

GREEN CHEF

GRILLED CHIMICHURRI BEEF PATTIES

Bell pepper & zucchini, kale salad with tomato, carrots & pepitas

COOK TIME	SERVINGS	CALORIES PER SERVING	NET CARBS PER SERVING	MENU
30 MIN	2	790	12 GRAMS	KETO // PALEO // GLUTEN-FREE

Ring in the spring with these crowd-pleasing patties! Our popular creamy chimichurri sauce combines rich avocado mayo with herbs, garlic, and lemon juice, lending a perfect bright and creamy bite when drizzled over these savory grilled beef patties. Red bell pepper and zucchini are thrown on the grill for a light char, adding an earthy-sweet and smoky complement on the side.

INGREDIENTS (9 ITEMS)

10 oz	**Ground beef**
2 ¾ oz	**Creamy chimichurri with avocado mayo** (E)
1 whole	**Red bell pepper**
1 whole	**Zucchini**
2 ¾ oz	**Green kale**
1 ½ oz	**Carrots**
1 whole	**Roma tomato**
½ oz	**Pepitas**
1 whole	**Scallion**

WHAT YOU'LL NEED

grill or grill pan
mixing bowls
measuring spoons
thermometer
oven mitt
cooking & olive oils
salt & pepper

ALLERGENS

(E) EGGS

COOKING FOR 4 If you ordered the 4-serving version of this meal, refer to the guidelines in Step 1.

Certified Gluten-Free GF Food Service 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 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.

GRILLED CHIMICHURRI BEEF PATTIES

1 PREP

- Preheat a well-oiled grill (or grill pan) to medium.

  Alternatively, preheat oven to 425 degrees.

- Quarter **red bell pepper*** lengthwise. Discard seed pod and stem.
- Trim ends off **zucchini**;* discard. Halve widthwise. Cut each half lengthwise into planks, about ½ inch thick.
- Thinly slice **scallion**; discard root end.
- Remove and discard any thick center stems from **green kale**.* Roughly chop leaves into bite-size pieces.
- Small dice **Roma tomato** into pieces, about ¼ inch each.

**Your bell pepper, squash, and kale 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 & FORM PATTIES

- Place **ground beef** in a medium bowl. Add about half of the **scallion** and about 2 tablespoons of the **creamy chimichurri with avocado mayo**. Season with about ¼ teaspoon salt and about ¼ teaspoon pepper. Mix thoroughly to evenly distribute scallion, sauce, and seasoning.
- Form **beef mixture** into two patties, about ½ inch thick.*

**To help your patties keep their shape, use your thumb to make a small indentation in the center of each.*

3 SEASON & GRILL VEGGIES

- Place **bell pepper** and **zucchini** in a large bowl. Drizzle with about 1 tablespoon cooking oil. Season with about ¼ teaspoon salt and a pinch of pepper. Turn to evenly coat.
- Reserving bowl used for seasoning, place **bell pepper and zucchini** on hot grill. Grill 3-4 minutes on each side, or until veggies are lightly charred and tender. Transfer to a cutting board.

  Alternatively, place veggies on a lightly oiled, foil-lined baking sheet. Roast 12-15 minutes, or until veggies have softened, flipping halfway through.

- Cut cooled **bell pepper** lengthwise into strips, about ¼ inch thick.
- Medium dice cooled **zucchini** into pieces, about ½ inch each.

4 GRILL PATTIES

- Place **patties** on hot grill. Grill 4-5 minutes on each side, or until patties are fully cooked* (or to desired doneness).

  Alternatively, heat about 1 tablespoon cooking oil in a medium sauté pan over medium heat. Once pan is hot, add patties. Sear 3-5 minutes on each side, or until patties are fully cooked (or to desired doneness). Remove from heat.*

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

5 MAKE SALAD

- Place **kale** in bowl used for bell pepper and zucchini. Drizzle with about 1 tablespoon olive oil. Lightly season with salt. Massage until leaves soften.
- Add **tomato**, **carrots**, and **pepitas** to bowl. Drizzle with about 1 tablespoon of the **creamy chimichurri**. Salt and pepper to taste. Toss to combine.

6 PLATE YOUR DISH

- Divide **grilled beef patties** between plates. Drizzle with remaining **creamy chimichurri**. Serve **grilled bell pepper and zucchini** and **kale salad** on the side. Garnish with remaining **scallion**. Enjoy!













© 2021 Green Chef Corporation

Nutrition Facts

2 Servings per container

Serving size **(506g)**

Amount per serving

Calories 790

	% Daily Value*
Total Fat 67g	86%
Saturated Fat 15g	75%
Trans Fat 0g	
Cholesterol 110mg	37%
Sodium 1000mg	43%
Total Carbohydrate 18g	7%
Dietary Fiber 6g	21%
Total Sugars 9g	
Includes 0g Added Sugars	0%
Protein 33g	
Vitamin D 0mcg	0%
Calcium 135mg	10%
Iron 6mg	35%
Potassium 928mg	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:
Ground Beef, **Scallions**, **Creamy Chimichurri** (Yellow Onions, Parsley, Garlic, Dried Oregano, Sea Salt, Black Pepper, Crushed Red Pepper Flakes, Apple Cider Vinegar [raw and unfiltered organic apple cider vinegar], Lemon Juice [lemon], Olive Oil, Avocado Oil Mayonnaise [avocado oil, organic certified humane free range egg yolks, water, distilled vinegar, salt, lime juice concentrate, citric acid, lime oil]), **Zucchini**, **Bell Peppers**, **Green Kale**, **Carrots**, **Roma Tomatoes**, **Pepitas**

Allergen information:
Contains 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.