



# BAJA SHRIMP & BACON SALAD

*roasted corn & black beans, avocado cilantro lime dressing*

**COOK TIME**  
30 MIN

**SERVINGS**  
2

**CALORIES PER SERVING**  
580

**MENU**  
GLUTEN-FREE

What's better than bacon in your salad? Bacon plus *shrimp* in your salad. Tonight's meal starts with a base of crisp romaine lettuce, tomatoes, and tangy avocado dressing, topped with a mix of bacon, corn, and black beans roasted together on a sheet pan for easy cleanup—plus even browning. Savory spiced shrimp, crispy bacon, and cotija cheese top off the salad to add layers of flavor.

### INGREDIENTS (10 ITEMS)

- 13¼ oz **Black beans**
- 5¼ oz **Romaine lettuce**
- 4 oz **Grape tomatoes**
- 1½ oz **Corn**
- 2 tsp **Chili, cumin & paprika blend**
- 4 oz **Bacon\***
- 10 oz **Shrimp\*\* SH**
- 2 oz **Guacamole**
- 1½ oz **Cilantro, lime & agave dressing**
- ¾ oz **Cotija cheese M**

### WHAT YOU'LL NEED

- medium sauté pan
- baking sheet
- mixing bowls
- measuring spoons
- strainer
- thermometer
- oven mitt
- cooking oil
- salt & pepper

### ALLERGENS

- SH SHELLFISH (shrimp)
- M 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.

\*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](http://greenchef.com/faq) for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

1 PREP

- Preheat oven to 425 degrees.
- Strain and rinse **black beans**.
- Halve **romaine lettuce** lengthwise. Lay flat and slice across into ribbons, about ¼ inch wide; discard root end.
- Halve **grape tomatoes**.

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 CORN & BEANS

- Place **corn** and **beans** in a medium bowl. Season with salt, pepper, and about half the **chili, cumin, and paprika blend**. Spread out in a single layer on a lightly oiled, foil-lined baking sheet. (Reserve bowl.)

3 ROAST BACON, CORN & BEANS

- Push **corn and beans** slightly to one side to cover about three-quarters of baking sheet. Place **bacon** in a single layer on remaining quarter of sheet. Roast on top rack 10-15 minutes, or until bacon is crispy\* and cooked through, flipping bacon and stirring veggies halfway through.
- Transfer **bacon** to a paper-towel-lined plate and allow to cool.
- Transfer **bacon** to a cutting board. Roughly chop into bite-size pieces.

\*Keep an eye on the bacon while it cooks to prevent it from overcooking.

4 COOK SHRIMP

- Rinse **shrimp**. Pat dry with paper towels. Place in bowl used to season veggies. Season with salt, pepper, and remaining **chili, cumin, and paprika blend**. Drizzle with about 1 teaspoon cooking oil. Stir to coat.
- Heat about 1 teaspoon cooking oil in a medium sauté pan over medium-high heat. Add **shrimp** to hot pan. Cook 5-6 minutes, or until fully cooked, stirring occasionally. Remove from heat.

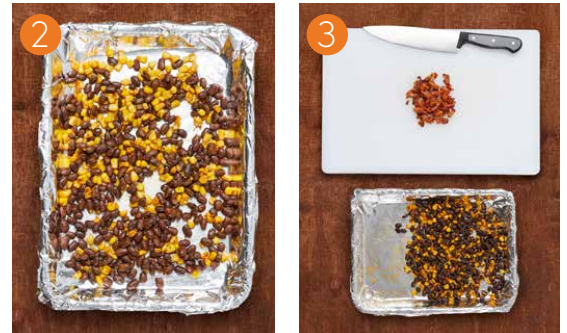
5 MAKE SALAD

- Place **guacamole** and **cilantro, lime, and agave dressing** in a large bowl.
- Add **lettuce** and **tomatoes** to bowl with **dressing**. Toss to combine. Season with salt and pepper to taste.\*

\*The dressing already contains salt and pepper; season accordingly.

6 PLATE YOUR DISH

- Divide **salad** between plates. Top with **roasted corn and black beans**. Serve **shrimp** over top. Garnish with **chopped bacon** and **cotija cheese**. Enjoy!



## Nutrition Facts

2 Servings per container

**Serving size** (566g)

Amount per serving

**Calories** 580

	% Daily Value*
<b>Total Fat</b> 26g	33%
Saturated Fat 5g	25%
Trans Fat 0g	
<b>Cholesterol</b> 220mg	73%
<b>Sodium</b> 1370mg	60%
<b>Total Carbohydrate</b> 42g	15%
Dietary Fiber 10g	36%
Total Sugars 7g	
Includes 2g Added Sugars	4%
<b>Protein</b> 44g	
Vitamin D 0mcg	0%
Calcium 208mg	15%
Iron 3mg	15%
Potassium 939mg	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], **Bacon** [Bacon], **Chili, Cumin & Paprika Blend** (Smoked Paprika, Sweet Paprika, Ground Cumin, Dried Oregano, Ground Coriander, Granulated Garlic, Chili Powder [chili pepper, paprika, oregano, cumin, garlic, salt, spices]), **Romaine Lettuce**, **Grape Tomatoes**, **Corn** [corn], **Black Beans** [organic black beans, water, sea salt, calcium chloride (firming agent)], **Guacamole** [hass avocados, distilled vinegar, contains 2% or less of water, jalapeño peppers, salt, dehydrated onion, granulated garlic.], **Cilantro-Lime Vinaigrette** (Lime Juice [lime], Ground Cumin, Granulated Garlic, Sea Salt, Black Pepper, Agave [organic agave syrup], Cilantro, Olive Oil [olive oil]), **Cotija Cheese** [pasteurized milk, salt, cheese cultures, enzymes, cellulose]

### Allergen information:

Contains 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.*