



CHEESY BEEF PATTIES WITH PESTO

Sautéed zucchini & red bell pepper with white balsamic vinegar

COOK TIME 30 MIN	SERVINGS 2	CALORIES PER SERVING 800	NET CARBS PER SERVING 12 GRAMS	MENU KETO // GLUTEN-FREE
----------------------------	----------------------	------------------------------------	--	------------------------------------

Basil pesto is one of our favorite condiments, and for good reason. The vibrant, versatile sauce adds herby, savory depth to whatever it touches. Tonight, we drizzle it over juicy Italian-seasoned beef patties topped with melted provolone cheese. Sautéed zucchini and red bell pepper — finished in white balsamic vinegar for a tangy kick — lend pops of color and earthy-sweet flavors to the plate.

INGREDIENTS (8 ITEMS)

10 oz	Ground beef
2 oz	Provolone cheese M
2 ½ oz	Basil pesto with Parmesan T M
1 whole	Zucchini*
1 whole	Red bell pepper*
1 whole	Yellow onion
1 tsp	Italian herb & red pepper blend
¾ oz	White balsamic vinegar

WHAT YOU'LL NEED

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

ALLERGENS

M MILK
T TREE NUTS (almonds)

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

GF 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 for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

1 PREP

- Cut sides off **red bell pepper**. Discard seed pod and stem. Cut lengthwise into strips, about ¼ inch thick. Halve strips widthwise.
- Cut ends off **yellow onion** and discard peel. Halve lengthwise. Lay flat and cut lengthwise into strips, about ¼ inch thick.
- Trim ends off **zucchini**; discard. Halve lengthwise. Lay flat and slice across into half-moons, about ¼ inch thick.

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 & FORM PATTIES

- Place **ground beef** in a medium bowl. Add about 1 tablespoon of the **basil pesto with Parmesan**. Season with about half of the **Italian herb and red pepper blend**. Mix thoroughly to evenly distribute sauce and seasonings.
- 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 COOK VEGGIES

- Heat about 1 ½ tablespoons cooking oil in a large sauté pan over medium-high heat. Add **bell pepper** and **onion** to hot pan. Cook 3-4 minutes, or until bell pepper is softened, stirring occasionally.
- Add **zucchini**. Season with remaining **herb blend**, about ¼ teaspoon salt, and about ¼ teaspoon pepper. Cook 2-3 minutes, or until zucchini is tender, stirring occasionally.
- Add **white balsamic vinegar**. Cook 1-2 minutes, or until liquid is slightly reduced, stirring occasionally.

4 COOK PATTIES

- Heat about 1 tablespoon cooking oil in a medium sauté pan over medium-high heat until shimmering. Once pan is hot, add **patties**. Sear 2-3 minutes on each side.
- Sprinkle **provolone cheese** over tops of **patties**. Cover pan with lid. Cook 1-2 minutes, or until patties are fully cooked* (or to desired doneness).

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

5 PLATE YOUR DISH

- Divide **sautéed veggies** between plates. Prop **cheesy beef patties** against veggies. Drizzle with remaining **basil pesto**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (461g)

Amount per serving

Calories 800

	% Daily Value*
Total Fat 65g	83%
Saturated Fat 20g	100%
Trans Fat 0g	
Cholesterol 125mg	42%
Sodium 790mg	34%
Total Carbohydrate 16g	6%
Dietary Fiber 4g	14%
Total Sugars 9g	
Includes 0g Added Sugars	0%
Protein 40g	
Vitamin D 0mcg	0%
Calcium 426mg	35%
Iron 5mg	30%
Potassium 607mg	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, Provolone Cheese [pasteurized milk, cheese cultures, salt, enzymes], **Basil Pesto** (Garlic, Basil, Almonds [almonds], Sea Salt, Lemon Juice, Olive Oil, Parmesan Cheese [pasteurized cow's milk (cheese cultures, salt, and enzymes), cellulose (to prevent caking) and potassium sorbate], Water, Ascorbic Acid [ascorbic acid]), **Bell Peppers, Yellow Onion, Zucchini, Italian Herb & Red Pepper Blend** (Granulated Garlic, Italian Seasoning [spices (basil, rosemary, marjoram, oregano, thyme)], Dried Parsley, Crushed Red Pepper Flakes, Onion Powder), **White Balsamic Vinegar** [white wine vinegar, concentrated grape must]

Allergen information:
Contains Milk And 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.