



BEEF MEATBALLS WITH BOOM BOOM SAUCE

Stir-fried carrots, green beans, cabbage & ginger, sesame seeds

COOK TIME 30 MIN	SERVINGS 2	CALORIES PER SERVING 690	NET CARBS PER SERVING 25 GRAMS	MENU PALEO // GLUTEN-FREE
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What makes our Asian fusion-style boom boom sauce so good? It's savory and sweet, made with avocado mayo, ginger, lime juice, coconut nectar, and a dash of red pepper flakes. Here, we drizzle it over scallion-flecked beef meatballs for a decadently creamy accent. A ginger-fragrant stir-fry of carrots, green beans, and cabbage cradles it all.

INGREDIENTS (10 ITEMS)

- 10 oz **Ground beef***
- 2 ¾ oz **Boom boom sauce** E T
- 3 whole **Carrots**
- 6 oz **Green beans**
- 4 ¼ oz **Cabbage**
- 2 oz **Yellow onions & ginger**
- ¼ oz **Garlic**
- 1 whole **Scallion**
- 1 ¼ tbsp **Coconut flour** T
- 1 tsp **Black & white sesame seeds**

WHAT YOU'LL NEED

- large sauté pan
- baking sheet
- medium bowl
- measuring spoons
- peeler
- thermometer
- oven mitt
- cooking oil
- salt & pepper

ALLERGENS

- E EGGS
- T TREE NUTS (coconut)

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

Validate My 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 internal temperature reaches 160 degrees.

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

- Preheat oven to 425 degrees.
- Thinly slice **scallion**; discard root end.
- Trim stem ends off **green beans**. Cut into pieces, about 1 inch long.
- Mince **garlic**.
- Cut tops off **carrots**. Peel into long ribbons, rotating as necessary; discard outer layer and woody core.

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 MEATBALLS

- Place **ground beef**, **scallion**, **coconut flour**, about 1 tablespoon of the **boom boom sauce**, and about 1 tablespoon water in a medium bowl. Season with about ¼ teaspoon salt and about ¼ teaspoon pepper. Mix thoroughly to evenly distribute ingredients.
- Form **beef mixture** into 8-10 meatballs, about 1 inch in diameter.

3 ROAST MEATBALLS

- Place **meatballs** on a lightly oiled, foil-lined baking sheet. Roast 12-15 minutes, or until meatballs are fully cooked.

4 START STIR-FRY

- Heat about 1 ½ tablespoons cooking oil in a large sauté pan over medium-high heat. Add **green beans** to hot pan. Season with about ¼ teaspoon salt and a pinch of pepper. Cook 5-6 minutes, or until lightly browned, stirring occasionally.
- Add **yellow onions and ginger** and **garlic**. Cook 2-3 minutes, or until garlic is fragrant, stirring occasionally.

5 FINISH STIR-FRY

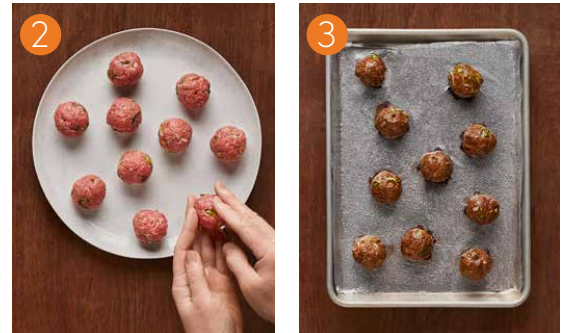
- Add **cabbage*** and **carrots** to pan with green beans. Cook 3-4 minutes, or until veggies are tender, stirring occasionally. Salt and pepper to taste.** Stir to combine.

**Your cabbage may be a different color. Either way, this dish will still be delicious!*

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

6 PLATE YOUR DISH

- Divide **veggie stir-fry** between bowls. Top with **beef meatballs**. Drizzle with remaining **boom boom sauce** to taste. Garnish with **black and white sesame seeds**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (533g)

Amount per serving

Calories **690**

	% Daily Value*
Total Fat 48g	62%
Saturated Fat 12g	60%
Trans Fat 0g	
Cholesterol 115mg	38%
Sodium 1080mg	47%
Total Carbohydrate 36g	13%
Dietary Fiber 11g	39%
Total Sugars 16g	
Includes 1g Added Sugars	2%
Protein 32g	
Vitamin D 0mcg	0%
Calcium 161mg	10%
Iron 6mg	35%
Potassium 960mg	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 [beef], **Boom Boom Sauce** (Avocado Oil Mayonnaise [avocado oil, organic certified humane free range egg yolks, water, distilled vinegar, salt, lime juice concentrate, citric acid, lime oil], 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], Lime Juice [lime], Puréed Ginger [organic ginger], Garlic, Coconut Aminos [organic coconut tree sap, sea salt], Coconut Nectar [coconut tree sap nectar], Crushed Red Pepper Flakes), **Garlic**, **Yellow Onions**, **Ginger** [organic ginger, organic rice vinegar, citric acid], **Green Cabbage**, **Carrots**, **Green Beans**, **Scallions**, **Coconut Flour** [coconuts], **Black & White Sesame Seeds** (White Sesame Seeds, Black Sesame Seeds)

Allergen information:

Contains 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.