

GREEN

MOROCCAN-SPICED SHRIMP BISQUE

zucchini, tomato, feta, cardamom yogurt, almonds

COOK TIME 25 MIN

SERVINGS 530

CALORIES PER SERVING

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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 Moroccaninspired 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.

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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 (10 ITEMS)

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

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

ALLERGENS

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T TREE NUTS (almonds)
SH SHELLFISH (shrimp)
M MILK
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*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 for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

MOROCCAN-SPICED SHRIMP BISQUE

PREP

- Trim ends from **zucchini***. Halve lengthwise. Lay flat and slice across into half-moons, 0 about 1/4 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 1/2 inch each.
- Small dice **Roma tomato** into pieces, about 1/4 inch each.
- Roughly chop roasted almonds.

*The ingredient you received may be a different color.



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.











SEASON SHRIMP

0 Rinse shrimp. Pat dry with paper towels. Place in a medium bowl. Season with spicy cumin-allspice blend*, salt, and pepper. Drizzle with 11/2 tablespoons cooking oil. Stir to coat.

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



 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.

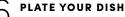
ADD SAUCE

0 Reduce heat to medium. Add paprika-turmeric tomato sauce, tomato, and about 1/2 cup water to pan. Cook 3-4 minutes, or until shrimp are fully cooked, stirring occasionally. Remove from heat.

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.



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

Nutrition Facts

2 Servings per container **Serving size**

Amount per serving

Calories

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

(510g)

Manufactured on equipment that processes products containing egg, fish/shellfish, milk, sesame, soy, peanuts, and tree nuts.