



SESAME-GINGER BEEF PATTIES

Broccoli, red bell pepper & cabbage stir-fry, cashews

COOK TIME
30 MIN

SERVINGS
2

CALORIES PER SERVING
870

NET CARBS PER SERVING
20 GRAMS

MENU
KETO // PALEO // GLUTEN-FREE

Our vibrant sesame-ginger amino sauce is so nice, we use it twice in this Asian-inspired meal! Here, it's folded into the ground beef, onions, and ginger that form our savory, pan-seared patties. Then, it's drizzled over the patties for a rich finishing touch. A colorful medley of broccoli, red bell pepper, and cabbage — stir-fried in toasted sesame oil for deep, nutty notes — is served on the side.

INGREDIENTS (8 ITEMS)

- 10 oz **Ground beef***
- 2 oz **Yellow onions & ginger**
- 4 ¼ oz **Sesame-ginger amino sauce** T
- 6 oz **Broccoli**
- 1 ¾ oz **Red bell pepper**
- ½ oz **Roasted cashews** T
- ¾ oz **Toasted sesame oil**
- 4 ¼ oz **Cabbage**

WHAT YOU'LL NEED

- medium & large sauté pans
- medium bowl
- measuring spoons
- thermometer
- cooking oil
- salt & pepper

ALLERGENS

- T TREE NUTS (cashews, coconut)

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

Validate
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.

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

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 MARINATE BEEF

- Place **ground beef** and **yellow onions and ginger** in a medium bowl. Add about 2 tablespoons of the **sesame-ginger amino sauce**. Season with about ¼ teaspoon salt and about ¼ teaspoon pepper. Mix thoroughly to evenly distribute seasonings. Marinate at least 5 minutes, stirring occasionally.

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 **broccoli** into bite-size pieces if necessary.
- Cut **red bell pepper*** lengthwise into strips, about ¼ inch thick. Halve strips widthwise.
- Roughly chop **roasted cashews** if necessary.

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



3 FORM PATTIES

- Form **beef mixture** into two patties, about ¼ inch thick.*

**To help your patties keep their shape, make a small indentation in the center of each.*

4 COOK PATTIES

- Heat about 1 ½ tablespoons cooking oil in a medium sauté pan over medium heat until shimmering. Once pan is hot, add **patties**. Sear 5-6 minutes on each side, or until patties are fully cooked (or to desired doneness).
- Transfer **patties** to a cutting board. Let rest 1-2 minutes.



5 STIR-FRY VEGGIES

- Heat **toasted sesame oil** and about 2 tablespoons cooking oil in a large sauté pan over medium heat. Add **broccoli** and **bell pepper** to hot pan. Season with about ¼ teaspoon salt and a pinch of pepper. Stir to combine. Cook 3-4 minutes, or until veggies are tender, stirring occasionally.
- Add **cabbage***. Stir to combine. Cook 3-4 minutes, or until cabbage is tender, stirring occasionally.

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



6 MAKE PAN SAUCE

- Heat remaining **sesame-ginger amino sauce** in pan used for patties over low heat. Simmer 1-2 minutes, or until sauce is warmed through, stirring occasionally.*

**Be sure to scrape up any browned bits in the bottom of the pan as you stir – those unassuming specks are full of concentrated flavor and will add additional richness to your pan sauce.*

7 PLATE YOUR DISH

- Divide **veggie stir-fry** between plates. Prop **sesame-ginger beef patties** against veggies. Spoon **sesame-ginger pan sauce** over patties. Garnish with **cashews**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (444g)

Amount per serving

Calories **870**

	% Daily Value*
Total Fat 73g	94%
Saturated Fat 16g	80%
Trans Fat 0g	
Cholesterol 95mg	32%
Sodium 1210mg	53%
Total Carbohydrate 25g	9%
Dietary Fiber 5g	18%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 32g	
Vitamin D 0mcg	0%
Calcium 118mg	10%
Iron 6mg	35%
Potassium 727mg	15%

* 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], **Sesame-Ginger Amino Sauce** (Garlic, Coconut Aminos [organic coconut tree sap, sea salt], Apple Cider Vinegar [apple cider vinegar], Puréed Ginger [ginger], Crushed Red Pepper Flakes, Coconut Nectar [coconut tree sap], Lemon Juice [lemon], Sesame Oil [refined sesame oil], Toasted Sesame Oil [toasted sesame oil]), **Yellow Onions**, **Ginger** [organic ginger, water, citric acid, salt], **Bell Peppers**, **Cashews** [cashews, canola and/or peanut and/or sunflower oil], **Red Cabbage**, **Toasted Sesame Oil** [toasted sesame oil], **Broccoli**

Allergen information:

Contains Tree Nuts

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.