

PHILLY STUFFED PEPPER

Shaved steak & provolone filling, butternut squash hash

COOK TIME 30 MIN	SERVINGS 2	CALORIES PER SERVING 400	NET CARBS PER SERVING 16 GRAMS	MENU KETO // GLUTEN-FREE
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Two American classics unite in this savory dish. Here, stuffed peppers are prepared with a Philly cheesesteak-inspired filling. Shaved sirloin steak is cooked with yellow onions, then tossed in a tangy mustard sauce. It's all piled into bell pepper halves, topped with provolone cheese, and roasted to a melty finish. A roasted butternut squash hash completes the savory meal.

INGREDIENTS (8 ITEMS)

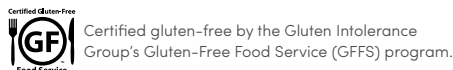
- 10 oz **Shaved sirloin steak**
- 1 whole **Green bell pepper***
- 1 ¾ oz **Provolone cheese** D
- 8 ¾ oz **Butternut squash**
- 1 ½ oz **Yellow onions**
- 2 ½ tbsp **Stone-ground & Dijon mustard sauce**
- 1 tbsp **Smoky paprika-onion spice blend**
- 1 ½ tbsp **Butter** D

WHAT YOU'LL NEED

- medium sauté pan
- baking sheet
- measuring spoons
- peeler
- oven mitt

ALLERGENS

- D DAIRY



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

*You may receive a different color variety of this ingredient.

Wash and dry fresh produce. Wash hands and surfaces after handling raw meat. Consuming raw or undercooked meat can be harmful to your health. Go to help.greenchef.com for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at help@greenchef.com

1 PREP BELL PEPPER & SQUASH

- Preheat oven to 425 degrees.
- Halve **green bell pepper** lengthwise. Remove seed pod and stem.
- Remove any seeds from **butternut squash** with a spoon. Carefully peel with a sharp peeler.* Medium dice into about ½-inch pieces.

**Another Option: If you don't have a sharp peeler, carefully remove peel with a sharp knife. Lay squash flat, then cut away from your body using curved, downward cuts.*



2 SEASON BELL PEPPER

- Place **bell pepper halves** on one side of a lightly oiled foil-lined baking sheet, cut-sides down. Drizzle with about 1 tablespoon cooking oil. Lightly season with salt and pepper. Rub to evenly coat.

3 COOK SQUASH

- Place **butter** in a medium sauté pan over medium-high heat. Stir until melted. Add **squash** to hot pan. Season with **smoky paprika-onion spice blend** and salt. Stir. Cook 3-4 minutes, or until squash begins to brown, stirring occasionally.



4 ROAST BELL PEPPER & SQUASH

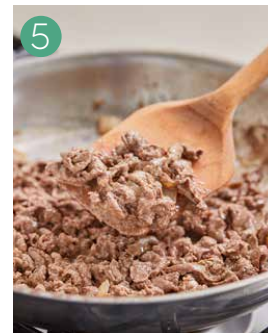
- Transfer **squash** to open side of baking sheet with bell pepper. Spread out in an even layer.
- Transfer baking sheet with bell pepper and squash to oven. Roast 10-12 minutes, or until bell pepper is just tender and squash is mostly tender.

See Step 6 to finish.



5 MAKE STEAK FILLING

- Heat about 1 ½ tablespoons cooking oil in pan used for squash over medium-high heat. Add **yellow onions** to hot pan. Stir. Cook 3-4 minutes, or until onions soften, stirring occasionally.
- Reduce heat to medium. Add **shaved sirloin steak**. Season with salt and pepper. Stir. Cook 4-5 minutes, or until steak is mostly cooked through.
- Remove from heat. Add **stone-ground and Dijon mustard sauce** and about 2 tablespoons water. Stir to combine.



6 STUFF BELL PEPPER & FINISH SQUASH

- Flip **bell pepper halves**. (**Careful: Baking sheet is hot!**) Spoon **steak filling** into each half. Sprinkle **provolone cheese** over top.
- Return baking sheet with bell pepper and squash to oven. Roast 3-4 minutes, or until cheese is melted, steak is fully cooked, and squash is tender.*

**Take Note: Shaved steak is fully cooked when it's no longer pink.*

7 PLATE YOUR DISH

- Divide **Philly stuffed peppers** between plates. Pile **roasted butternut squash** around bell pepper halves.
- Enjoy!

