

GREEN CHEF

SPICY KIMCHI BEEF PATTIES

cabbage, carrots, chard, cashews, fried eggs, sesame seeds

COOK TIME	SERVINGS	CALORIES PER SERVING	NET CARBS PER SERVING	MENU
25 MIN	2	630	12 GRAMS	KETO // PALEO // GLUTEN-FREE // FAST & FIT

There are hundreds of varieties of kimchi, a staple of Korean cooking featuring fermented veggies and seasonings like chili flakes, ginger, and garlic. Tonight, we use a version made with daikon radish for its crisp texture and mild heat. It lends a piquant twist to juicy beef patties topped with protein-rich fried eggs. A colorful veggie stir-fry cradles it all, adding a savory crunch to the 25-minute meal.

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

Validated Gluten Free Safe Spot 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.

INGREDIENTS (10 ITEMS)

3½ oz	**Red chard**
1 whole	**Scallion**
1¾ oz	**Daikon kimchi**
10 oz	**Ground beef***
1¼ oz	**Sesame-ginger amino sauce** (T)
1¾ tsp	**Chili & ginger spice rub**
5½ oz	**Cabbage & carrots**
½ oz	**Roasted cashews** (T)
2 whole	**Eggs** (E)
½ tsp	**Black & white sesame seeds**

WHAT YOU'LL NEED

medium nonstick pan
large sauté pan
medium bowl
measuring spoons
thermometer
cooking oil
salt & pepper

ALLERGENS

(T) TREE NUTS (cashews, coconut)
(E) EGGS

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

Wash and dry fresh produce. Wash hands and surfaces after handling raw meat and eggs. Consuming raw or undercooked meat or eggs 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.

SPICY KIMCHI BEEF PATTIES

1 PREP

- Remove and discard any thick center stems from **red chard***. Roughly chop leaves into bite-size pieces.
- Thinly slice **scallion** at an angle; discard root end. Separate **white ends** and **green tops**.
- Roughly chop **daikon kimchi** if necessary.

**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 MIXTURE & FORM PATTIES

- Place **ground beef** in a medium bowl. Add about 1 teaspoon of the **sesame-ginger amino sauce** and about 1 teaspoon of the **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.

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





3 COOK PATTIES

- Heat 1 teaspoon cooking oil in a large sauté pan over medium-high heat. Once pan is hot, add **patties**. Sear 3–5 minutes on each side, or until evenly browned.
- Add remaining **sesame-ginger amino sauce**. Turn **patties** to coat. Cook about 1 minute, or until fully cooked (or to desired doneness).
- Turn off heat. Transfer **patties** to a plate. Carefully wipe out pan.



4 STIR-FRY VEGGIES

- Heat 1 teaspoon cooking oil in pan used for patties over medium heat. Add **cabbage* and carrots** to hot pan. Season with remaining **chili and ginger spice rub**, ¼ teaspoon salt, and a pinch of pepper. Cook 2–3 minutes, or until veggies are lightly browned, stirring occasionally.
- Add **chard**, **white scallion ends**, **roasted cashews**, and about 2 tablespoons water. Season with salt and pepper to taste. Cook 1–2 minutes, or until chard is wilted, stirring occasionally.**

**The ingredient you received may be a different color.*

***For creamier veggies, add 1 tablespoon butter.*



5 FRY EGGS

- Heat 1 tablespoon 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.



6 PLATE YOUR DISH

- Divide **stir-fried veggies** between plates. Serve **beef patties** over top. Top patties with **kimchi** and **fried eggs**. Garnish with **green scallion tops** and **black and white sesame seeds**. Enjoy!

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Nutrition Facts

2 Servings per container

Serving size **(404g)**

Amount per serving

Calories 630

	% Daily Value*
Total Fat 48g	62%
Saturated Fat 14g	70%
Trans Fat 0g	
Cholesterol 335mg	112%
Sodium 1370mg	60%
Total Carbohydrate 16g	6%
Dietary Fiber 4g	14%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 37g	
Vitamin D 0mcg	0%
Calcium 136mg	10%
Iron 7mg	40%
Potassium 558mg	10%

* 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], **Daikon Kimchi** [organic daikon, organic napa cabbage, organic green cabbage, organic garlic, crushed red chili peppers, organic ginger, sea salt], **Sesame-Ginger Amino Sauce** (Garlic, Coconut Aminos [organic coconut tree sap, 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]), **Scallions**, **Red Cabbage**, **Carrots**, **Cashews** [cashews, canola and/or peanut and/or sunflower oil], **Red Chard**, **Chili & Ginger Spice Rub** (Dried Ginger, Chili Powder, Sea Salt, Black Pepper), **Egg**, **Black & White Sesame Seeds** (White Sesame Seeds [hulled sesame seeds], Black Sesame Seeds [black sesame seeds])

Allergen information:
Contains Egg 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.