



**GREEN
CHEF**

ZA'ATAR-SPICED FRIED CHEESE

Cauliflower "couscous," roasted zucchini, tahini sauce & almonds

COOK TIME

25 MIN

SERVINGS

2

CALORIES PER SERVING

900

NET CARBS PER SERVING

12 GRAMS

MENU

KETO // GLUTEN-FREE

Middle Eastern za'atar is nutty and tart — a bold mix of crunchy sesame seeds, fragrant thyme, and lemony sumac. For this keto dinner, the spice blend adds flavorful complexity to protein-rich fried cheese. Pan-seared to a golden-brown finish, the cheese is drizzled in a bright, creamy lemon almond-tahini sauce and served atop garlicky cauliflower "couscous." Craving some crunch? Top things off with a handful of chopped almonds.

INGREDIENTS (9 ITEMS)

8 oz **Grilling cheese** ^M
 1 tsp **Za'atar seasoning**
 1 whole **Zucchini**
 1 ½ cups **Cauliflower "couscous"**
 1 oz **Roasted red peppers**
 1 whole **Scallion**
 ¼ oz **Garlic**
 ½ oz **Dry-roasted almonds** ^T
 1 ¼ oz **Lemon almond-tahini sauce** ^T

WHAT YOU'LL NEED

large sauté pan
 large nonstick pan
 baking sheet
 medium bowl
 measuring spoons
 oven mitt
 cooking & olive oils
 salt & pepper

ALLERGENS

^M MILK
^T TREE NUTS (almonds)



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. 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 425 degrees.
- Trim ends off **zucchini**;* discard. Halve lengthwise. Lay flat and slice across into half-moons, about ¼ inch thick.
- Mince **garlic**.
- Thinly slice **scallion**; discard root end.
- Roughly chop **dry-roasted almonds**.

**Your squash 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

SLICE & SEASON CHEESE

- Cut **grilling cheese** vertically into two slabs, about ½ inch thick. Season both sides with **za'atar seasoning**.

3

SEASON & ROAST ZUCCHINI

- Place **zucchini** in a medium bowl. Drizzle with about 1 ½ tablespoons cooking oil. Season with about ¼ teaspoon salt and a pinch of pepper. Stir to coat.
- Spread **zucchini** out in a single layer on a lightly oiled, foil-lined baking sheet. Roast 10-12 minutes, or until fork tender, stirring halfway through.

4

MAKE CAULIFLOWER "COUSCOUS"

- Heat about 1 ½ tablespoons olive oil in a large sauté pan over medium heat. Add **cauliflower "couscous"** and **garlic** to hot pan. Season with about ¼ teaspoon salt and a pinch of pepper. Cook about 1 minute, or until garlic is fragrant, stirring frequently.
- Add 1-2 tablespoons water. Cook 4-6 minutes, or until cauliflower is tender and liquid cooks off, stirring occasionally.
- Add **roasted red peppers**, **scallion**, and about 1 tablespoon olive oil. Cook about 1 minute, or until roasted red peppers are warmed through, stirring occasionally. Salt and pepper to taste.* Stir to combine.

**Taste the cauliflower "couscous" after seasoning and adjust as needed. Adding salt and pepper throughout the cooking process is key to a delicious final product.*

5

COOK CHEESE

- Heat about 1 teaspoon cooking oil in a large nonstick pan over medium-high heat until shimmering. Once pan is hot, add **cheese**. Sear 1-2 minutes on each side, or until evenly browned.

6

PLATE YOUR DISH

- Divide **cauliflower "couscous"** between plates. Top with **za'atar-spiced fried cheese**. Drizzle cheese with **lemon almond-tahini sauce** to taste. Sprinkle with **almonds**. Pile **roasted zucchini** on the side. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (402g)

Amount per serving

Calories 900

	% Daily Value*
Total Fat 73g	94%
Saturated Fat 25g	125%
Trans Fat 0g	
Cholesterol 100mg	33%
Sodium 1460mg	63%
Total Carbohydrate 17g	6%
Dietary Fiber 5g	18%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 37g	
Vitamin D 0mcg	0%
Calcium 842mg	60%
Iron 2mg	10%
Potassium 846mg	20%

* 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:

Grilling Cheese [pasteurized cow's milk, cheese cultures, salt, enzymes], **Za'atar Seasoning** [white sesame seeds, thyme, sumac, marjoram, savory, and traces of salt], **Zucchini, Roasted Red Peppers** [roasted red pepper, water, citric acid, sea salt], **Cauliflower, Scallions, Garlic, Almonds** [almonds], **Lemon Almond-Tahini Sauce** (Tahini Sauce [sesame seeds], Lemon Juice [lemon], Garlic, Dried Oregano, Black Pepper, Sea Salt, Almond Milk [almonds], Ascorbic Acid [ascorbic acid])

Allergen information:

Contains Tree Nuts 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.