



**GREEN
CHEF**

LEMON HERB SHRIMP & TOMATO ORZO

green beans, Parmesan cheese

COOK TIME

30 MIN

SERVINGS

2

CALORIES PER SERVING

810

Any night is date night with these Tuscan-inspired seafood-and-pasta bowls. Shrimp and green beans are dusted with paprika, basil, and oregano, then simmered in lemony vegetable broth and swirled with butter. Once tender and saucy, they're piled over tomato-studded orzo pasta cooked in a savory vegetable stock. Lemon zest and Parmesan top it all off.

INGREDIENTS (9 ITEMS)

6 oz **Green beans**
1 whole **Roma tomato**
1 whole **Lemon**
10 oz **Shrimp*** SH
6 oz **Orzo pasta** W
1 whole **Vegetable stock concentrate**
1½ tsp **Paprika, basil & oregano blend**
1¾ oz **Vegetable broth with lemon juice**
1 oz **Parmesan cheese** M

WHAT YOU'LL NEED

small pot with lid
medium nonstick pan
small bowl
measuring cup & spoons
microplane
thermometer
cooking oil
2 tbsp butter M
salt & pepper

ALLERGENS

SH SHELLFISH (shrimp)
W WHEAT
M MILK



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 degrees.

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 stem ends off **green beans**. Cut into pieces, about 1 inch long.
- Small dice **Roma tomato** into pieces, about ¼ inch each.
- Zest **lemon** with a microplane (or on small holes of a box grater) over a small bowl. Quarter **lemon**.
- Rinse **shrimp**. Pat dry with paper towels.

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

COOK ORZO

- Heat about 1½ tablespoons cooking oil in a small pot over medium-high heat. Add **orzo pasta** to hot pot. Toast 1 minute, stirring frequently.
- Stir in 1½ cups water and **vegetable stock concentrate**. Bring to a boil, then reduce heat to medium low. Cover pot with lid. Simmer 4–5 minutes, or until liquid has slightly absorbed.
- Remove lid. Simmer 4–5 minutes more, or until orzo is al dente and liquid has mostly cooked off, stirring frequently. Remove from heat. (You'll finish the orzo in Step 5.)

3

SAUTÉ GREEN BEANS

- Heat about 1½ tablespoons cooking oil in a medium nonstick pan over medium heat. Add **green beans** to hot pan. Cook 3–5 minutes, or until just tender, stirring occasionally.

4

ADD SHRIMP

- Add **shrimp** to pan. Season with **paprika, basil, and oregano blend**, salt, and pepper. Cook 2–3 minutes, or until shrimp begin to turn pink, stirring occasionally.
- Add **vegetable broth with lemon juice**. Cook 2–3 minutes, or until sauce has reduced slightly, green beans are tender, and shrimp are fully cooked, stirring occasionally.*
- Remove from heat. Add 2 tablespoons butter. Stir until butter has melted.

**Be sure to scrape up any browned bits on the bottom of the pan as you stir—those unassuming specks are full of concentrated flavor and will give additional richness to your sauce.*

5

FINISH ORZO

- Add **tomato**, about half the **Parmesan cheese**, and about half the **lemon zest** to pot with **orzo**. Squeeze juice from two **lemon wedges** over pot, removing any seeds. Stir to combine. Season with salt and pepper to taste.*

**Taste the orzo 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 **tomato orzo** between bowls. Top with **lemon herb shrimp and green beans**. Spoon any remaining **sauce** from pan over top. Garnish with remaining **Parmesan** and **lemon zest**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (446g)

Amount per serving

Calories **810**

	% Daily Value*
Total Fat 39g	50%
Saturated Fat 13g	65%
Trans Fat 0g	
Cholesterol 225mg	75%
Sodium 1140mg	50%
Total Carbohydrate 81g	29%
Dietary Fiber 7g	25%
Total Sugars 9g	
Includes 1g Added Sugars	2%
Protein 36g	
Vitamin D 0mcg	0%
Calcium 269mg	20%
Iron 5mg	30%
Potassium 633mg	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], **Paprika, Basil & Oregano Blend** (Ground Rosemary, Granulated Garlic, Sweet Paprika, Onion Powder, Dried Oregano, Dried Basil), **Lemon Vegetable Broth** (Lemon Juice [lemon], Vegetable Broth [water, carrots, celery, onions, leeks, tomato puree (tomatoes, sea salt, citric acid), mushrooms, garlic, spices, sea salt]), **Green Beans, Lemon, Orzo Pasta** [wheat semolina, niacin, iron lactate, thiamin mononitrate, riboflavin, folic acid], **Vegetable Stock Concentrate** [vegetable juice concentrates (tomato, mushroom, onion, carrot, celery), sugar, maltodextrin, salt, yeast extract, and natural flavor], **Parmesan Cheese** [pasteurized milk, cheese cultures, salt, enzymes, anti caking agent (potato starch powdered cellulose, natamycin)], **Roma Tomatoes**

Allergen information:

Contains Milk, 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.