



**GREEN
CHEF**

SPICY SESAME-GINGER BEEF PATTIES

zucchini noodles, mushrooms, carrots, spicy crema

COOK TIME

30 MIN

SERVINGS

2

CALORIES PER SERVING

730

NET CARBS PER SERVING

17 GRAMS

MENU

KETO // GLUTEN-FREE

The nutty and slightly sweet combo of sesame and ginger is a classic flavor pairing for marinades and sauces. Here, our umami-packed sesame-ginger amino sauce and a chili ginger rub are folded in with ground beef, giving pan-seared beef patties toasty depth. Served with a zucchini noodle, carrot, and mushroom medley, the patties get a drizzle of crema and a sprinkle of sesame seeds for a satisfying finishing touch.

INGREDIENTS (11 ITEMS)

1 whole	Scallion
¼ oz	Garlic
4 oz	Cremini mushrooms
1 whole	Zucchini
2 oz	Sour cream <small>M</small>
¾ oz	Hot sauce
10 oz	Ground beef*
2¼ oz	Sesame-ginger amino sauce <small>T</small>
¾ tsp	Chili & ginger spice rub
3½ oz	Carrots
1 tsp	Black & white sesame seeds



CUSTOM CHEF

If you chose to modify your meal, follow the **Custom Chef** instructions on the flip side of this card.



10 oz Organic ground beef*
Calories: 740 Net Carbs: 17 grams

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

WHAT YOU'LL NEED

medium & large sauté pans
mixing bowls
measuring spoons
peeler
thermometer
cooking oil
salt & pepper

ALLERGENS

M MILK
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 Safe Spot 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.

1

PREP

- Trim and mince **scallion**.
- Mince **garlic**.
- Wipe **cremini mushrooms** clean with damp paper towels. Remove stems if desired. Cut into slices, about ½ inch thick.
- Trim ends from **zucchini***. Using a peeler, shave zucchini lengthwise into ribbons, rotating as you go, until you get to the seedy core; discard core.

*The ingredient you received may be a different color.

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 SPICY CREMA

- Place **sour cream**, about one quarter of the **scallion**, about 1 tablespoon water, and **hot sauce*** to taste in a small bowl. Stir to combine. Season with salt and pepper to taste.

*If heat sensitive, use hot sauce sparingly, or omit entirely.

3

MAKE MIXTURE & FORM PATTIES

- Place **ground beef**, remaining **scallion**, about one quarter of the **garlic**, and about 1 teaspoon **sesame-ginger amino sauce** in a medium bowl. Season with **chili and ginger spice rub**. Mix thoroughly to evenly distribute ingredients.
- Form **beef mixture** into two patties, about ¼ inch thick.* Season with salt and pepper.

🔄 Swap in **organic ground beef** for ground beef.

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

4

COOK PATTIES

- Heat about 1½ tablespoons cooking oil in a medium sauté pan over medium heat until shimmering. Add **patties** to hot pan. Cook 5-6 minutes on each side, or until fully cooked (or to desired doneness).

5

SAUTÉ VEGGIES

- Heat about 2 tablespoons cooking oil in a large sauté pan over medium-high heat. Add **mushrooms** to hot pan. Season with about ¼ teaspoon salt and a pinch of pepper. Cook 3-4 minutes, or until mushrooms begin to soften, stirring occasionally.
- Add **carrots**. Cook 1-2 minutes, or until veggies are lightly browned, stirring occasionally.
- Add remaining **sesame-ginger amino sauce**. Cook about 1 minute, or until sauce is warmed through, stirring occasionally.
- Add **zucchini**, about half the **black and white sesame seeds**, and remaining **garlic**. Stir to combine. Cook 1-2 minutes, or until zucchini is tender, stirring occasionally.
- Remove from heat. Carefully drain excess liquid if necessary. Season with salt and pepper to taste.*

*Taste the veggies after seasoning and adjust as needed. Adding salt and pepper throughout the cooking process is key to a delicious dish.

6

PLATE YOUR DISH

- Divide **zucchini noodles**, **mushrooms**, and **carrots** between plates. Top with **sesame-ginger beef patties**. Drizzle with **spicy crema** to taste. Garnish with remaining **black and white sesame seeds**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (460g)

Amount per serving

Calories **730**

	% Daily Value*
Total Fat 59g	76%
Saturated Fat 15g	75%
Trans Fat 1.5g	
Cholesterol 110mg	37%
Sodium 1130mg	49%
Total Carbohydrate 21g	8%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 0g Added Sugars	0%
Protein 31g	
Vitamin D 0mcg	0%
Calcium 134mg	10%
Iron 4mg	20%
Potassium 1229mg	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], **Zucchini**, **Cremeni Mushrooms**, **Carrots**, **Garlic**, **Scallions**, **Black & White Sesame Seeds** (White Sesame Seeds [hulled sesame seeds], Black Sesame Seeds [black sesame seeds]), **Sesame-Ginger Amino Sauce** (Garlic, Coconut Aminos [organic coconut nectar, organic pure coconut blossom sap, natural unrefined sea salt], Apple Cider Vinegar [apple cider vinegar], Puréed Ginger [ginger], Crushed Red Pepper Flakes, Coconut Nectar [coconut tree sap], Lemon Juice [lemon], Sesame Oil [refined sesame oil], Toasted Sesame Oil [toasted sesame oil]), **Chili & Ginger Spice Rub** (Dried Ginger, Chili Powder [chili pepper, paprika, oregano, cumin, garlic, salt, spices], Sea Salt, Black Pepper), **Sour Cream** [cultured cream], **Hot Sauce** [water, organic red bell peppers, organic onions, organic tomatoes (organic tomato puree [water, organic tomato paste], citric acid), organic white wine vinegar, sea salt, organic garlic powder, organic cayenne, xanthan gum]

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.

