



**GREEN  
CHEF**

# HONEY-CITRUS GLAZED MEATBALLS

*Coconut milk-braised sweet potatoes, red bell pepper & kale*

## COOK TIME

35 MIN

## SERVINGS

2

## CALORIES PER SERVING

870

## NET CARBS PER SERVING

35 GRAMS

## MENU

PALEO // GLUTEN-FREE

A little bit sweet, a little bit spicy — these juicy, glazed meatballs are a delightful combination of complementary flavors. Seasoned with a peppery jerk spice blend for a touch of heat, they're pan-seared and finished in our honey-citrus glaze (think orange, pineapple, and lime juices). Sweet potatoes, bell pepper, and kale, braised in coconut milk, make a nourishing base for the dish, while cilantro adds a fresh finishing touch.

## INGREDIENTS (10 ITEMS)

10 oz **Ground beef**  
1 ¾ oz **Honey-citrus glaze**  
1 ½ tsp **Jerk spice blend** T  
10 ¼ oz **Sweet potatoes**  
3 ½ oz **Red bell pepper\***  
2 ¾ oz **Green kale\***  
1 whole **Red onion**  
5 oz **Coconut milk** T  
¼ oz **Cilantro**  
½ tsp **Crushed red pepper flakes**

## WHAT YOU'LL NEED

medium nonstick pan  
large sauté pan with lid  
medium bowl  
measuring spoons  
thermometer  
cooking oil  
salt & pepper

## ALLERGENS

T TREE NUTS (coconut)



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](http://help.greenchef.com) for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

1

## PREP

- Medium dice **red bell pepper** into pieces, about ½ inch each.
- Cut ends off **red onion**\* and discard peel. Halve lengthwise. Lay flat and medium **dice** into pieces, about ½ inch each. **Mince** some of the diced onion until you have about 1 tablespoon.
- Remove and discard any thick center stems from **green kale**. Roughly chop leaves into bite-size pieces.
- De-stem **cilantro**; roughly chop leaves.

*\*We recommend using the whole onion in this recipe, but feel free to add it to your taste.*

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

## START VEGGIES

- Heat about 2 tablespoons cooking oil in a large sauté pan over medium heat. Add **sweet potatoes**, **bell pepper**, and **diced onion** to hot pan. Season with about ¼ teaspoon salt. Cover pan with lid. Cook 6-7 minutes, or until sweet potatoes begin to brown, stirring occasionally.

3

## FINISH VEGGIES

- Add **kale** to pan with veggies. Cook 2-3 minutes (uncovered), or until kale is slightly wilted, stirring occasionally.
- Add **coconut milk**. Season with about ¼ teaspoon salt. Stir to combine. Bring to a simmer, then reduce heat to medium-low. Simmer 2-3 minutes (uncovered), or until liquid is slightly reduced, stirring occasionally.
- Remove from heat. Add about 1 tablespoon of the **honey-citrus glaze** and about half of the **cilantro**. Season with salt and **crushed red pepper flakes**\* to taste. Stir to combine.

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

4

## MAKE MIXTURE & FORM MEATBALLS

- Place **ground beef** and **minced onion** in a medium bowl. Season with **jerk spice blend**, about ¼ teaspoon salt, and about ¼ teaspoon pepper. Mix thoroughly to evenly distribute seasonings.
- Form **beef mixture** into 8-10 meatballs, about 1 inch in diameter.

5

## COOK MEATBALLS

- Heat about 1 ½ tablespoons cooking oil in a medium nonstick pan over medium-high heat until shimmering. Once pan is hot, add **meatballs**. Cook 6-8 minutes, or until meatballs are evenly browned, turning occasionally.
- Carefully drain off any excess fat from pan if necessary. Drizzle remaining **honey-citrus glaze** over meatballs. Stir to coat. Cook 1-2 minutes, or until meatballs are fully cooked\* and evenly coated.

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

6

## PLATE YOUR DISH

- Divide **coconut milk-braised veggies** between plates. Top with **honey-citrus glazed meatballs**. Spoon any remaining **glaze** from pan over meatballs. Garnish with remaining **cilantro**. Enjoy!

