



SAUSAGE & ZUCCHINI PEPERONATA

with bell pepper, fried egg, Parmesan cheese & pesto gremolata

COOK TIME 30 MIN	SERVINGS 2	CALORIES PER SERVING 580	NET CARBS PER SERVING 15 GRAMS	MENU KETO // GLUTEN-FREE
----------------------------	----------------------	------------------------------------	--	------------------------------------

A keto-friendly take on a traditional Italian dish. *Peperonata* (a dish of stewed peppers and onions) is made here with sautéed Italian pork sausages, bell pepper, and zucchini. They're all simmered in a balsamic roasted red pepper sauce with Parmesan cheese and a sprinkle of crushed red pepper flakes. A fried egg gives the dish rich and creamy notes, while a pesto gremolata adds an herbaceous finish.

INGREDIENTS (10 ITEMS)

- 3 whole **Italian pork sausages**
- 1 whole **Zucchini***
- 1 whole **Red bell pepper***
- 1 medium **Yellow onion**
- ½ cup **Balsamic roasted red pepper sauce with olive oil**
- 1 oz **Parmesan cheese** M
- 2 medium **Eggs** E
- 2 ½ tbsp **Parsley-basil pepita pesto with fresh garlic** T
- 1 ½ tbsp **Sunflower seeds**
- ½ tsp **Crushed red pepper flakes**

WHAT YOU'LL NEED

- small nonstick pan
- large sauté pan
- mixing bowls
- measuring spoons
- peeler
- thermometer

ALLERGENS

- M MILK
- E EGGS
- T TREE NUTS (coconut)

*You may receive different color varieties of these ingredients.



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 and eggs are organic unless otherwise labeled.

Wash and dry fresh produce. Wash hands and surfaces after handling raw pork and eggs. Consuming raw or undercooked pork or eggs may increase your risk of foodborne illness. 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 VEGGIES

- Halve **red bell pepper** lengthwise. Discard seed pod and stem. Cut lengthwise into about ¼-inch thick strips.
- Cut ends off **yellow onion** and discard peel. Halve lengthwise. Lay flat and cut lengthwise into about ¼-inch thick strips.*

**Chef's Tip: We recommend using the entire onion in this recipe, but feel free to use less!*



2 PREP & SEASON ZUCCHINI

- Trim ends off **zucchini**; discard. Peel lengthwise, forming long ribbons. Discard seedy core.
- Place **zucchini** in a medium bowl. Drizzle with about 1 tablespoon olive oil. Season with salt and pepper. Stir to coat.

3 TOAST SEEDS

- Place **sunflower seeds** in a dry large sauté pan over medium heat. Toast 3–4 minutes, or until fragrant, shaking pan frequently.*
- Transfer **sunflower seeds** to cutting board. Roughly chop cooled **sunflower seeds**.

**Heads Up! Keep an eye on the sunflower seeds while they toast to prevent them from burning.*



4 MAKE GREMOLATA

- Place **parsley-basil pepita pesto with fresh garlic** and **sunflower seeds** in a small bowl. Salt and pepper to taste. Stir to combine.



5 MAKE PEPERONATA

- Heat about 1 ½ tablespoons cooking oil in pan used for sunflower seeds over medium-high heat. Add **Italian pork sausages** to hot pan. Sear 3–5 minutes (undisturbed).
- Flip **sausages**. Add **bell pepper** and **onion**. Season **veggies** with salt and pepper. Stir **veggies**. Cook 2–3 minutes, or until onion begins to soften, stirring veggies occasionally.
- Add **zucchini**, **balsamic roasted red pepper sauce with olive oil**, about half of the **Parmesan cheese**, and about 1 tablespoon water. Season with desired amount of **crushed red pepper flakes** (or omit). Stir to combine. Cook 1–2 minutes, or until sausages are fully cooked and veggies are tender, stirring occasionally.* Remove from heat.
- Transfer **sausages** to cutting board. Let rest at least 3 minutes.

**Take Note: Sausages are fully cooked when internal temperature reaches 160 degrees.*



6 FRY EGGS

- Heat about 1 ½ tablespoons cooking oil in a small nonstick pan over medium heat. Carefully crack **eggs** into hot pan. Cook until eggs have reached desired doneness. Lightly season with salt and pepper.

7 PLATE YOUR DISH

- Cut **sausages** at an angle into 5–7 slices each.
- Divide **peperonata** between bowls. Fan **sausages** over top. Serve **fried egg** next to sausages. Garnish with **pesto gremolata** and remaining **Parmesan cheese**.
- Enjoy!

