



**GREEN  
CHEF**

## SPICY SHRIMP WITH CHEDDAR BACON MASH

*herb-roasted rainbow carrots, almonds, scallion*

### COOK TIME

35 MIN

### SERVINGS

2

### CALORIES PER SERVING

770

### MENU

GLUTEN-FREE

Spicy, savory shrimp tastes even better alongside mashed potatoes enhanced with sour cream, white cheddar, scallion, and crisp bacon. After frying the bacon, you'll use the same pan to cook the shrimp, which gets rich flavor from bacon fat, garlic, and crushed red pepper flakes. On the side, you'll enjoy roasted rainbow carrots seasoned with a garlic, paprika, and herb blend and garnished with roasted almonds.



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 (12 ITEMS)

12 oz **Yellow potatoes**  
3 whole **Rainbow carrots**  
1¼ tsp **Garlic, paprika & herb blend**  
¼ oz **Garlic**  
¼ oz **Parsley**  
½ oz **Roasted almonds** **T**  
1 whole **Scallion**  
4 oz **Bacon\***  
10 oz **Shrimp\*\*** **SH**  
½ tsp **Crushed red pepper flakes**  
1 oz **Sour cream** **M**  
2 oz **White cheddar cheese** **M**

### WHAT YOU'LL NEED

large pot with lid  
medium sauté pan  
baking sheet  
medium bowl  
measuring cup & spoons  
strainer  
peeler  
potato masher  
thermometer  
oven mitt  
cooking oil  
1 tbsp butter **M**  
salt & pepper

### ALLERGENS

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

**M** MILK

\*Bacon is fully cooked when internal temperature reaches 145 degrees.

\*\*Shrimp are fully cooked when internal temperature reaches 145 degrees.

Wash and dry fresh produce. Wash hands and surfaces after handling raw pork and shellfish. Consuming raw or undercooked pork or 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 & COOK POTATOES

- Preheat oven to 425 degrees.
- Medium dice **yellow potatoes\*** into pieces, about ½ inch each.
- Place **potatoes** in a large pot. Cover with 3 cups cold, lightly salted water. Cover pot with a lid. Bring to a boil. Cook 12-13 minutes, or until fork-tender.
- Reserve about ¼ cup **potato cooking liquid**. Strain **potatoes**; shake off excess water. Return to pot. (You'll finish the potatoes in Step 6.)

*\*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 PREP & ROAST CARROTS

- Trim and peel **rainbow carrots\***. Cut widthwise into pieces, about 3 inches long. Cut each piece lengthwise into fries, about ½ inch thick.
- Place **carrots** in a medium bowl. Drizzle with about 1 tablespoon cooking oil. Season with the **garlic, paprika, and herb blend**, about ¼ teaspoon salt, and a pinch of pepper. Stir to coat.
- Spread **carrots** out in a single layer on a lightly oiled, foil-lined baking sheet. (Reserve bowl.) Roast 18-20 minutes, or until fork-tender, stirring halfway through.

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

## 3 FINISH PREP

- Mince **garlic**.
- De-stem **parsley**; finely chop leaves.
- Roughly chop **roasted almonds**.
- Trim and thinly slice **scallion** at an angle.

## 4 COOK BACON

- Place **bacon** in a dry, medium sauté pan over medium-high heat. Cook 6-10 minutes, or until bacon is crispy and fat renders, flipping occasionally.
- Transfer **bacon** to a paper-towel-lined plate and allow to cool. Discard all but a thin layer of **bacon fat** from pan. Reserve pan.
- Transfer **bacon** to a cutting board. Roughly chop.

## 5 COOK SHRIMP

- Rinse **shrimp**. Pat dry with paper towels. Place in bowl used for carrots. Drizzle with about 1 tablespoon cooking oil. Season with salt and pepper. Stir to coat.
- Heat pan with reserved **bacon fat** over medium-high heat. Add **shrimp** and **garlic** to hot pan. Cook about 2 minutes, or until garlic is fragrant, stirring occasionally.\*
- Reduce heat to medium. Add 1 tablespoon butter and **crushed red pepper flakes\*\*** to taste. Cook 3-4 minutes, or until shrimp are fully cooked, stirring occasionally.
- Remove from heat. Add **parsley**. Stir to combine.

*\*If the pan seems dry while cooking, add about 1 teaspoon cooking oil.*

*\*\*If heat sensitive, use crushed red pepper flakes sparingly, or omit entirely.*

## 6 MAKE CHEDDAR BACON MASH

- Mash **potatoes** with a potato masher (or fork) until smooth. Add **sour cream, white cheddar cheese**, half the **scallion**, half the **bacon**, and reserved **potato cooking liquid**. Season with about ¼ teaspoon salt and a pinch of pepper. Stir until sour cream and cheese are fully incorporated.

## 7 PLATE YOUR DISH

- Divide **cheddar bacon mash**, **herb-roasted rainbow carrots**, and **spicy shrimp** between plates. Garnish carrots with **almonds**. Garnish shrimp with remaining **bacon** and remaining **scallion**. Enjoy!





**Nutrition Facts**

2 Servings per container

**Serving size** (610g)

**Amount per serving**

**Calories** 770

	% Daily Value*
<b>Total Fat</b> 40g	51%
Saturated Fat 14g	70%
Trans Fat 0g	
<b>Cholesterol</b> 265mg	88%
<b>Sodium</b> 1730mg	75%
<b>Total Carbohydrate</b> 63g	23%
Dietary Fiber 7g	25%
Total Sugars 10g	
Includes 0g Added Sugars	0%
<b>Protein</b> 45g	
Vitamin D 0mcg	0%
Calcium 425mg	35%
Iron 5mg	30%
Potassium 756mg	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], **Bacon**, **Yellow Potatoes**, **Mild White Cheddar** [pasteurized milk, cheese cultures, salt, enzymes, anti-caking agent (potato starch, powdered cellulose, natamycin)], **Scallions**, **Rainbow Carrots**, **Garlic**, **Almonds** [almonds], **Sour Cream** [cultured cream], **Garlic, Paprika & Herb Blend** (Granulated Garlic, Sweet Paprika, Italian Seasoning [basil, rosemary, marjoram, oregano, thyme], Dried Parsley, Onion Powder), **Crushed Red Pepper Flakes**, **Parsley**

**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.*