



**GREEN
CHEF**

BEEF PATTIES WITH CAPER SAUCE

yellow squash, kale & tomato hash, toasted sunflower seeds

COOK TIME

25 MIN

SERVINGS

2

CALORIES PER SERVING

670

NET CARBS PER SERVING

11 GRAMS

MENU

KETO // PALEO // GLUTEN-FREE

What makes tonight's beef patties so crave-worthy? Savory mix-ins that sizzle! Here, we've added a steakhouse-inspired mustard-celery blend to ground beef before searing the patties to juicy perfection. Drizzled with a decadent creamy caper sauce, they're served over a nourishing veggie hash of yellow squash, kale, and grape tomatoes. Toasted sunflower seeds lend a light, buttery crunch to every forkful.

INGREDIENTS (8 ITEMS)

1 whole	Scallion
1 whole	Yellow squash
3½ oz	Green kale
4 oz	Grape tomatoes
10 oz	Ground beef*
2¼ oz	Creamy lemon-basil caper sauce <small>E</small>
2 tsp	Smoky mustard-celery blend
½ oz	Sunflower seeds

WHAT YOU'LL NEED

medium & large sauté pans
medium bowl
measuring spoons
thermometer
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 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](https://www.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 thinly slice **scallion** at an angle.
- Trim ends from **yellow squash***. Halve lengthwise. Lay flat and slice across into half-moons, about ¼ inch thick.
- Remove and discard any thick center stems from **green kale***. Roughly chop leaves into bite-size pieces.
- Halve **grape tomatoes**.

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

4 COOKING FOR

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 BEEF & FORM PATTIES

- Place **ground beef** in a medium bowl. Add about half the **scallion** and about 1 tablespoon **creamy lemon-basil caper sauce**. Season with about half the **smoky mustard-celery blend** and about ¼ teaspoon salt. Mix thoroughly to evenly distribute ingredients.
- Form **beef mixture** into two patties, about ¼ inch thick each.*

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

3 TOAST SUNFLOWER SEEDS

- Place **sunflower seeds** in a dry, medium sauté pan over medium heat. Toast 2-3 minutes, or until fragrant, shaking pan frequently.
- Transfer **sunflower seeds** to a plate. (Reserve pan.)

4 COOK HASH

- Heat about 1½ tablespoons cooking oil in a large sauté pan over medium-high heat. Add **squash** to hot pan. Season with remaining **mustard-celery blend**, about ½ teaspoon salt, and about ¼ teaspoon pepper. Cook 3-4 minutes, or until squash begins to brown, stirring occasionally.
- Add **kale**. Cook 2-3 minutes, or until kale begins to wilt and squash is tender, stirring occasionally.
- Add **tomatoes**. Cook about 1 minute, or until tomatoes are warmed through, stirring occasionally. Season with salt and pepper to taste.

5 COOK PATTIES

- Heat about 1 tablespoon cooking oil in pan used for sunflower seeds over medium heat. Add **patties** to hot pan. Sear 3-5 minutes on each side, or until fully cooked (or to desired doneness).

6 PLATE YOUR DISH

- Divide **yellow squash, kale, and tomato hash** between plates. Top with **beef patties**. Drizzle with remaining **caper sauce**. Garnish with **toasted sunflower seeds** and remaining **scallion**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (415g)

Amount per serving

Calories **670**

	% Daily Value*
Total Fat 57g	73%
Saturated Fat 12g	60%
Trans Fat 1g	
Cholesterol 110mg	37%
Sodium 1630mg	71%
Total Carbohydrate 16g	6%
Dietary Fiber 5g	18%
Total Sugars 5g	
Includes 1g Added Sugars	2%
Protein 32g	
Vitamin D 0mcg	0%
Calcium 126mg	10%
Iron 4mg	20%
Potassium 937mg	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], **Smoky Mustard-Celery Blend** (Sweet Paprika, Granulated Garlic, Onion Powder, Ground Coriander, Celery Seeds, Dried Mustard, Applewood-Smoked Sea Salt), **Yellow Squash, Grape Tomatoes, Creamy Lemon-Basil Caper Sauce** (Lemon Juice [lemon], White Balsamic Vinegar [aged white wine vinegar and must of white grapes], Agave [organic agave syrup], Basil, Avocado Oil Mayonnaise [avocado oil, organic eggs, organic egg yolks, organic vinegar, sea salt, organic rosemary extract], Capers [capers, water, vinegar, salt]), **Scallions, Sunflower Seeds** [sunflower kernels, sunflower oil], **Green Kale**

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.