



**GREEN
CHEF**

MEDITERRANEAN TURKEY PATTIES

artichokes, roasted peppers, Brussels sprouts with feta & almonds

COOK TIME

30 MIN

SERVINGS

2

CALORIES PER SERVING

600

NET CARBS PER SERVING

13 GRAMS

MENU

KETO // GLUTEN-FREE

Feta is a staple in Mediterranean cuisine, and for good reason. The soft, crumbly cheese is a powerhouse of rich, briny flavor. Here, it gives tangy complexity to pan-seared turkey patties. A red pepper and artichoke garnish provides a juicy-sweet accent, while a roasted red pepper sauce brings creamy warmth. Brussels sprouts are tossed with almonds and more feta to complete the 30-minute meal.

INGREDIENTS (8 ITEMS)

8 oz	Brussels sprouts
1¼ oz	Artichoke hearts
½ oz	Roasted almonds <small>T</small>
10 oz	Ground turkey*
2 oz	Feta cheese <small>M</small>
2¼ oz	Roasted red peppers
2½ oz	Balsamic roasted red pepper sauce with olive oil
1 oz	Cream cheese <small>M</small>

WHAT YOU'LL NEED

small sauté pan
large oven-safe sauté pan
baking sheet
mixing bowls
measuring cup & spoons
thermometer
oven mitt
cooking oil
salt & pepper

ALLERGENS

T TREE NUTS (almonds)
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 Safe Spot Program.

GREEN CHEF IS PROUD to be a USDA Certified Organic company. All produce and eggs are organic unless otherwise labeled.

*Ground turkey is fully cooked when internal temperature reaches 165 degrees.

Wash and dry fresh produce. Wash hands and surfaces after handling raw poultry. Consuming raw or undercooked poultry may increase your risk of foodborne illness. Go to [greenchef.com/faq](https://www.greenchef.com/faq) 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.
- Trim stem ends off **Brussels sprouts**. Quarter lengthwise.
- Roughly chop **artichoke hearts**.
- Roughly chop **roasted almonds**.

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 BRUSSELS SPROUTS

- Place **Brussels sprouts** in a medium bowl. Drizzle with about 1 tablespoon cooking oil. Season with about ¼ teaspoon salt and a pinch of pepper. Stir to coat.
- Spread **Brussels sprouts** out in a single layer on a lightly oiled, foil-lined baking sheet. (Reserve bowl.) Roast 10–15 minutes, or until fork-tender, stirring halfway through. (You'll finish the Brussels sprouts in Step 6.)

3

MAKE MIXTURE & FORM PATTIES

- Place **ground turkey** and about half of the **feta cheese** in a second medium bowl. Season with about ¼ teaspoon salt and a pinch of pepper. Mix thoroughly to evenly distribute ingredients.
- Form **turkey mixture** into two patties, about ¼ inch thick.*

**Alternatively, use a well-oiled ½-cup measuring cup to scoop out half of the turkey mixture from the bowl and place it directly in the hot pan. Lightly press to flatten patty. Repeat process with remaining mixture.*

4

COOK PATTIES & VEGGIES

- Heat about 1 tablespoon cooking oil in a large oven-safe sauté pan over medium-high heat. Add **patties** to hot pan. Cook 3–5 minutes on each side, or until almost cooked through.
- Add **artichokes**, **roasted red peppers**, and about 2 tablespoons water to pan around **patties**. Season **veggies** with salt and pepper. Stir **veggies**. Transfer pan to oven. Bake 3–4 minutes, or until patties are fully cooked.*

**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.*

5

MAKE SAUCE

- Heat about 1 tablespoon cooking oil in a small sauté pan over medium-high heat. Add **balsamic roasted red pepper sauce with olive oil** and ¼ cup water to hot pan. Cook 3–4 minutes, or until liquid is warmed through and slightly reduced, stirring occasionally.
- Remove from heat. Add **cream cheese**. Season with about ¼ teaspoon salt and a pinch of pepper. Stir until **cream cheese** is incorporated.

6

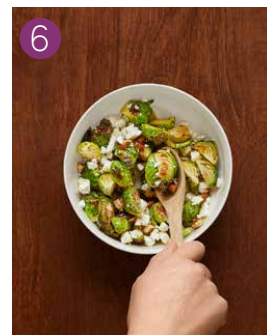
FINISH BRUSSELS SPROUTS

- Return **Brussels sprouts** to bowl used for seasoning. (**Careful! Baking sheet may still be hot!**) Add remaining **feta** and about half of the **almonds**. Stir to combine.

7

PLATE YOUR DISH

- Make a pool of the **creamy roasted red pepper sauce** on one side of each plate. Top with **turkey patties**. Spoon **roasted artichokes and red peppers** over patties. Serve **roasted Brussels sprouts with feta and almonds** on the side. Garnish with remaining **almonds**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (419g)

Amount per serving

Calories **600**

	% Daily Value*
Total Fat 42g	54%
Saturated Fat 10g	50%
Trans Fat 0g	
Cholesterol 95mg	32%
Sodium 1500mg	65%
Total Carbohydrate 20g	7%
Dietary Fiber 7g	25%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 42g	
Vitamin D 0mcg	0%
Calcium 244mg	20%
Iron 4mg	20%
Potassium 662mg	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 Turkey [turkey], **Brussels Sprouts**, **Almonds** [almonds], **Balsamic Roasted Red Pepper Sauce** (Roasted Red Peppers [bell pepper], Tomato Paste [vine ripened organic tomatoes], Lemon Juice [lemon], Balsamic Vinegar [wine vinegar, concentrated grape must, caramel color], Ground Tomatoes [organic tomatoes, organic tomato puree, sea salt, citric acid], Olive Oil [olive oil], Sea Salt, Water, Ascorbic Acid [ascorbic acid]), **Cream Cheese** [cultured pasteurized skim milk and cream, whey protein, milk proteins, less than 2% salt, inulin (natural dietary fiber), natural acids, xanthan, locust bean and guar gums, potassium sorbate (maintains freshness)], **Artichoke Hearts** [hearts of artichokes, water, salt, citric acid], **Roasted Red Peppers** [bell pepper], **Feta Cheese** [pasteurized milk, cheese cultures, salt, enzymes, anti-caking agent (potato starch, powdered cellulose, natamycin)]

Allergen information:

Contains Milk And 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.