



**GREEN  
CHEF**

## BLACKENED MEATBALLS & DIRTY "RICE"

*Carrots, celery, pecans, Cholula & paprika-Dijon aioli*

### COOK TIME

25 MIN

### SERVINGS

2

### CALORIES PER SERVING

700

### NET CARBS PER SERVING

14 GRAMS

### MENU

KETO // PALEO // GLUTEN-FREE

This hearty dish is going to send your taste buds on a trip to Louisiana. Our chefs took inspiration from big, bold Creole flavors, seasoning meatballs with blackening spices and a touch of paprika-Dijon aioli. They're rolled up and roasted to juicy perfection for a hands-off cooking experience. While the meatballs are in the oven, you'll whip up dirty cauliflower "rice" with carrots, celery, tomato, and a dash of Cholula for tangy heat. The dish is finished with more punchy aioli and a scattering of pecans. Every Bayou-inspired bite is like a Bourbon Street party in your mouth.



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.

### INGREDIENTS (11 ITEMS)

1 ¾ oz **Celery**  
 ¼ oz **Garlic**  
 1 whole **Roma tomato**  
 1 whole **Scallion**  
 ½ oz **Pecans** T  
 10 oz **Ground beef\***  
 1 ¾ oz **Paprika-Dijon aioli** E  
 1 tsp **Blackening spices**  
 2 cups **Cauliflower "rice"**  
 4 oz **Carrots**  
 2 tsp **Cholula sauce**

### WHAT YOU'LL NEED

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

### ALLERGENS

T TREE NUTS (pecans)  
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. 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

- Preheat oven to 425 degrees.
- Small dice **celery** into pieces, about ¼ inch each.
- Mince **garlic**.
- Small dice **Roma tomato** into pieces, about ¼ inch each.
- Thinly slice **scallion**; discard root end.
- Roughly chop **pecans** if necessary.

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

### SEASON BEEF & FORM MEATBALLS

- Place **ground beef** in a medium bowl. Add about 1 teaspoon of the **paprika-Dijon aioli**. Season with **blackening spices** and about ¼ teaspoon salt. Mix thoroughly to evenly distribute seasonings.
- Form **beef mixture** into 8-10 meatballs, about 1 inch in diameter.

3

### ROAST MEATBALLS

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

4

### START

- Heat about 1 ½ tablespoons cooking oil in a large sauté pan over medium heat. Add **cauliflower "rice," carrots, and celery** to hot pan. Season with about ½ teaspoon salt and a pinch of pepper. Cook 5-6 minutes, or until cauliflower and carrots are lightly browned, stirring occasionally.
- Add **garlic**. Cook 2-3 minutes, or until garlic is fragrant, stirring occasionally.

5

### FINISH DIRTY "RICE"

- Add **tomato** and about half of the **scallion** to pan with dirty "rice." Drizzle with **Cholula sauce\*** to taste. Cook 2-3 minutes, or until celery is tender, stirring occasionally.

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

6

### PLATE YOUR DISH

- Divide **dirty "rice"** between plates. Top with **blackened meatballs**. Drizzle with remaining **paprika-Dijon aioli** to taste. Garnish with **pecans** and remaining **scallion**. Enjoy!



**Nutrition Facts**

2 Servings per container

**Serving size** (493g)

**Amount per serving**

**Calories** 700

	% Daily Value*
<b>Total Fat</b> 55g	71%
Saturated Fat 12g	60%
Trans Fat 0g	
<b>Cholesterol</b> 120mg	40%
<b>Sodium</b> 1410mg	61%
<b>Total Carbohydrate</b> 21g	8%
Dietary Fiber 7g	25%
Total Sugars 9g	
Includes 0g Added Sugars	0%
<b>Protein</b> 31g	
Vitamin D 0mcg	0%
Calcium 132mg	10%
Iron 6mg	35%
Potassium 912mg	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], **Blackening Spices** [paprika (color), dehydrated onion, spices (black pepper, white pepper, red pepper, thyme, oregano), dehydrated garlic, and salt], **Cauliflower, Carrots, Scallions, Roma Tomatoes, Garlic, Cholula Sauce** [water, peppers (arbol & piquin), salt, vinegar, garlic powder, spices, xanthan gum], **Celery, Pecans** [pecans, canola oil], **Paprika-Dijon Aioli** (Avocado Oil Mayonnaise [avocado oil, organic certified humane free range egg yolks, water, distilled vinegar, salt, lime juice concentrate, citric acid, lime oil], Dijon Mustard [water, organic mustard seeds, organic vinegar, salt, organic turmeric, organic spices], Sweet Paprika, Smoked Paprika, Dried Thyme, Dried Basil, Dried Oregano, White Pepper, Granulated Garlic, Lemon Juice [lemon])

**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.*