



**GREEN  
CHEF**

## SAUSAGE & ZUCCHINI PEPERONATA

*with bell pepper, fried egg, pesto & Parmesan cheese*

### COOK TIME

30 MIN

### SERVINGS

2

### CALORIES PER SERVING

770

### NET CARBS PER SERVING

15 GRAMS

### MENU

KETO // GLUTEN-FREE

*Peperonata* is a classic Italian preparation of tangy stewed bell peppers and onions, often stirred into pasta or spooned over meat. In this keto-friendly version, it's served with pan-seared Italian pork sausages and tender zucchini ribbons. A fried egg adds a rich protein boost to the meal, and garnishes of herby pepita pesto and shredded Parmesan lend a savory finish.

### INGREDIENTS (9 ITEMS)

3 whole	<b>Italian pork sausages</b>
1 whole	<b>Zucchini</b>
1 whole	<b>Red bell pepper</b>
1 whole	<b>Yellow onion</b>
4 ¾ oz	<b>Balsamic roasted red pepper sauce with olive oil</b>
1 oz	<b>Parmesan cheese</b> <small>M</small>
2 medium	<b>Eggs</b> <small>E</small>
1 ¼ oz	<b>Parsley-basil pepita pesto with fresh garlic</b> <small>T</small>
½ tsp	<b>Crushed red pepper flakes</b>

### WHAT YOU'LL NEED

medium nonstick pan  
large sauté pan  
medium bowl  
measuring spoons  
peeler  
thermometer  
cooking & olive oils  
salt & pepper

### ALLERGENS

M MILK  
E EGGS  
T TREE NUTS (coconut)



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 and eggs. Consuming raw or undercooked pork or eggs 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.

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## PREP

- Trim ends off **zucchini**;\* discard. Peel lengthwise, forming long ribbons; discard seedy core.
- Halve **red bell pepper**\* lengthwise. Discard seed pod and stem. Cut lengthwise into strips, about ¼ inch thick. Halve strips widthwise.
- 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).

*\*Your squash and bell pepper 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

## SEASON ZUCCHINI

- Place **zucchini** in a medium bowl. Drizzle with about 1 tablespoon olive oil. Season with salt and pepper. Stir to coat.



3

## MAKE PEPERONATA

- Heat about 1 ½ tablespoons cooking oil in a large sauté pan over medium-high heat. Add **Italian pork sausages** to hot pan. Sear 3-5 minutes (undisturbed).
- Flip **sausages**. Add **bell pepper** and **onion**. Season **veggies** with salt and pepper. Cook 2-3 minutes, or until veggies begin to soften, stirring **veggies** occasionally.
- Add **zucchini**, **balsamic roasted red pepper sauce with olive oil**, about half of the **Parmesan cheese**, and about 1 tablespoon water. Season with **crushed red pepper flakes**\* to taste. Stir to combine. Cook 1-2 minutes, or until sausages are fully cooked and veggies are tender, stirring occasionally. (Sausages are fully cooked when internal temperature reaches 160 degrees.)
- Transfer **sausages** to a cutting board. Let rest at least 3 minutes.

*\*If heat sensitive, use crushed red pepper flakes sparingly, or omit entirely.*



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## FRY EGGS

- Heat about 1 ½ tablespoons cooking oil in a medium nonstick pan over medium heat. Carefully crack **eggs** into hot pan. Cook until eggs reach desired doneness. Lightly season with salt and pepper.



5

## PLATE YOUR DISH

- Cut **sausages** at an angle into 5-7 slices each.
- Divide **peperonata** between bowls. Fan **sausages** over top. Serve **fried eggs** next to sausages. Drizzle with **parsley-basil pepita pesto with fresh garlic** to taste. Sprinkle with remaining **Parmesan cheese**. Enjoy!



# Nutrition Facts

2 Servings per container

Serving size (552g)

Amount per serving

Calories 770

	% Daily Value*
Total Fat 61g	78%
Saturated Fat 17g	85%
Trans Fat 0g	
Cholesterol 305mg	102%
Sodium 1350mg	59%
Total Carbohydrate 19g	7%
Dietary Fiber 4g	14%
Total Sugars 11g	
Includes 0g Added Sugars	0%
Protein 38g	
Vitamin D 1mcg	6%
Calcium 273mg	20%
Iron 4mg	20%
Potassium 840mg	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:

**Eggs, Parsley-Basil Pepita Pesto** (Lemon Juice [lemon], Parsley, Basil, Garlic, Coconut Milk [coconut milk, water, xanthan gum], Sea Salt, Black Pepper, Dijon Mustard [grain vinegar, water, mustard seed, salt, spices ], Ground Cayenne Pepper, Pepitas, Red Wine Vinegar [grape must, wine vinegar]), **Parmesan Cheese** [pasteurized milk, cheese cultures, salt, enzymes], **Italian Pork Sausages** [pork, water, spices, salt, garlic, vinegar], **Zucchini, Yellow Onion, Bell Peppers, Crushed Red Pepper Flakes, Balsamic Roasted Red Pepper Sauce** (Roasted Red Peppers [roasted red pepper, water, citric acid, sea salt], Tomato Paste [tomato paste, citric acid], Lemon Juice [lemon], Balsamic Vinegar [balsamic vinegar, grape must], Ground Tomatoes [tomatoes, tomato puree, sea salt, citric acid], Olive Oil, Sea Salt, Water, Ascorbic Acid [ascorbic acid])

## Allergen information:

Contains Milk, Tree Nuts And Egg

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.