



**GREEN
CHEF**

MONGOLIAN BAVETTE STEAKS

Sautéed bell pepper & green beans, ginger-lime vinaigrette

COOK TIME

25 MIN

SERVINGS

2

CALORIES PER SERVING

680

NET CARBS PER SERVING

14 GRAMS

MENU

KETO // GLUTEN-FREE

Mongolian barbecue, typically a saucy array of stir-fried veggies and thinly sliced meat, takes shape here in the form of a classic steak dinner. Bavette steaks are coated with a blend of smoky ancho chile, earthy cumin, and herby oregano, then pan-seared to juicy perfection. On the side, there's sautéed bell pepper and green beans in a ginger-lime vinaigrette. The steaks are drizzled with a sauce of coconut aminos with sesame oil mounted with butter for umami richness, then finished with crackly black and white sesame seeds. For extra-nutty flavor, try toasting the seeds in a pan first until lightly golden (look to the white ones to check for doneness).

INGREDIENTS (7 ITEMS)

1 whole **Red bell pepper**
6 oz **Green beans**
2 (5 oz) **Bavette steaks***
½ tsp **Ancho, cumin & oregano blend**
1 oz **Ginger-lime vinaigrette** T
2 oz **Coconut aminos with sesame oil** T
1 tsp **Black & white sesame seeds**

WHAT YOU'LL NEED

medium & large sauté pans
measuring spoons
thermometer
cooking oil
2 tbsp butter M
salt & pepper

ALLERGENS

T TREE NUTS (coconut)
M MILK



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.

*Steaks are fully cooked when internal temperature reaches 145 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 sides off **red bell pepper**. * Discard seed pod and stem. Cut lengthwise into strips, about ¼ inch thick. Halve strips widthwise.
- Trim stem ends off **green beans**. Halve widthwise.

**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 COOK STEAKS

- Pat **bavette steaks** dry with paper towels. Season with **ancho, cumin, and oregano blend**, salt, and pepper.
- Heat about 1 tablespoon cooking oil in a medium sauté pan over medium-high heat. Add **steaks** to hot pan. Sear 5-6 minutes on each side, or until steaks are fully cooked (or to desired doneness).
- Transfer **steaks** to cutting board. Let rest at least 3 minutes.

3 SAUTÉ VEGGIES

- Heat about 1 ½ tablespoons cooking oil in a large sauté pan over medium-high heat. Add **bell pepper** and **green beans** to hot pan. Cook 2-3 minutes, or until pepper is tender, stirring occasionally.
- Add **ginger-lime vinaigrette**. Season with about ¼ teaspoon salt and a pinch of pepper. Cook 1-2 minutes, or until vinaigrette coats veggies, stirring occasionally.
- Remove from heat.

4 MAKE PAN SAUCE

- Return pan used for steaks to stovetop over low heat. Add **coconut aminos with sesame oil** and 2 tablespoons butter to pan. Stir to combine. Cook 2-3 minutes, or until sauce is emulsified, stirring frequently.

5 PLATE YOUR DISH

- Cut **steaks** against the grain into 5-7 slices each.
- Divide **sautéed veggies** between plates. Shingle **steaks** next to veggies. Drizzle **sesame pan sauce** over steaks. Garnish with **black and white sesame seeds**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (364g)

Amount per serving

Calories 680

	% Daily Value*
Total Fat 56g	72%
Saturated Fat 18g	90%
Trans Fat 0g	
Cholesterol 100mg	33%
Sodium 970mg	42%
Total Carbohydrate 18g	7%
Dietary Fiber 4g	14%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 30g	
Vitamin D 0mcg	0%
Calcium 61mg	4%
Iron 6mg	35%
Potassium 772mg	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:

Bavette Steaks [beef bavette steak], **Green Beans**, **Coconut Aminos With Sesame Oil** (Coconut Aminos [organic coconut tree sap, sea salt], Coconut Nectar [coconut tree sap], Sesame Oil [refined sesame oil], Ascorbic Acid [ascorbic acid]), **Ancho, Cumin & Oregano Blend** (Granulated Garlic, Onion Powder, Ground Cumin, Ancho Chili Powder, Dried Oregano, Chili Powder), **Bell Peppers**, **Ginger-Lime Vinaigrette** (Puréed Ginger [ginger], Garlic, Coconut Aminos [organic coconut tree sap, sea salt], Coconut Nectar [coconut tree sap], Lime Juice [lime], Sea Salt, White Pepper, Sesame Oil [refined sesame oil], Olive Oil [olive oil]), **Black & White Sesame Seeds** (White Sesame Seeds, Black Sesame Seeds [black sesame seeds])

Allergen information:

Contains 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.