

GREEN CHEF

ZA'ATAR-SPICED FRIED CHEESE

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

COOK TIME 25 MIN

SERVINGS 900

CALORIES PER SERVING

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.

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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.

INGREDIENTS (9 ITEMS)

8 oz	Grilling cheese M
1 tsp	Za'atar seasoning
1 whole	Zucchini
1½ cups	Cauliflower "couscous"
1 oz	Roasted red peppers
1 whole	Scallion
1⁄4 oz	Garlic
½ oz	Dry-roasted almonds T
1 ¼ oz	Lemon almond-tahini sauce 👅

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)

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.

ZA'ATAR-SPICED FRIED CHEESE

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!

OKING &

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.

) SLICE & SEASON CHEESE

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

SEASON & ROAST ZUCCHINI

- Place **zucchini** in a medium bowl. Drizzle with about 1½ 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.

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.

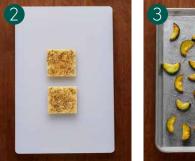
COOK CHEESE

 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.

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**

Amount per serving

Calories

% 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.

(402g)