



CHILI BEEF & VEGGIE STIR-FRY

Roasted broccoli, Sriracha-lime aioli, sesame seeds

COOK TIME 25 MIN	SERVINGS 2	CALORIES PER SERVING 700	NET CARBS PER SERVING 15 GRAMS	MENU KETO // PALEO // GLUTEN-FREE
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Tonight's stir-fry is perfect for a busy weeknight (or anytime you're craving bold flavors in a quick 25-minute meal). Stir-fried onion and red bell pepper join savory, chili-spiced ground beef, plus Sriracha-lime aioli for the perfect melange of flavors. Hearty roasted broccoli rounds out the meal.

INGREDIENTS (7 ITEMS)

- 10 oz **Ground beef***
- 1 tsp **Chili & ginger spice rub**
- 1 whole **Red bell pepper**
- 1 whole **Yellow onion**
- 6 oz **Broccoli**
- 1 tsp **Black & white sesame seeds**
- 2 oz **Sriracha-lime aioli** E

WHAT YOU'LL NEED

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

ALLERGENS

- E EGGS



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 BROCCOLI

- Preheat oven to 400 degrees.
- Cut **broccoli** into bite-size pieces if necessary.
- Place **broccoli** in a medium bowl. Drizzle with about 1 ½ tablespoons cooking oil. Season with about half of the **chili and ginger spice rub**,* about ¼ teaspoon salt, and a pinch of pepper. Stir to coat.
- Spread **broccoli** out in a single layer on a lightly oiled, foil-lined baking sheet. Roast 18-20 minutes, or until fork-tender, stirring halfway through.

**If heat sensitive, use spice rub sparingly.*

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

- Cut sides off **red bell pepper**.^{*} Discard seed pod and stem. Cut lengthwise into strips, about ¼ inch thick. Halve strips widthwise.
- Cut ends off **yellow onion** and discard peel. Halve lengthwise. Lay flat and cut lengthwise into strips, about ¼ inch thick.

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

3 START STIR-FRY

- Heat about 1 ½ tablespoons cooking oil in a large sauté pan over medium heat. Add **bell pepper** and **onion** to hot pan. Season with a pinch of salt. Cook 3-4 minutes, or until onion is translucent, stirring occasionally.

4 FINISH STIR-FRY

- Add **ground beef** to pan with **veggies**. Season with remaining **chili and ginger spice rub** and about ¼ teaspoon salt. Stir to break up beef. Cook 4-5 minutes, or until beef is fully cooked, stirring occasionally.

5 PLATE YOUR DISH

- Divide **beef and veggie stir-fry** and **roasted broccoli** between bowls. Drizzle with **Sriracha-lime aioli** to taste. Garnish with **black and white sesame seeds**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (453g)

Amount per serving

Calories **700**

	% Daily Value*
Total Fat 55g	71%
Saturated Fat 13g	65%
Trans Fat 0g	
Cholesterol 110mg	37%
Sodium 1370mg	60%
Total Carbohydrate 21g	8%
Dietary Fiber 6g	21%
Total Sugars 11g	
Includes 0g Added Sugars	0%
Protein 31g	
Vitamin D 0mcg	0%
Calcium 105mg	8%
Iron 5mg	30%
Potassium 610mg	15%

* 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], **Broccoli**, **Bell Peppers**, **Sriracha-Lime Aioli** (Avocado Oil Mayonnaise [avocado oil, organic certified humane free range egg yolks, water, distilled vinegar, salt, lime juice concentrate, citric acid, lime oil], Lime Juice [lime], Sugar-Free Sriracha Sauce [roasted red peppers, tomato paste, vinegar, fresh jalapeño peppers, filtered water, pear juice concentrate, sea salt, Sriracha seasoning blend, smoked serrano powder, additional spices]), **Black & White Sesame Seeds** (White Sesame Seeds, Black Sesame Seeds), **Chili & Ginger Spice Rub** (Dried Ginger, Chili Powder, Sea Salt, Black Pepper), **Yellow Onion**

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.