



# CAJUN SHRIMP WITH BACON

*Braised collards with red peppers & tomato sauce*

**COOK TIME**  
25 MIN

**SERVINGS**  
2

**CALORIES PER SERVING**  
400

**NET CARBS PER SERVING**  
11 GRAMS

**MENU**  
KETO // GLUTEN-FREE

A lively seafood dish to spice up fall nights. Shrimp are seasoned with a Cajun spice blend (featuring thyme, oregano, basil, and red pepper) and cooked to a tender finish. They're served over a bed of braised collard greens and roasted red peppers — finished in a smoky tomato sauce. Crispy bacon, sprinkled over top, adds a light crunch throughout.

## INGREDIENTS (8 ITEMS)

10 oz	<b>Shrimp</b> <small>SH</small>
3 tsp	<b>Cajun spice blend</b>
3 oz	<b>Bacon</b>
4 ¼ oz	<b>Collard greens</b>
2 ¼ oz	<b>Roasted red peppers</b>
1 ¾ oz	<b>Celery</b>
2 ¾ oz & ¼ oz	<b>Red onion &amp; garlic</b>
½ cup	<b>Smoky tomato sauce</b>

## WHAT YOU'LL NEED

large sauté pan with lid  
medium sauté pan  
medium bowl  
measuring cup & spoons

## ALLERGENS

SH SHELLFISH



Certified gluten-free by the Gluten Intolerance Group's Gluten-Free Food Service (GFFS) program.

**GREEN CHEF IS PROUD** to be a USDA Certified Organic company. All produce is organic unless otherwise labeled.

Wash and dry fresh produce. Wash hands and surfaces after handling raw shellfish and pork. Consuming raw or undercooked shellfish or pork can be harmful to your health. Go to [help.greenchef.com](https://help.greenchef.com) for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at [help@greenchef.com](mailto:help@greenchef.com)

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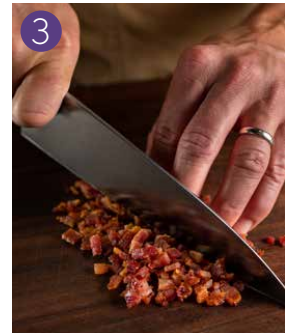
## 1 PREP VEGGIES

- Remove center stems from **collard greens**. Slice **stems** into about ¼-inch pieces. Stack **leaves** and roll into a large “cigar.” Slice across into about ¼-inch wide ribbons.
- Cut ends off **red onion** and discard peel. Slice lengthwise into about ¼-inch thick slices.
- Mince **garlic**.
- Slice **celery** at an angle into about ¼-inch thick pieces.



## 2 BRAISE VEGGIES

- Heat about 1 ½ tablespoons olive oil in a large sauté pan over medium heat. Add **collard stems** and **onion** to hot pan; stir. Cook 2 minutes, or until stems begin to soften, stirring occasionally.
  - Add **garlic** and **celery**; stir. Season with salt and pepper. Cook 1 minute, or until garlic is lightly browned and fragrant, stirring frequently.
  - Add **collard leaves**; stir. Cook 2–3 minutes, or until leaves begin to wilt, stirring occasionally.
  - Reduce heat to medium-low. Add **roasted red peppers** and 1 ¼ cups water. Stir to combine. Cover pan with lid. Simmer 12–15 minutes, or until greens are tender.
- See Step 6 to finish.



## 3 COOK BACON

- Place **bacon** in a dry medium sauté pan over medium heat. Cook 6–8 minutes, or until bacon is crisp and fat renders, stirring occasionally.
- Transfer **bacon** to a paper towel-lined plate (reserve **bacon fat** in pan). Roughly chop cooled **bacon**.



## 4 SEASON SHRIMP

- Rinse **shrimp**. Pat dry with a paper towel. Place in a medium bowl. Drizzle with about 1 tablespoon olive oil. Season with **Cajun spice blend** and salt.\* Stir to coat.
- \*Head's Up: If heat sensitive, use Cajun spice blend sparingly (or omit).*



## 5 SAUTÉ SHRIMP

- Return pan with **bacon fat** to stovetop over medium-high heat. Add **shrimp** to hot pan. Cook 4–5 minutes, or until fully cooked, stirring occasionally.\* Remove from heat.
- \*Take Note: Shrimp are fully cooked when they're pearly and opaque in the center.*

## 6 FINISH VEGGIES

- Add **smoky tomato sauce** to pan with veggies; stir. Cook 1–2 minutes, or until sauce reduces by half. Salt and pepper to taste.

## 7 PLATE YOUR DISH

- Divide **braised veggies** between plates. Top with **Cajun shrimp**. Sprinkle **bacon** over top.
- Enjoy!

