



**GREEN  
CHEF**

## GREEK BEEF & FETA PATTIES

*Kale, squash, artichokes, red peppers & creamy caper sauce*

### COOK TIME

30 MIN

### SERVINGS

2

### CALORIES PER SERVING

760

### NET CARBS PER SERVING

13 GRAMS

### MENU

KETO // GLUTEN-FREE

This Mediterranean-inspired dish is bursting with briny flavors that will transport your taste buds to the seaside. Greek-style beef patties are studded with salty feta cheese and infused with a bit of lemon-basil caper sauce. They're served atop a melange of sautéed kale, yellow squash, and artichoke hearts seasoned with Italian-style spices and dill. The whole thing is garnished with a tangle of roasted red peppers and caramelized onion for some sweet contrast, plus more creamy caper sauce and feta. All you need to complete the experience is wind in your hair and sand between your toes (unfortunately, not included).



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 (10 ITEMS)

1 whole **Yellow onion**  
2 ¾ oz **Green kale**  
1 whole **Yellow squash**  
1 ¼ oz **Artichoke hearts**  
10 oz **Ground beef\***  
1 tsp **Lemon pepper & herb seasoning**  
2 oz **Feta cheese** M  
1 ¾ oz **Creamy lemon-basil caper sauce** E  
2 ½ oz **Roasted red peppers**  
1 tsp **Italian-style spices & dill**

### WHAT YOU'LL NEED

medium & large sauté pans  
mixing bowls  
measuring spoons  
thermometer  
cooking oil  
salt & pepper

### ALLERGENS

M MILK  
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

- Cut ends off **yellow onion** and discard peel. Halve lengthwise. Lay one half flat and small dice into pieces, about ¼ inch each (reserve remaining half for another use).
- Remove and discard any thick center stems from **green kale**.<sup>\*</sup> Roughly chop leaves into bite-size pieces.
- Trim ends off **yellow squash**;<sup>\*</sup> discard. Quarter lengthwise. Lay flat and slice across into quarter-moons, about ¼ inch thick.
- Roughly chop **artichoke hearts**.

<sup>\*</sup>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 &amp; FORM PATTIES

- Place **ground beef**, **lemon pepper** and **herb seasoning**, about half of the **feta cheese**, and about 1 tablespoon of the **creamy lemon-basil caper sauce** in a medium bowl. Mix thoroughly to evenly distribute ingredients.
- Form **beef mixture** into two patties, about ¼ inch thick.<sup>\*</sup> Season with salt and pepper.

<sup>\*</sup>To help your patties keep their shape, make a small indentation in the center of each.

3

## SAUTÉ PEPPERS &amp; ONION

- Heat about 1 ½ tablespoons cooking oil in a large sauté pan over medium heat. Add **roasted red peppers** and **onion** to hot pan. Season with about ¼ teaspoon salt and a pinch of pepper. Cook 3-4 minutes, or until onion is caramelized, stirring occasionally.
- Transfer **peppers and onion** to a small bowl.

4

## SAUTÉ KALE, SQUASH &amp; ARTICHOKES

- Heat about 1 tablespoon cooking oil in pan used for peppers and onion over medium-high heat. Add **kale**, **squash**, and **artichokes** to hot pan. Season with **Italian-style spices and dill**, about ¼ teaspoon salt, and a pinch of pepper. Cook 2-3 minutes, or until kale is lightly wilted and squash softens, stirring occasionally.

5

## COOK PATTIES

- Heat about 1 tablespoon cooking oil in a medium sauté pan over medium-high heat until shimmering. Once pan is hot, add **patties**. Cook 3-5 minutes on each side, or until patties are fully cooked (or to desired doneness).

6

## PLATE YOUR DISH

- Divide **sautéed kale, squash, and artichokes** between plates. Top with **Greek beef and feta patties**. Drizzle with remaining **creamy lemon-basil caper sauce**. Spoon **sautéed peppers and onion** over top. Garnish with remaining **feta cheese**. Enjoy!



## Nutrition Facts

2 Servings per container

**Serving size** (464g)

**Amount per serving**

**Calories** **760**

	% Daily Value*
<b>Total Fat</b> 62g	79%
Saturated Fat 17g	85%
Trans Fat 0g	
<b>Cholesterol</b> 135mg	45%
<b>Sodium</b> 1480mg	64%
<b>Total Carbohydrate</b> 18g	7%
Dietary Fiber 5g	18%
Total Sugars 8g	
Includes 0g Added Sugars	0%
<b>Protein</b> 34g	
Vitamin D 0mcg	0%
Calcium 253mg	20%
Iron 5mg	30%
Potassium 600mg	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], **Green Kale**, **Yellow Squash**, **Feta Cheese** [pasteurized milk, cheese cultures, salt, enzymes, anti-caking agent (potato starch, powdered cellulose, natamycin)], **Artichoke Hearts** [hearts of artichokes, water, salt, citric acid], **Lemon Pepper & Herb Seasoning** (Granulated Garlic, Lemon-Pepper Herb Blend [lemon peel, black pepper, garlic, onion], Dried Oregano, Dried Parsley, Ground Cumin, Sea Salt), **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 certified humane free range egg yolks, water, distilled vinegar, salt, lime juice concentrate, citric acid, lime oil], Capers [capers, water, vinegar, salt]), **Roasted Red Peppers** [bell pepper], **Yellow Onion**, **Italian-Style Spices & Dill** (Italian Seasoning [basil, rosemary, marjoram, oregano, thyme], Dried Dill, Onion Powder, Black Pepper, Granulated Garlic)

### Allergen information:

Contains Egg And Milk

*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.*

