



**GREEN  
CHEF**

## PERUVIAN BEEF BOWLS

*with sweet potatoes, bell pepper, cabbage, tomato & aji verde*

### COOK TIME

30 MIN

### SERVINGS

2

### CALORIES PER SERVING

830

### NET CARBS PER SERVING

35 GRAMS

### MENU

PALEO // GLUTEN-FREE

Peruvian-inspired spices and a dreamy aji verde sauce elevate tonight's rustic beef and veggie bowls to a whole new level of deliciousness. Here, we dust the spices (think turmeric, paprika, and ancho chili powder) over pan-seared ground beef and stir-fried veggies for fragrant depth. A drizzle of the dairy-free aji verde sauce offers an herby, creamy accent in every colorful forkful.

### INGREDIENTS (8 ITEMS)

10 oz **Ground beef**  
1 ¼ tsp **Peruvian-style spices**  
10 ¼ oz **Sweet potatoes**  
1 whole **Green bell pepper**  
3 ½ oz **Cabbage**  
1 whole **Roma tomato**  
1 whole **Shallot**  
2 oz **Dairy-free aji verde sauce** **E**

### WHAT YOU'LL NEED

large sauté pan  
baking sheet  
medium bowl  
measuring spoons  
oven mitt  
cooking oil  
salt & pepper

### ALLERGENS

**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 Safe Spot 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 meat. Consuming raw or undercooked meat may increase your risk of foodborne illness. Go to [greenchef.com/faq](https://www.greenchef.com/faq) for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

## 1 SEASON & ROAST SWEET POTATOES

- Preheat oven to 400 degrees.
- Place **sweet potatoes** in a medium bowl. Drizzle with about 1 ½ tablespoons cooking oil. Season with about half of the **Peruvian-style spices**, about ½ teaspoon salt, and a pinch of pepper. Stir to coat.
- Spread **sweet potatoes** out in a single layer on a lightly oiled, foil-lined baking sheet. Roast 26–28 minutes, or until fork tender, stirring halfway through.

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 PREP

- Cut sides off **green bell pepper**. \* Discard seed pod and stem. Cut lengthwise into strips, about ¼ inch thick. Halve strips widthwise.
- Cut ends off **shallot** and discard peel. Halve lengthwise. Lay flat and cut lengthwise into strips, about ½ inch thick.
- Medium dice **Roma tomato** into pieces, about ½ inch each.

*\*Your bell pepper may be a different color. Either way, this dish will still be delicious!*



## 3 SAUTÉ VEGGIES

- Heat about 1 ½ tablespoons cooking oil in a large sauté pan over medium-high heat. Add **bell pepper**, **shallot**, and **cabbage**\* to hot pan. Cook 3–5 minutes, or until veggies begin to soften, stirring occasionally.

*\*Your cabbage may be a different color. Either way, this dish will still be delicious!*



## 4 ADD BEEF

- Move **veggies** to sides of pan. Add **ground beef** to center of pan. Season **beef** with about ¼ teaspoon salt, a pinch of pepper, and remaining **spice blend**. Stir to break up beef. Cook 5–6 minutes, or until beef is fully cooked,\* stirring occasionally.

*\*Ground beef is fully cooked when it's no longer pink.*



## 5 PLATE YOUR DISH

- Divide **roasted sweet potatoes** between bowls. Top with **Peruvian beef and veggies**. Garnish with **tomato**. Drizzle with **dairy-free aji verde sauce**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (553g)

Amount per serving

Calories 830

	% Daily Value*
Total Fat 59g	76%
Saturated Fat 13g	65%
Trans Fat 0g	
Cholesterol 120mg	40%
Sodium 1320mg	57%
Total Carbohydrate 44g	16%
Dietary Fiber 9g	32%
Total Sugars 13g	
Includes 0g Added Sugars	0%
Protein 31g	
Vitamin D 0mcg	0%
Calcium 128mg	10%
Iron 6mg	35%
Potassium 997mg	20%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

All ingredients in this recipe:  
Ground Beef [beef], Peruvian-Style Spices (Ancho Chili Powder, Ground Cumin, Turmeric, Sweet Paprika, Granulated Garlic, Smoked Paprika, Dried Orange Peel), Shallot, Bell Peppers, Roma Tomatoes, Red Cabbage, Sweet Potatoes, Dairy-Free Ají Verde (Avocado Oil Mayonnaise [avocado oil, organic certified humane free range egg yolks, water, distilled vinegar, salt, lime juice concentrate, citric acid, lime oil], Cilantro, Onion Powder, Granulated Garlic, Sea Salt, Red Wine Vinegar [grape must, wine vinegar], Lemon Juice [lemon])

Allergen information:  
Contains Egg

Allergens may be reflected in pantry items listed in the “What You’ll Need” section of the recipe card.

Manufactured on equipment that processes products containing egg, fish/shellfish, milk, sesame, soy, peanuts, and tree nuts.