



**GREEN
CHEF**

TROPICAL SHRIMP & BACON RICE BOWLS

mango salsa, roasted cashews, coconut, cilantro

COOK TIME

35 MIN

SERVINGS

2

CALORIES PER SERVING

690

MENU

GLUTEN-FREE

Tropical flavors abound in tonight's coconut-studded rice bowls. First, you'll toss bacon in the oven to get crispy. While that's roasting, you'll make a salsa featuring mangos, tomato, cilantro, lime juice, and crushed red pepper flakes. Next, the shrimp is cooked with a paprika and orange spice blend for a hint of smoky citrus flavor. Finally, a sprinkle of roasted cashews, more cilantro, and chopped bacon amp up these luxurious bowls.



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)

½ cup	Jasmine rice
3½ oz	Mangos
1 whole	Roma tomato
¼ oz	Cilantro
1 whole	Lime
1 unit	Red bell pepper
1 oz	Roasted cashews T
4 oz	Bacon*
½ tsp	Crushed red pepper flakes
10 oz	Shrimp** SH
1 tsp	Paprika & orange spice blend
¼ oz	Shredded coconut T

WHAT YOU'LL NEED

small pot with lid
large sauté pan
baking sheet
mixing bowls
measuring cup & spoons
microplane
thermometer
oven mitt
cooking & olive oils
1 tsp sugar
salt & pepper

ALLERGENS

T TREE NUTS (cashews, coconut)
SH SHELLFISH (shrimp)

*Bacon 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 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 COOK RICE

- Preheat oven to 425 degrees.
- Bring **jasmine rice**, 1 cup water, and about ¼ teaspoon salt to a boil in a small pot. Stir, then reduce heat to medium low and cover pot with lid. Simmer 16-18 minutes, or until rice is tender and water has absorbed.
- Remove from heat. Let rest, covered, 3 minutes. (You'll finish the rice in Step 6.)

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

- Roughly chop **mangos** if necessary (reserve any juice in pouch).
- Small dice **Roma tomato** into pieces, about ¼ inch each.
- De-stem **cilantro**; roughly chop leaves.
- Zest whole **lime** with a microplane (or on small holes of a box grater) over a small bowl. Quarter **lime**.
- Medium dice **red bell pepper*** into pieces, about ½ inch each.
- Roughly chop **roasted cashews** if necessary.

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

3 COOK BACON

- Place **bacon** on a lightly oiled, foil-lined baking sheet. Roast 10-15 minutes, or until crispy.*
- Transfer to a paper-towel-lined plate. Once **bacon** is cool enough to handle, roughly chop into bite-size pieces.

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

4 MAKE SALSA

- Place **mangos** (with any reserved juice), **tomato**, about half the **cilantro**, about 1 teaspoon sugar, and about 1 teaspoon olive oil in a medium bowl. Squeeze juice from two **lime wedges** over bowl. Season with **crushed red pepper flakes***, salt, and pepper to taste. Stir to combine.

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

5 COOK SHRIMP & BELL PEPPER

- Rinse **shrimp**. Pat dry with paper towels. Place in a second medium bowl. Season with **paprika and orange spice blend**, salt, and pepper. Drizzle with about 1 teaspoon cooking oil. Stir to coat.
- Heat about 1½ tablespoons cooking oil in a large sauté pan over medium-high heat. Add **shrimp** and **bell pepper** to hot pan. Lightly season with salt and pepper. Cook 5-6 minutes, or until shrimp are fully cooked, stirring occasionally.

6 FINISH RICE

- Fluff **rice** with a fork. Add **shredded coconut** and **lime zest**. Stir to combine.

7 PLATE YOUR DISH

- Divide **coconut lime rice** between bowls. Top with **shrimp and bell pepper**. Spoon **mango salsa** over top. Garnish with **bacon, cashews**, and remaining **cilantro**. Serve with remaining **lime wedges**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (486g)

Amount per serving

Calories **690**

	% Daily Value*
Total Fat 30g	38%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 210mg	70%
Sodium 1410mg	61%
Total Carbohydrate 68g	25%
Dietary Fiber 5g	18%
Total Sugars 15g	
Includes 2g Added Sugars	4%
Protein 39g	
Vitamin D 0mcg	0%
Calcium 131mg	10%
Iron 3mg	15%
Potassium 686mg	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:

Bacon [pork, cured with: water, salt, sodium phosphate, sodium erythorbate, sodium nitrite], **Shrimp** [shrimp, water, sodium bicarbonate, citric acid, salt], **Paprika & Orange Spice Blend** (Sweet Paprika, Smoked Paprika, Dried Orange Peel, Dried Parsley, Sea Salt, Black Pepper), **Bell Peppers**, **Mangos** [mango], **Crushed Red Pepper Flakes**, **Cilantro**, **Lime**, **Roma Tomatoes**, **Jasmine Rice** [jasmine rice], **Shredded Coconut** [coconuts], **Cashews** [cashews, canola and/or peanut and/or sunflower oil]

Allergen information:

Contains 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.