



SOUTHWEST ZUCCHINI FRITTERS

kale salad, roasted sweet potatoes & black beans, tomato

COOK TIME
35 MIN

SERVINGS
2

CALORIES PER SERVING
970

Our orange-chili spice blend (think ancho chili powder, chipotle, and orange peel) lends an unmistakably Southwestern kick of heat to these crispy pan-fried zucchini fritters. Served over an abundant kale salad with roasted sweet potatoes and black beans, these veggie fritters are melty and rich thanks to Monterey Jack cheese. A drizzle of cilantro cider vinaigrette offers a tangy bite to tame the spices.

INGREDIENTS (10 ITEMS)

- 13¼ oz **Black beans**
- 10 oz **Sweet potatoes**
- 1 whole **Zucchini**
- 2¾ oz **Lacinato kale**
- 1 whole **Roma tomato**
- 1 oz **Monterey Jack cheese** M
- 1 medium **Egg** E
- ½ cup **Flour** W
- 1¼ tsp **Orange-chili spice blend**
- 3½ oz **Cilantro cider vinaigrette with agave**

WHAT YOU'LL NEED

- large nonstick pan
- baking sheet
- mixing bowls
- measuring cup & spoons
- strainer
- box grater
- oven mitt
- cooking & olive oils
- salt & pepper

ALLERGENS

- M MILK
- E EGGS
- W WHEAT



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

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 eggs. Consuming raw or undercooked eggs 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 ROAST SWEET POTATOES & BEANS

- Preheat oven to 400 degrees.
- Strain and rinse **black beans**.
- Place **sweet potatoes** and **beans** in a large bowl. Drizzle with 1-2 tablespoons cooking oil. Season with about ½ teaspoon salt and a pinch of pepper. Stir to combine.
- Spread **sweet potatoes and beans** out in a single layer on a lightly oiled, foil-lined baking sheet. (Reserve bowl.) Roast 16-18 minutes, or until sweet potatoes are fork-tender and lightly browned, 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 START PREP

- Trim ends off **zucchini***; discard. Grate on large holes of a box grater onto a clean kitchen towel. Wring **zucchini** dry over sink to remove excess moisture.

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

3 FINISH PREP

- Remove and discard any thick center stems from **lacinato kale**. Roll leaves into a large "cigar" and slice across into ribbons, about ¼ inch wide.
- Small dice **Roma tomato** into pieces, about ¼ inch each.

4 MAKE ZUCCHINI MIXTURE

- Place **zucchini** and **Monterey Jack cheese** in bowl used for sweet potatoes and beans. Crack **egg** into bowl. Add ¼ cup of the **flour** (reserve remaining flour for another use) and about 1 teaspoon olive oil. Season with **orange-chili spice blend**, about ¼ teaspoon salt, and about ¼ teaspoon pepper. Stir to combine.
- Gently fold and compress the mixture until cohesive using a silicone spatula, 1-2 minutes.

5 FORM & COOK FRITTERS

- Heat about 1½ tablespoons cooking oil in a large nonstick pan over medium-high heat until shimmering. Once pan is hot, add 2-4 large spoonfuls of the **zucchini mixture** (about ¼ cup each). Gently press to flatten. Cook 4-6 minutes on each side, or until lightly browned and crispy.
- Transfer **zucchini fritters** to a plate. Repeat process with remaining **zucchini mixture**, making a total of 4-6 fritters.

6 MAKE SALAD

- Place **kale** in a second large bowl. Drizzle with 1-2 teaspoons olive oil. Lightly season with salt. Massage until leaves soften.
- Transfer **sweet potatoes and beans** to bowl with **kale**. Add **tomato**. Drizzle with about half of the **cilantro cider vinaigrette with agave**. Toss to combine. Season with salt and pepper to taste.

7 PLATE YOUR DISH

- Divide **kale salad** between plates. Shingle **Southwest zucchini fritters** over top. Drizzle with remaining **cilantro cider vinaigrette** to taste. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (659g)

Amount per serving

Calories 970

	% Daily Value*
Total Fat 57g	73%
Saturated Fat 9g	45%
Trans Fat 0g	
Cholesterol 135mg	45%
Sodium 1690mg	73%
Total Carbohydrate 77g	28%
Dietary Fiber 30g	107%
Total Sugars 14g	
Includes 3g Added Sugars	6%
Protein 29g	
Vitamin D 0mcg	0%
Calcium 283mg	20%
Iron 15g	80%
Potassium 1803mg	40%

* 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:

Sweet Potatoes, Black Beans [organic black beans, water, sea salt, calcium chloride (firming agent)], **Roma Tomatoes, Lacinato Kale, Cilantro Cider Vinaigrette** (Cilantro, Apple Cider Vinegar [apple cider vinegar], Garlic, Sunflower Oil [high oleic sunflower oil], Agave [organic agave syrup], Sea Salt), **Zucchini, Monterey Jack Cheese** [pasteurized milk, cheese cultures, salt, enzymes, anti-caking agent (potato starch, powdered cellulose, natamycin)], **Egg, Orange-Chili Spice Blend** (Sweet Paprika, Onion Powder, Granulated Garlic, Dried Orange Peel, Ground Chipotle Pepper, Ancho Chili Powder, Chili Powder [chili pepper, paprika, oregano, cumin, garlic, salt, spices], Dried Oregano), **Flour** [wheat flour, enzyme added for improved baking, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid]

Allergen information:

Contains Wheat, 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.