S. thermophilus, and Bifidobacterium lactis], Ground Cardamom, Ground Cayenne Pepper, Granulated Garlic, Sea Salt, Black Pepper, Lemon Juice [lemon]), **Feta Cheese** [pasteurized milk, cheese cultures, salt, enzymes, anti-caking agent (potato starch, powdered cellulose, natamycin)], **Almonds** [almonds], **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)], **Paprika-Turmeric Tomato Sauce** (Red Wine Vinegar [aged red wine vinegar], Diced Tomatoes [organic tomatoes, organic tomato juice, sea salt, calcium chloride, citric acid], Cinnamon, Sweet Paprika, Turmeric, Ground Cumin, Ground Coriander, Sea Salt, Tomato Paste [vine ripened organic tomatoes], Granulated Garlic, Smoked Paprika, Ascorbic Acid [ascorbic acid]), **Roma Tomatoes**, **Yellow Onion**, **Zucchini**

### Allergen information:

Contains Milk, Tree Nuts 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.*