



MEMPHIS-STYLE BEEF MEATBALLS

Creole Dijonnaise, sautéed squash & bell pepper, cheddar rice

COOK TIME
30 MIN

SERVINGS
2

CALORIES PER SERVING
1030

A classic Memphis-style spice rub (think paprika, cumin, dried mustard, and chili powder) is typically used to season smoked meats, but tonight we use it to imbue a Southern-style kick into beef meatballs. Roasted to juicy perfection, the spiced meatballs are served over cheddar rice and topped with creamy Creole Dijonnaise for a tangy accent. A colorful side of sautéed yellow squash, red bell pepper, and celery rounds out the satisfying meal.

INGREDIENTS (12 ITEMS)

- 10 oz **Ground beef**
- 1 ¾ tsp **Memphis-style spice rub**
- 2 ¾ oz **Creole Dijonnaise** E S
- ½ cup **Jasmine rice**
- 1 oz **Sharp cheddar cheese** M
- 1 whole **Yellow squash**
- 3 ½ oz **Red bell pepper**
- 1 ¾ oz **Celery**
- 1 whole **Yellow onion**
- 1 whole **Scallion**
- ¼ cup **Breadcrumbs** W
- 1 whole **Vegetable stock concentrate**

WHAT YOU'LL NEED

- small pot with lid
- large sauté pan
- baking sheet
- large bowl
- measuring cup & spoons
- thermometer
- oven mitt
- cooking oil
- 1 tbsp butter M
- salt & pepper

ALLERGENS

- E EGGS
- S SOY
- M MILK
- 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 meat. Consuming raw or undercooked meat may increase your risk of foodborne illness. Go to greenchef.com/faq for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

1 COOK RICE

- Preheat oven to 400 degrees.
- Bring 1 cup water and about ¼ teaspoon salt to a boil in a small pot. Add **vegetable stock concentrate**. Stir to dissolve. Add **jasmine rice**. Stir. Return to a boil, then reduce heat to medium-low. Cover pot with lid. Simmer 16-18 minutes, or until rice is tender and liquid is absorbed. Remove from heat.

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 MIXTURE & FORM MEATBALLS

- Place **ground beef**, **breadcrumbs**, and 1 tablespoon of the **Creole Dijonnaise** in a large bowl. Season with about half of the **Memphis-style spice rub**, about ¼ teaspoon salt, and about ¼ teaspoon pepper. Mix thoroughly to evenly distribute breadcrumbs and seasonings.
- Form **beef mixture** into 6-8 meatballs, about 1 ¼ inches in diameter.

3 ROAST MEATBALLS

- Place **meatballs** on a lightly oiled, foil-lined baking sheet. Roast 12-15 minutes, or until meatballs are fully cooked.*

*Ground beef is fully cooked when internal temperature reaches 160 degrees.

4 PREP

- Trim ends off **yellow squash**;* discard. Quarter lengthwise. Lay flat and slice across into quarter-moons, about ¼ inch thick.
- Cut **red bell pepper*** lengthwise into strips, about ¼ inch thick. Halve strips widthwise.
- Slice **celery** across into pieces, about ¼ inch thick.
- Cut ends off **yellow onion** and discard peel. Halve lengthwise. Lay one half flat and small dice into pieces, about ¼ inch each (reserve remaining half for another use).
- Thinly slice **scallion**; discard root end.

*Your squash and bell pepper may be a different color. Either way, this dish will still be delicious!

5 SAUTÉ VEGGIES

- Heat about 1 ½ tablespoons cooking oil in a large sauté pan over medium heat. Add **squash**, **bell pepper**, **celery**, and **onion** to hot pan. Season with remaining **Memphis-style spice rub**, about ½ teaspoon salt, and about ¼ teaspoon pepper. Cook 4-5 minutes, or until bell pepper is tender, stirring occasionally.

6 FINISH RICE

- Add **sharp cheddar cheese** and 1 tablespoon butter to pot with **rice**. Let rest, covered, 3 minutes. Fluff with a fork.

7 PLATE YOUR DISH

- Divide **cheddar rice** between plates. Top with **Memphis-style meatballs**. Drizzle with remaining **Creole Dijonnaise**. Sprinkle with **scallion**. Serve **sautéed veggies** on the side. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (523g)

Amount per serving

Calories **1030**

	% Daily Value*
Total Fat 67g	86%
Saturated Fat 20g	100%
Trans Fat 0g	
Cholesterol 145mg	48%
Sodium 1860mg	81%
Total Carbohydrate 65g	24%
Dietary Fiber 4g	14%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 38g	
Vitamin D 0mcg	0%
Calcium 207mg	15%
Iron 6mg	35%
Potassium 693mg	15%

* 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, Memphis-Style Spice Rub (Sweet Paprika, Granulated Garlic, Onion Powder, Celery Seeds, Dried Oregano, Dried Mustard, Ground Cumin, Ground Coriander, Chili Powder, Allspice), **Breadcrumbs** [bleached wheat flour, yeast, sugar, salt], **Yellow Onion, Sharp Cheddar Cheese** [part-skim milk, cheese cultures, salt, enzymes, anti caking agent (potato starch powdered cellulose, natamycin)], **Celery, Yellow Squash, Jasmine Rice** [jasmine rice], **Creole Dijonnaise** (Granulated Garlic, Sweet Paprika, Smoked Paprika, Ground Cayenne Pepper, Ground Cumin, Celery Seeds, Dried Basil, Sea Salt, Mayonnaise [organic expeller pressed soybean oil, water, organic egg yolks, organic whole eggs, organic distilled white vinegar, salt, organic white mustard (organic distilled vinegar, water, organic mustard seeds, salt, organic spices), organic lemon juice concentrate], Dijon Mustard [grain vinegar, water, mustard seed, salt, spices], Apple Cider Vinegar [raw and unfiltered organic apple cider vinegar]), **Scallions, Veggie Stock Concentrate** [vegetable juice concentrates (tomato, mushroom, onion, carrot , celery), sugar, maltodextrin, salt, yeast extract, and natural flavor], **Bell Peppers**

Allergen information:

Contains Egg, Soy, Milk And Wheat

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.