



**GREEN  
CHEF**

## STEAK & SHRIMP WITH CREAMY TRUFFLE SAUCE

*green beans amandine, tomato*

### COOK TIME

30 MIN

### SERVINGS

2

### CALORIES PER SERVING

780

### NET CARBS PER SERVING

11 GRAMS

### MENU

KETO // GLUTEN-FREE

Surf 'n' turf is always a special-occasion meal, but this combination of seared bavette steak and juicy sautéed shrimp is especially decadent, thanks to a creamy truffle sauce enriched with sour cream and butter. The delicious duo pairs well with sautéed green beans and tomato, topped with delicately crunchy almonds.

### INGREDIENTS (11 ITEMS)

6 oz **Green beans**  
1 whole **Roma tomato**  
¼ oz **Garlic**  
¼ oz **Parsley**  
½ oz **Sliced almonds** <sup>T</sup>  
2 (5 oz) **Bavette steaks\***  
10 oz **Shrimp\*\*** <sup>SH</sup>  
¾ tsp **Garlic, paprika & herb blend**  
1 oz **Cream cheese** <sup>M</sup>  
1 oz **Sour cream** <sup>M</sup>  
¾ tsp **Truffle zest**

### WHAT YOU'LL NEED

medium & large sauté pans  
medium bowl  
measuring cup & spoons  
thermometer  
cooking oil  
1 tbsp butter <sup>M</sup>  
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.

\*Steak is fully cooked when internal temperature reaches 145°.

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

Wash and dry fresh produce. Wash hands and surfaces after handling raw meat and shellfish. Consuming raw or undercooked meat 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

- Trim stem ends off **green beans**. Halve widthwise.
- Small dice **Roma tomato** into pieces, about ¼ inch each.
- Mince **garlic**.
- De-stem **parsley**; finely chop leaves.
- Roughly chop **sliced almonds**.

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 &amp; STEAK

- Pat **bavette steaks** dry with paper towels. Season with salt and pepper.
- Rinse **shrimp**. Pat dry with paper towels. Place in a medium bowl. Season with salt, pepper, and **garlic, paprika, and herb blend**. Drizzle with about 1 tablespoon cooking oil. Stir to coat. Set aside.

## 3 COOK STEAK

- Heat about 1 tablespoon cooking oil in a large sauté pan over medium-high heat until shimmering. Once pan is hot, add **steaks**. Sear 5-6 minutes on each side, or until fully cooked (or to desired doneness).
- Transfer **steaks** to a cutting board. (Reserve pan.) Let rest at least 3 minutes.

## 4 SAUTÉ VEGGIES

- Heat about 1 tablespoon cooking oil in a separate medium sauté pan over medium-high heat. Add **green beans** to hot pan. Season with salt and pepper. Cook 3-4 minutes, or until lightly browned, stirring occasionally.
- Add about ¼ cup water. Cook 2-4 minutes, or until liquid has reduced by half.
- Add **tomato**. Cook 1-2 minutes, or until green beans are tender and liquid has cooked off, stirring occasionally. Season with salt and pepper to taste. Remove from heat.

## 5 COOK SHRIMP

- Heat about 1 teaspoon cooking oil in pan used for steaks over medium-high heat. Add **shrimp** and **minced garlic** to hot pan. Lightly season with salt and pepper. Cook 5-6 minutes, or until shrimp are fully cooked, stirring occasionally.

## 6 MAKE CREAMY TRUFFLE SAUCE

- Add **cream cheese, sour cream**, and ¼ cup water to pan with **shrimp**. Cook 1-2 minutes, or until sauce has thickened, stirring occasionally.
- Remove from heat. Add **parsley** and 1 tablespoon butter. Stir until butter melts. Season with **truffle zest\***, salt, and a pinch of pepper to taste.

*\*Truffle zest has an intensely rich, earthy flavor. Feel free to add more to your taste.*

## 7 PLATE YOUR DISH

- Cut **steaks** against the grain into 5-7 slices each.
- Divide **steaks** between plates. Top with **shrimp and creamy truffle sauce**. Divide **green beans and tomato** between plates. Garnish green beans with **almonds**. Enjoy!



# Nutrition Facts

2 Servings per container

Serving size (476g)

Amount per serving

Calories 780

	% Daily Value*
Total Fat 58g	74%
Saturated Fat 17g	85%
Trans Fat 0g	
Cholesterol 280mg	93%
Sodium 970mg	42%
Total Carbohydrate 15g	5%
Dietary Fiber 4g	14%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 52g	
Vitamin D 0mcg	0%
Calcium 199mg	15%
Iron 6mg	35%
Potassium 837mg	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:

**Bavette Steaks** [beef bavette steak], **Garlic, Paprika & Herb Blend** (Granulated Garlic, Sweet Paprika, Italian Seasoning [basil, rosemary, marjoram, oregano, thyme], Dried Parsley, Onion Powder), **Shrimp** [shrimp, water, sodium bicarbonate, citric acid, salt], **Garlic, Sour Cream** [cultured cream], **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)], **Truffle Zest** [natural flavor, carob powder, salt, black summer truffle, natural flavors], **Parsley, Green Beans, Almonds** [almonds], **Roma Tomatoes**

## Allergen information:

Contains Tree Nuts, 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.