



**GREEN  
CHEF**

## SPICED BEEF & CAULIFLOWER “RICE”

*roasted red peppers, carrots, almonds, lemon scallion crema*

### COOK TIME

30 MIN

### SERVINGS

2

### CALORIES PER SERVING

810

### NET CARBS PER SERVING

19 GRAMS

### MENU

KETO // GLUTEN-FREE

Just when you think you’ve tried every iteration of the beloved bowl-for-dinner, our chefs concoct a keto combo inspired by warm Middle Eastern spices that’s bound to become a new weeknight favorite. Ground beef is dusted with a blend of cumin and allspice, then mixed with juicy roasted red peppers. It’s all paired with earthy-sweet roasted rainbow carrots and turmeric-tinted cauliflower “rice.” A quick homemade lemon scallion crema adds creamy brightness to the dish, while chopped almonds finish things off with an irresistible crunch.



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)

2 whole **Rainbow carrots**  
1 whole **Scallion**  
1 whole **Lemon**  
½ oz **Roasted almonds** <sup>T</sup>  
9 oz **Cauliflower “rice”**  
2½ oz **Peas**  
¼ tsp **Turmeric**  
10 oz **Ground beef\***  
1¾ tsp **Spicy cumin-allspice blend**  
1 oz **Roasted red peppers**  
2 oz **Sour cream** <sup>M</sup>

### WHAT YOU’LL NEED

medium & large sauté pans  
baking sheet  
mixing bowls  
measuring spoons  
peeler  
oven mitt  
cooking oil  
1 tbsp butter <sup>M</sup>  
salt & pepper

### ALLERGENS

<sup>T</sup> TREE NUTS (almonds)  
<sup>M</sup> MILK

\*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.
- Trim and peel **rainbow carrots**\*. Halve lengthwise. Lay flat and slice at an angle into pieces, about ½ inch thick.
- Trim and thinly slice **scallion**, separating whites from greens.
- Quarter **lemon**. Squeeze juice from 1-2 **lemon wedges** over a small bowl, removing any seeds.
- Roughly chop **roasted almonds**.

*\*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

**SEASON & ROAST CARROTS**

- Place **carrots** in a medium bowl. Drizzle with about 1 tablespoon cooking oil. Season with about ¼ teaspoon salt and a pinch of pepper. Stir to coat.
- Spread **carrots** out in a single layer on a lightly oiled, foil-lined baking sheet. Roast 12-14 minutes, or until tender, stirring halfway through.

3

**COOK CAULIFLOWER "RICE"**

- Heat about 1½ tablespoons cooking oil in a large sauté pan over medium-high heat. Add **cauliflower "rice,"** **peas,** and **scallion whites** to hot pan. Cook 3-4 minutes, or until cauliflower is lightly browned, stirring occasionally.
- Season with **turmeric,** about ¼ teaspoon salt, and a pinch of pepper. Stir to combine. Remove from heat.

4

**COOK BEEF**

- Heat about 1½ tablespoons cooking oil in a medium sauté pan over medium-high heat. Add **ground beef** to hot pan. Season with **spicy cumin-allspice blend,** about ¼ teaspoon salt, and a pinch of pepper. Cook 4-5 minutes, or until fully cooked, breaking up **beef** into pieces.
- Add **roasted red peppers** and 1 tablespoon butter. Cook 1-2 minutes, or until butter has melted, stirring often. Remove from heat.

5

**MAKE CREMA**

- Add **sour cream** and **scallion greens** to bowl with **lemon juice**. Season with a pinch of salt and pepper. Stir to combine.
- Add water 1 teaspoon at a time until mixture reaches a drizzling consistency.

6

**PLATE YOUR DISH**

- Divide **cauliflower "rice"** between bowls. Top with **spiced beef and roasted red peppers** and **carrots** in separate sections. Drizzle with **lemon scallion crema**. Garnish with **almonds**. Serve with remaining **lemon wedges**. Enjoy!





# Nutrition Facts

2 Servings per container

Serving size (523g)

Amount per serving

Calories 810

	% Daily Value*
Total Fat 63g	81%
Saturated Fat 19g	95%
Trans Fat 1.5g	
Cholesterol 125mg	42%
Sodium 1120mg	49%
Total Carbohydrate 28g	10%
Dietary Fiber 9g	32%
Total Sugars 12g	
Includes 0g Added Sugars	0%
Protein 35g	
Vitamin D 0mcg	0%
Calcium 156mg	10%
Iron 5mg	30%
Potassium 1362mg	30%

\* 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], Turmeric, Cauliflower, Almonds [almonds], Rainbow Carrots, Peas [peas], Roasted Red Peppers [bell pepper], Lemon, Spicy Cumin-Allspice Blend (Ground Cumin, Granulated Garlic, Onion Powder, Ground Coriander, Ground Cayenne Pepper, Allspice [pimento]), Sour Cream [cultured cream], Scallions

Allergen information:  
Contains Milk 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.