



# ROASTED SAUSAGES & SAUERKRAUT

*Sautéed mushrooms & caramelized onion, kale salad*

**COOK TIME**  
25 MIN

**SERVINGS**  
2

**CALORIES PER SERVING**  
670

**NET CARBS PER SERVING**  
14 GRAMS

**MENU**  
KETO // PALEO // GLUTEN-FREE

This soul-warming dinner features the iconic Bavarian pairing of rich, savory sausages with bright, briny sauerkraut. In our version, golden-brown pork links are sliced and nestled into a bed of kraut with sautéed cremini mushrooms and caramelized onion for added heartiness. A vibrant kale and cabbage salad, tossed with our tangy mustard cider vinaigrette and a handful of crunchy walnuts, provides a refreshing accompaniment.

### INGREDIENTS (8 ITEMS)

- 3 whole **Italian pork sausages**
- 2 oz **Sauerkraut**
- 4 oz **Cremini mushrooms**
- 1 whole **Yellow onion**
- 2 ¾ oz **Red kale**
- 2 ¾ oz **Cabbage**
- 1 oz **Walnuts** T
- 2 oz **Mustard cider vinaigrette**

### WHAT YOU'LL NEED

- large sauté pan
- medium oven-safe sauté pan
- large bowl
- measuring spoons
- thermometer
- oven mitt
- cooking oil
- salt & pepper

### ALLERGENS

- T TREE NUTS (walnuts)



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 pork. Consuming raw or undercooked pork may increase your risk of foodborne illness. Go to [help.greenchef.com](http://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 425 degrees.
- Remove and discard any thick center stems from **red kale**.<sup>\*</sup> Roughly chop leaves into bite-size pieces.
- Roughly chop **cabbage**<sup>\*</sup> if necessary
- Roughly chop **walnuts** if necessary.
- Wipe **cremini mushrooms** clean with damp paper towels. Remove stems if desired. Halve or quarter **mushrooms**, depending on size.
- Cut ends off **yellow onion** and discard peel. Halve lengthwise. Lay flat and cut lengthwise into strips, about ¼ inch thick.

*<sup>\*</sup>Your kale and cabbage 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 MAKE SALAD

- Place **kale** in a large bowl. Add about 2 tablespoons of the **mustard cider vinaigrette**. Lightly season with salt. Massage until leaves soften.
- Add **cabbage** and **walnuts**. Drizzle with remaining **vinaigrette** to taste. Salt and pepper to taste. Toss to combine.

## 3 COOK SAUSAGES

- Heat about 1 tablespoon cooking oil in a medium oven-safe sauté pan over medium-high heat. Add **Italian pork sausages** to hot pan. Sear 3-5 minutes, or until lightly browned.
- Transfer pan to oven. Roast 4-5 minutes, or until sausages are fully cooked.<sup>\*</sup> (Pork sausages are fully cooked when internal temperature reaches 160 degrees.)

*<sup>\*</sup>Careful! To keep your hands safe, slide a silicone cover (or pot holder) over the handle of the hot pan once it comes out of the oven.*

## 4 COOK MUSHROOMS & ONION

- Heat about 1 ½ tablespoons cooking oil in a large sauté pan over medium-high heat. Add **mushrooms** and **onion** to hot pan. Season with about ¼ teaspoon salt and a pinch of pepper. Stir to combine. Cook 3-4 minutes, or until mushrooms begin to soften, stirring occasionally.
- Reduce heat to medium-low. Add 2-3 tablespoons water. Cook 7-8 minutes, or until onion is caramelized, stirring occasionally.
- Remove from heat. Add **sauerkraut**. Stir to combine.

## 5 PLATE YOUR DISH

- Cut **sausages** at an angle into 5-7 slices each.
- Divide **sautéed mushrooms with sauerkraut and caramelized onion** between plates. Top with **roasted sausages**. Pile **kale salad** next to veggies. Enjoy!



## Nutrition Facts

2 Servings per container

**Serving size** (391g)

Amount per serving

**Calories** **670**

	% Daily Value*
<b>Total Fat</b> 56g	72%
Saturated Fat 11g	55%
Trans Fat 0g	
<b>Cholesterol</b> 75mg	25%
<b>Sodium</b> 1500mg	65%
<b>Total Carbohydrate</b> 17g	6%
Dietary Fiber 3g	11%
Total Sugars 4g	
Includes 0g Added Sugars	0%
<b>Protein</b> 27g	
Vitamin D 0mcg	0%
Calcium 146mg	10%
Iron 3mg	15%
Potassium 417mg	8%

\* 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:

**Italian Pork Sausages** [pork, water, spices, salt, garlic, vinegar], **Caraway Sauerkraut** [organic cabbage, sea salt, organic caraway seeds], **Yellow Onion**, **Cremini Mushrooms**, **Red Kale**, **Green Cabbage**, **Walnuts** [walnuts], **Mustard Cider Vinaigrette** (Stone-Ground Mustard [grain vinegar, water, mustard seed, salt, spices ], Apple Cider Vinegar [raw and unfiltered organic apple cider vinegar], Olive Oil)

### 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.*