

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

• Lime - 10 cal

Green onions – 2 cal

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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

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

370 cal**19g28g24g4g**Calories
Per ServingTotal FatTotal ProteinTotal
CarbohydrateDietary Fiber

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

Line this detailed mutuitie

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Let's get cooking! Flip me over.

Corn & black beans – 59 cal

• Chipotle coffee mole spice - 10 cal

• Jalapeno ranch dressing - 115 cal

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.





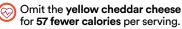
- Place the **shrimp** onto paper towels and pat dry. Sprinkle as desired with the chipotle coffee mole spice.
- Place a large nonstick saute pan onto the stovetop, add 1 tbsp. of cooking oil and set the heat to medium-high. When the oil is hot, add the **shrimp.** Cook for 90 sec. turning the shrimp 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.



Hacks

Use only half of the jalapeno ranch dressing for 58 fewer calories per serving.





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

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