



BEEF PATTIES WITH BALSAMIC ONION

Parmesan-roasted broccoli & bell pepper with sunflower seeds

COOK TIME 30 MIN	SERVINGS 2	CALORIES PER SERVING 750	NET CARBS PER SERVING 12 GRAMS	MENU KETO // GLUTEN-FREE
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Balsamic onion cooked with butter is our chefs' secret to adding tangy, rich, and sweet flavors to every bite of these savory beef patties. The bunless burgers are seasoned with an Italian herb and red pepper blend, then topped with the jammy onion. A side of roasted broccoli and red bell pepper — studded with toasty sunflower seeds and melty Parmesan — rounds out the dish.

INGREDIENTS (8 ITEMS)

- 10 oz **Ground beef**
- 1 tsp **Italian herb & red pepper blend**
- 1 whole **Red onion**
- ¾ oz **Balsamic vinegar**
- 6 oz **Broccoli**
- 1 whole **Red bell pepper**
- 1 oz **Parmesan cheese** M
- ½ oz **Sunflower seeds**

WHAT YOU'LL NEED

- small pot
- large sauté pan
- baking sheet
- medium bowl
- measuring spoons
- thermometer
- oven mitt
- cooking oil
- 2 tbsp butter M
- salt & pepper

ALLERGENS

M MILK



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.

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

- Preheat oven to 400 degrees.
- Cut **broccoli** into bite-size pieces if necessary.
- 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 **red onion** and discard peel. Halve lengthwise. Lay flat and cut lengthwise into strips, about ¼ inch thick.

^{}Your bell pepper may be a different color. Either way, this dish will still be delicious!*

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 SEASON & ROAST VEGGIES

- Place **broccoli** and **bell pepper** in a medium bowl. Drizzle with about 1 ½ tablespoons cooking oil. Season with about half of the **Italian herb and red pepper blend**, about ¼ teaspoon salt, and a pinch of pepper. Stir to coat.
- Spread **broccoli and bell pepper** out in a single layer on a lightly oiled, foil-lined baking sheet. Roast 18–20 minutes, or until fork tender, stirring halfway through.

See Step 6 to finish.

3 MAKE BALSAMIC ONION

- Heat about 2 tablespoons butter in a small pot over medium heat. Add **onion** to hot pot. Lightly season with salt and pepper. Cook 2–3 minutes, or until translucent, stirring occasionally.
- Add **balsamic vinegar**. Bring to a simmer, then reduce heat to medium-low. Simmer 2–3 minutes, or until liquid reduces by about half, stirring occasionally. Remove from heat.

4 FORM & SEASON PATTIES

- Form **ground beef** into two patties, about ¼ inch thick.^{*} Season with salt, pepper, and remaining **herb blend**.

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

5 COOK PATTIES

- Heat about 1 ½ tablespoons cooking oil in a large 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 FINISH VEGGIES

- Sprinkle **Parmesan cheese** and **sunflower seeds** over **broccoli and bell pepper**. (**Careful! Baking sheet is hot!**) Return baking sheet to oven. Roast about 2 minutes, or until cheese is melted.

7 PLATE YOUR DISH

- Divide **beef patties** between plates. Spoon **balsamic onion** over patties. Pile **Parmesan-roasted veggies with sunflower seeds** on the side. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (409g)

Amount per serving

Calories **750**

	% Daily Value*
Total Fat 61g	78%
Saturated Fat 22g	110%
Trans Fat 0g	
Cholesterol 140mg	47%
Sodium 510mg	22%
Total Carbohydrate 17g	6%
Dietary Fiber 5g	18%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 35g	
Vitamin D 0mcg	0%
Calcium 201mg	15%
Iron 5mg	30%
Potassium 539mg	10%

* 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, Parmesan Cheese [pasteurized milk, cheese cultures, salt, enzymes], **Red Onion, Balsamic Vinegar** [balsamic vinegar, grape must], **Broccoli, Bell Peppers, Sunflower Seeds, Italian Herb & Red Pepper Blend** (Granulated Garlic, Italian Seasoning [basil, rosemary, marjoram, oregano, thyme], Dried Parsley, Crushed Red Pepper Flakes, Onion Powder)

Allergen information:

Contains 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.