



SEARED CHEESE WITH GREMOLATA

sautéed zucchini, mushrooms, bell pepper, red pepper sauce

COOK TIME 25 MIN	SERVINGS 2	CALORIES PER SERVING 730	NET CARBS PER SERVING 14 GRAMS	MENU KETO // GLUTEN-FREE
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Our protein-packed grilling cheese is soft and melty on the inside, crispy and golden on the outside, and simply irresistible. For this Italian-inspired entrée, we drizzle it with a homemade sunflower seed gremolata—the perfect herby, crunchy accent. Sautéed zucchini, mushrooms, and bell pepper (simmered in a balsamic roasted red pepper sauce) add earthy, tangy flavors to the dish—and everything comes together in just 25 minutes.

INGREDIENTS (9 ITEMS)

- 1 whole **Zucchini**
- 4 oz **Cremini mushrooms**
- 1 unit **Red bell pepper**
- 8 oz **Grilling cheese** ^M
- 1 tsp **Italian herb & red pepper blend**
- ½ oz **Sunflower seeds**
- 1¼ oz **Parsley-basil pepita pesto** ^T
- ½ tsp **Crushed red pepper flakes**
- 3½ oz **Balsamic roasted red pepper sauce with olive oil**


WHAT YOU'LL NEED

- large sauté pan
- large nonstick pan
- small bowl
- measuring cup & spoons
- cooking & olive oils
- salt & pepper

ALLERGENS

- ^M MILK
- ^T TREE NUTS (coconut)

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

Validated
 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. 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 PREP

- Trim ends off **zucchini***; discard. Halve lengthwise. Lay flat and slice across into half-moons, about ¼ inch thick.
- Wipe **cremini mushrooms** clean with damp paper towels. Remove stems if desired. Cut into slices, about ¼ inch thick.
- Small dice **red bell pepper*** into pieces, about ¼ inch each.

**The ingredient you received may be a different color.*

4 COOKING FOR

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 SEASON CHEESE

- Cut **grilling cheese** vertically into two slabs, about ½ inch thick each. Season with about half the **Italian herb and red pepper blend**.

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 a cutting board and allow to cool. (Reserve pan.) Roughly chop.

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

4 MAKE GREMOLATA

- Place **parsley-basil pepita pesto** and about 1 tablespoon olive oil in a small bowl. Transfer **sunflower seeds** to bowl. Season with salt and pepper. Stir to combine.

5 COOK VEGGIES & SAUCE

- Heat about 1 tablespoon cooking oil in pan used for sunflower seeds over medium-high heat. Add **zucchini, mushrooms, and bell pepper** to hot pan. Season with remaining **Italian herb and red pepper blend**, about ¼ teaspoon salt, a pinch of pepper, and **crushed red pepper flakes*** to taste. Cook 4–5 minutes, or until mushrooms soften, stirring occasionally.
- Add **balsamic roasted red pepper sauce with olive oil** and about ¼ cup water. Stir to combine. Cook 1–2 minutes, or until sauce is warmed through and slightly thickened, stirring occasionally.

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

6 SEAR CHEESE

- Heat about 1 teaspoon cooking oil in a large nonstick pan over medium-high heat until shimmering. Once pan is hot, add **cheese**. Sear 1–2 minutes on each side, or until evenly browned.

7 PLATE YOUR DISH

- Divide **sautéed veggies with roasted red pepper sauce** between plates. Top with **seared cheese**. Spoon **gremolata** over top. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (421g)

Amount per serving

Calories 730

	% Daily Value*
Total Fat 56g	72%
Saturated Fat 24g	120%
Trans Fat 0g	
Cholesterol 100mg	33%
Sodium 1230mg	53%
Total Carbohydrate 18g	7%
Dietary Fiber 4g	14%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 35g	
Vitamin D 0mcg	0%
Calcium 792mg	60%
Iron 3mg	15%
Potassium 935mg	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:

Grilling Cheese [pasteurized cow's milk, cheese cultures, salt, enzymes], **Zucchini, Bell Peppers, Crushed Red Pepper Flakes, Balsamic Roasted Red Pepper Sauce** (Roasted Red Peppers [bell pepper], Tomato Paste [vine ripened organic tomatoes], Lemon Juice [lemon], Balsamic Vinegar [wine vinegar, concentrated grape must, caramel color], Ground Tomatoes [organic tomatoes, organic tomato puree, sea salt, citric acid], Olive Oil [olive oil], Sea Salt, Water, Ascorbic Acid [ascorbic acid]), **Italian Herb & Red Pepper Blend** (Granulated Garlic, Italian Seasoning [basil, rosemary, marjoram, oregano, thyme], Dried Parsley, Crushed Red Pepper Flakes, Onion Powder), **Cremini Mushrooms, Sunflower Seeds** [sunflower kernels, sunflower oil], **Parsley-Basil Pepita Pesto** (Lemon Juice [lemon], Parsley, Basil, Granulated Garlic, Coconut Milk [coconut milk, water, xanthan gum], Sea Salt, Black Pepper, Dijon Mustard [water, organic mustard seeds, organic vinegar, salt, organic turmeric, organic spices], Pepitas [pumpkin seeds], Red Wine Vinegar [aged red wine vinegar], Ascorbic Acid [ascorbic acid])

Allergen information:

Contains Tree Nuts And Milk

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.

