



**GREEN  
CHEF**

## BEEF & MUSHROOM BOLOGNESE

*spaghetti squash noodles, parsley-almond gremolata*

### COOK TIME

40 MIN

### SERVINGS

2

### CALORIES PER SERVING

920

### NET CARBS PER SERVING

25 GRAMS

### MENU

PALEO // GLUTEN-FREE

Craving rich, meaty Bolognese sauce but don't have all day to make it? We've got you covered! Our balsamic roasted red pepper sauce is a shortcut to big flavor, and we simmer it here with seared ground beef, earthy creminis, and a base of sautéed carrots, celery, and onion to dial up the savory factor. It's all spooned over delicate spaghetti squash noodles and topped with a homemade gremolata.

### INGREDIENTS (10 ITEMS)

17½ oz **Spaghetti squash**  
1 tbsp **Oregano-garlic seasoning**  
1¾ oz **Celery**  
1 whole **Yellow onion**  
4 oz **Cremeni mushrooms**  
¼ oz **Parsley**  
½ oz **Sliced almonds** T  
4 oz **Carrots**  
10 oz **Ground beef\***  
6¼ oz **Balsamic roasted red pepper sauce with olive oil**

### WHAT YOU'LL NEED

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

### ALLERGENS

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 Safe Spot Program.

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

\*Ground beef is fully cooked when it's no longer pink.

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](https://www.greenchef.com/faq) for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.



## 1 START PREP & ROAST SQUASH

- Preheat oven to 425 degrees.
- Halve **spaghetti squash** if necessary. Remove seeds with a spoon. Drizzle insides with 1-2 tablespoons cooking oil. Season insides with about 1 teaspoon of the **oregano-garlic seasoning**, about ¼ teaspoon salt, and a pinch of pepper. Rub to coat.
- Place **squash**, cut side down, on a lightly oiled, foil-lined baking sheet. Roast 25-30 minutes, or until squash strands easily separate when pierced with a fork.

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 FINISH PREP

- Small dice **celery** into pieces, about ¼ inch each.
- Cut ends off **yellow onion** and discard peel. Halve lengthwise; save one half for another use. Small dice remaining half into pieces, about ¼ inch each.
- Wipe **cremini mushrooms** clean with damp paper towels. Remove stems. Small dice into pieces, about ¼ inch each.
- De-stem **parsley**; roughly chop leaves.

## 3 TOAST ALMONDS

- Place **sliced almonds** in a dry medium sauté pan over medium-high heat. Toast 2-3 minutes, or until fragrant, shaking pan frequently.
- Transfer **almonds** to a cutting board and allow to cool. (Reserve pan.) Roughly chop.

## 4 MAKE SAUCE

- Heat about 1 tablespoon cooking oil in a large sauté pan over medium-high heat. Add **carrots** and **celery** to hot pan. Season with about ¼ teaspoon salt. Cook 3-4 minutes, or until veggies are lightly browned and mostly tender, stirring occasionally.
- Add **onion** and **mushrooms**. Season with remaining **oregano-garlic seasoning**. Cook 3-4 minutes, or until onion is translucent, stirring occasionally.
- Add **ground beef**. Season with about ½ teaspoon salt and a pinch of pepper. Cook 4-5 minutes, or until fully cooked, breaking up **beef** into pieces.
- Add **balsamic roasted red pepper sauce with olive oil** and about 2 tablespoons water. Stir to combine. Bring to a boil, then reduce heat to medium-low. Simmer 2-3 minutes, or until sauce has slightly thickened, stirring occasionally. Season with salt and pepper to taste.

## 5 MAKE GREMOLATA

- Place **parsley** and **almonds** in a small bowl. Drizzle with about 2½ tablespoons olive oil. Lightly season with salt and pepper. Stir to combine.

## 6 FINISH SQUASH

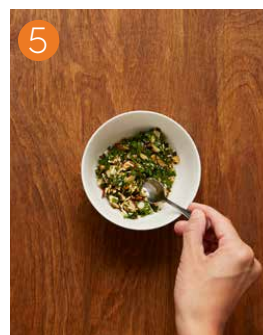
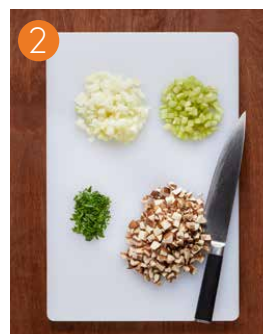
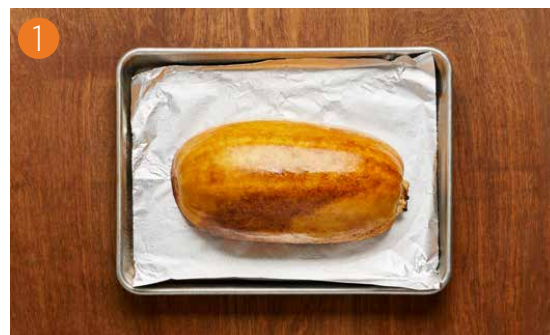
- Separate **squash strands** from peel with a fork to create **squash noodles**.\*
- Heat about 2 tablespoons olive oil in pan used for almonds over medium heat. Transfer **squash noodles** to hot pan. Season with about ¼ teaspoon salt and a pinch of pepper. Cook 3-4 minutes, or until just tender, stirring occasionally. Season with salt and pepper to taste.\*\*

\*We recommend using tongs or an oven mitt to hold the squash while it's hot.

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

## 7 PLATE YOUR DISH

- Divide **spaghetti squash noodles** between bowls. Top with **beef and mushroom Bolognese sauce**. Garnish with **parsley-almond gremolata**. Enjoy!



**Nutrition Facts**

2 Servings per container

**Serving size** (661g)

**Amount per serving**

**Calories** 920

	% Daily Value*
<b>Total Fat</b> 75g	96%
Saturated Fat 16g	80%
Trans Fat 0g	
<b>Cholesterol</b> 95mg	32%
<b>Sodium</b> 1540mg	67%
<b>Total Carbohydrate</b> 34g	12%
Dietary Fiber 9g	32%
Total Sugars 16g	
Includes 0g Added Sugars	0%
<b>Protein</b> 33g	
Vitamin D 0mcg	0%
Calcium 179mg	15%
Iron 6mg	35%
Potassium 1074mg	25%

\* 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** [beef], **Spaghetti Squash**, **Parsley**, **Carrots**, **Yellow Onion**, **Celery**, **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], Ground Tomatoes [organic tomatoes, organic tomato puree, sea salt, citric acid], Olive Oil [olive oil], Sea Salt, Water, Ascorbic Acid [ascorbic acid]), **Cremini Mushrooms**, **Almonds** [almonds], **Oregano-Garlic Seasoning** (Dried Oregano, Granulated Garlic, Onion Powder, Dried Parsley)

**Allergen information:**  
Contains 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.*