



**GREEN  
CHEF**

## GREEK BEEF & FETA PATTIES

*with kale, squash, artichokes, red peppers & creamy caper sauce*

### COOK TIME

30 MIN

### SERVINGS

2

### CALORIES PER SERVING

790

### NET CARBS PER SERVING

14 GRAMS

### MENU

KETO // GLUTEN-FREE

Studded with feta cheese and drizzled in a creamy caper sauce, tonight's beef patties take on a distinctly Greek air. Pan-seared to sizzling perfection, they're served over sautéed kale with yellow squash and artichoke hearts. A roasted red pepper and caramelized onion garnish gives the dish a vibrant finishing touch, and a sprinkle of feta adds rich, tangy notes throughout.

### INGREDIENTS (10 ITEMS)

10 oz **Ground beef**  
2 oz **Feta cheese** M  
1 ¾ oz **Creamy lemon-basil caper sauce** E  
1 tsp **Lemon pepper & herb seasoning**  
2 ¾ oz **Green kale\***  
1 whole **Yellow squash\***  
1 ¼ oz **Artichoke hearts**  
2 ¼ oz **Roasted red peppers**  
2 oz **Yellow onions**  
1 tsp **Italian-style spices & dill**

### WHAT YOU'LL NEED

medium & large sauté pans  
mixing bowls  
measuring spoons  
thermometer  
cooking oil  
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](https://help.greenchef.com) for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

## 1 PREP

- Remove and discard any thick center stems from **green kale**. Roughly chop leaves into bite-size pieces.
- Trim ends off **yellow squash**; discard. Quarter lengthwise. Lay flat and slice across into quarter-moons, about ¼ inch thick.
- Roughly chop **artichoke hearts**.

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 MIXTURE &amp; FORM PATTIES

- Place **ground beef**, **lemon pepper** and **herb seasoning**, about half of the **feta cheese**, and about 1 tablespoon of the **creamy lemon-basil caper sauce** in a medium bowl. Mix thoroughly to evenly distribute ingredients.
- Form **beef mixture** into two patties, about ¼ inch thick.\* Season with salt and pepper.

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

## 3 SAUTÉ PEPPERS &amp; ONIONS

- Heat about 1 ½ tablespoons cooking oil in a large sauté pan over medium heat. Add **roasted red peppers** and **yellow onions** to hot pan. Season with about ¼ teaspoon salt and a pinch of pepper. Cook 3–4 minutes, or until onions are caramelized, stirring occasionally. Transfer **roasted red peppers and onions** to a small bowl.

## 4 SAUTÉ KALE, SQUASH &amp; ARTICHOKES

- Heat about 1 tablespoon cooking oil in pan used for roasted red peppers and onions over medium-high heat. Add **kale**, **squash**, and **artichokes** to hot pan. Season with **Italian-style spices and dill**, about ¼ teaspoon salt, and a pinch of pepper. Cook 2–3 minutes, or until kale is lightly wilted and squash softens, stirring occasionally.

## 5 COOK PATTIES

- Heat about 1 tablespoon cooking oil a medium sauté pan over medium-high heat until shimmering. Once pan is hot, add **patties**. Cook 3–5 minutes on each side, or until patties are fully cooked\* (or to desired doneness).

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

## 6 PLATE YOUR DISH

- Divide **sautéed kale, squash, and artichokes** between plates. Top with **beef and feta patties**. Drizzle with remaining **creamy lemon-basil caper sauce**. Spoon **sautéed roasted red peppers and onions** over top. Garnish with remaining **feta cheese**. Enjoy!



## Nutrition Facts

2 Servings per container

**Serving size** (459g)

**Amount per serving**

**Calories** **790**

	% Daily Value*
<b>Total Fat</b> 64g	82%
Saturated Fat 17g	85%
Trans Fat 0g	
<b>Cholesterol</b> 135mg	45%
<b>Sodium</b> 1530mg	67%
<b>Total Carbohydrate</b> 20g	7%
Dietary Fiber 6g	21%
Total Sugars 7g	
Includes 0g Added Sugars	0%
<b>Protein</b> 35g	
Vitamin D 0mcg	0%
Calcium 282mg	20%
Iron 5mg	30%
Potassium 652mg	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, Kale, Summer squash, Feta cheese** (Part-Skim Milk, Cheese Cultures, Salt, Enzymes, Anti Caking Agent (potato starch powdered cellulose, natamycin)), **Artichoke hearts** (artichoke hearts, water, salt, citric acid), **Lemon pepper & herb seasoning** (granulated garlic, lemon pepper blend [lemon peel, black pepper, garlic, onion, citric acid], dried oregano, dried parsley, ground cumin, sea salt), **Creamy lemon-basil caper sauce** (lemon juice, white balsamic vinegar, agave [blue agave nectar], basil, avocado oil mayonnaise [avocado oil, egg yolks, distilled vinegar, water, salt, mustard flour], capers [capers, citric acid, water, sea salt]), **Roasted red peppers** (roasted red pepper, water, citric acid, sea salt), **Yellow onions, Italian-style spices & dill** (Italian herb blend [spices (basil, rosemary, marjoram, oregano, thyme)], dill weed, onion powder, black pepper, granulated garlic)

### Allergen information:

Contains Egg 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.*

