



PAN-SEARED CHEESE WITH APRICOT SAUCE

cauliflower "rice" with kale, roasted red peppers, tahini

COOK TIME 25 MIN	SERVINGS 2	CALORIES PER SERVING 740	NET CARBS PER SERVING 16 GRAMS	MENU KETO // GLUTEN-FREE
----------------------------	----------------------	------------------------------------	--	------------------------------------

Everyone's new favorite, grilling cheese, gets saucy in this keto-friendly dinner. Seared until toasty and golden brown, it's topped with an apricot pan sauce bursting with sweet and tangy flavors. Cauliflower "rice"—sautéed with kale, roasted bell peppers, and pistachios—forms a hearty base, while a creamy, nutty tahini sauce elevates the dish's richness.

INGREDIENTS (8 ITEMS)

- 1 oz **Dried apricots**
- 3½ oz **Green kale**
- ½ oz **Pistachios** T
- 9 oz **Cauliflower "rice"**
- 1 oz **Roasted red peppers**
- 1 oz **Cilantro-turmeric tahini sauce**
- 8 oz **Grilling cheese** M
- ¾ oz **Stone-ground mustard**

WHAT YOU'LL NEED

- medium nonstick pan
- large sauté pan
- small bowl
- measuring cup & spoons
- cooking & olive oils
- salt & pepper

ALLERGENS

- T TREE NUTS (pistachios)
- M MILK

COOKING FOR 4 If you ordered the 4-serving version of this meal, refer to the guidelines in Step 1.

Validate
 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.

Wash and dry fresh produce. Go to greenchef.com/faq for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

1 PREP

- Place **dried apricots*** in a small bowl. Cover with about ½ cup water. Let soak at least 5 minutes, or until softened. Roughly chop **apricots**. Return to bowl with **soaking liquid**.
- Remove and discard any thick center stems from **green kale****. Roughly chop leaves into bite-size pieces.
- Roughly chop **pistachios**.

**Our dried apricots are packaged without preservatives, lending them a darker color.*

***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 VEGGIES

- Heat 1–2 teaspoons olive oil in a large sauté pan over medium heat. Add **cauliflower “rice”** and **roasted red peppers** to hot pan. Season with about ¼ teaspoon salt and a pinch of pepper. Cook 4–5 minutes, or until tender, stirring occasionally.
- Add **kale** and **pistachios**. Cook 1–2 minutes, or until kale is lightly wilted, stirring occasionally.
- Remove from heat. Drizzle with **cilantro–turmeric tahini sauce** to taste. Stir to coat.

3 SEAR CHEESE

- Cut **grilling cheese** vertically into two slabs, about ½ inch thick.
- Heat 1–2 tablespoons cooking oil in a medium nonstick pan over medium-high heat until shimmering. Once pan is hot, add **cheese**. Sear 1–2 minutes on each side, or until evenly browned.
- Transfer **cheese** to a plate.

4 MAKE SAUCE

- Return pan used for cheese to stovetop over medium heat. Add **apricots** (with soaking liquid) and **stone-ground mustard**. Cook 3–4 minutes, or until sauce has thickened, stirring continuously. Season with salt and pepper to taste.

5 PLATE YOUR DISH

- Divide **cauliflower “rice” with kale** between plates. Top with **pan-seared cheese**. Spoon **apricot sauce** over cheese. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (353g)

Amount per serving

Calories **740**

	% Daily Value*
Total Fat 53g	68%
Saturated Fat 23g	115%
Trans Fat 0g	
Cholesterol 100mg	33%
Sodium 1250mg	54%
Total Carbohydrate 23g	8%
Dietary Fiber 7g	25%
Total Sugars 13g	
Includes 0g Added Sugars	0%
Protein 35g	
Vitamin D 0mcg	0%
Calcium 828mg	60%
Iron 2mg	10%
Potassium 973mg	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:

Grilling Cheese [pasteurized cow's milk, cheese cultures, salt, enzymes], **Stone-Ground Mustard** [water, organic mustard seeds, organic vinegar, salt, organic spices], **Dried Apricots** [organic dried apricots], **Green Kale, Cauliflower, Pistachios** [pistachio], **Roasted Red Peppers** [bell pepper], **Seasoned Tahini Sauce** (Tahini Sauce [sesame seeds], Garlic, Lemon Juice [lemon], Water, Sea Salt, Cilantro, Turmeric, Black Pepper, Ground Cayenne Pepper, Ascorbic Acid [ascorbic acid])

Allergen information:

Contains Tree Nuts 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.