



Lean & Clean

Southwestern Cauliflower and Black Bean Crunch Salad with Shrimp

SUPPLIES TO GATHER

- Nonstick saute pan (10 inches or larger)
- Kitchen knife & cutting board
- Mixing bowl
- Cooking spoon
- Salt & pepper
- Paper towels

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GOBBLE LEAN & CLEAN DINNER KIT

Approximate Calories Per Serving

- Shrimp – 80 cal
- Cauliflower crumbles – 28 cal
- Yellow cheddar cheese – 57 cal
- Roasted red bell pepper strips – 5 cal
- Corn & black beans – 59 cal
- Chipotle coffee mole spice – 10 cal
- Jalapeno ranch dressing – 115 cal
- Lime – 10 cal
- Green onions – 2 cal

ALLERGENS Shellfish, eggs (optional), milk (optional)

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|----------------------|------------|---------------|--------------------|---------------|
| 370cal | 19g | 28g | 24g | 4g |
| Calories Per Serving | Total Fat | Total Protein | Total Carbohydrate | Dietary Fiber |

Use this detailed nutritional information for calculations with your preferred weight management app.

HERE'S WHAT TO DO

- Gently rinse and pat dry the fresh produce. Then use a kitchen knife to:
 - Thinly slice the **green onions**.
 - Slice the **lime** into wedges.
- In a mixing bowl, combine the **cauliflower crumbles**, **green onions**, and **yellow cheddar cheese** (omit for milk allergies) with the **roasted red bell pepper strips**, **corn & black beans**. Dress with **half** of the **jalapeno ranch dressing** (omit for egg, milk allergies) and season to taste with salt and pepper.



- Place the **shrimp** onto paper towels and pat dry. Sprinkle as desired with the **chipotle coffee mole spice**.
- Place a large nonstick saute pan onto the stovetop, add 1 tbsp. of cooking oil and set the heat to **medium-high**. When the oil is hot, add the **shrimp**. Cook for 90 sec, turning the shrimp as they cook. **Turn off the heat**.
- Add the sautéed **shrimp** into the mixing bowl and combine with the Southwestern cauliflower salad mix and remaining **jalapeno ranch dressing**. For added flavor, sprinkle with additional **chipotle coffee mole spice** as desired.

- Let's plate: spoon the Southwestern cauliflower salad and shrimp into the serving bowls. Serve with the lime wedges to squeeze over the salad as desired.



Healthy Hacks

- Use only **half** of the **jalapeno ranch dressing** for **58 fewer calories** per serving.
- Omit the **yellow cheddar cheese** for **57 fewer calories** per serving.

Please note: cooking times may vary due to different appliances and temperatures. Adjust cooking times accordingly.