



**GREEN
CHEF**

MONTEREY JACK BEEF PATTIES

Spicy ginger-lime aioli, sautéed zucchini, cabbage slaw

COOK TIME

30 MIN

SERVINGS

2

CALORIES PER SERVING

820

NET CARBS PER SERVING

10 GRAMS

MENU

KETO // GLUTEN-FREE

Your broiler — that strong, direct heat source in your oven — is the perfect tool for tonight's cheesy beef patties. In mere minutes, it turns the mounds of Monterey Jack cheese that top the patties into layers of melty, bubbly deliciousness. A drizzle of our ginger-lime aioli delivers a touch of creamy heat on top. Sautéed zucchini and a crunchy cabbage slaw round out the colorful dish.

INGREDIENTS (9 ITEMS)

10 oz **Ground beef**
2 oz **Monterey Jack cheese** M
2 oz **Spicy ginger-lime aioli** E
1 whole **Zucchini***
4 ¾ oz **Cabbage***
½ oz **Pepitas**
1 whole **Yellow onion**
1 tbsp **Cumin, coriander & oregano**
½ tsp **Crushed red pepper flakes**

WHAT YOU'LL NEED

medium sauté pan
baking sheet
mixing bowls
measuring spoons
thermometer
oven mitt
cooking & olive oils
salt & pepper

ALLERGENS

M MILK
E EGGS



If you ordered the 4-serving version of this meal, refer to the guidelines in Step 1.



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.

*This ingredient may be a different color. Either way, this dish will still be delicious!

Wash and dry fresh produce. Wash hands and surfaces after handling raw meat. Consuming raw or undercooked meat 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 (888) 236-7295.

1

PREP

- Roughly chop **cabbage** if necessary.
- Roughly chop **pepitas**.
- Cut ends off **yellow onion** and discard peel. Halve lengthwise. Lay one half flat and small dice into pieces, about ¼ inch each (reserve remaining half for another use).
- Trim ends off **zucchini**; discard. Halve lengthwise. Lay flat and slice across into half-moons, about ½ inch thick.

COOKING FOR
4

If you ordered the 4-serving version of this meal, modify this recipe by doubling the measurements (where it makes sense) and using bigger pots, pans, and bowls.



2

MAKE SLAW

- Place **cabbage** and **pepitas** in a medium bowl. Add about 1 tablespoon of the **spicy ginger-lime aioli** and 1-2 teaspoons olive oil. Salt and pepper to taste. Toss to combine.



3

MAKE MIXTURE & FORM PATTIES

- Place **ground beef** and **onion** in a second medium bowl. Season with **cumin**, **coriander**, and **oregano**, about ¼ teaspoon salt, and about ¼ teaspoon pepper. Mix thoroughly to evenly distribute seasonings.
- Form **beef mixture** into two patties, about ¼ inch thick.

4

SEAR PATTIES

- Set oven to low broil with rack about 6 inches from the top.
- Heat about 1 ½ tablespoons cooking oil in a medium sauté pan over medium-high heat until shimmering. Once pan is hot, add **patties**. Sear 1-2 minutes on each side, or until patties are browned.



5

BROIL PATTIES

- Transfer **patties** to a lightly oiled, foil-lined baking sheet. Sprinkle **Monterey Jack cheese** over patties. Broil 5-6 minutes, or until cheese is melted and ground beef is fully cooked* (or to desired doneness).

**Ground beef is fully cooked when internal temperature reaches 160 degrees.*



6

COOK ZUCCHINI

- Heat about 1 tablespoon cooking oil in pan used for patties over medium-high heat. Add **zucchini** to hot pan. Season with **crushed red pepper flakes*** to taste and about ¼ teaspoon salt. Cook 3-4 minutes, or until zucchini is tender, stirring occasionally.

**If heat sensitive, use crushed red pepper flakes sparingly, or omit entirely.*

7

PLATE YOUR DISH

- Divide **Monterey Jack beef patties** between plates. Drizzle with remaining **spicy ginger-lime aioli** to taste. Serve **sautéed zucchini** and **cabbage slaw** next to patties. Enjoy!

