



# BEEF PATTIES WITH CILANTRO-LIME CREMA

*cheesy cauliflower "rice," roasted bell pepper, cabbage & onion*

<b>COOK TIME</b> 30 MIN	<b>SERVINGS</b> 2	<b>CALORIES PER SERVING</b> 660	<b>NET CARBS PER SERVING</b> 18 GRAMS	<b>MENU</b> KETO // GLUTEN-FREE
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Just when you thought you've tried every iteration of the beloved bowl-for-dinner, our chefs concocted a keto combo that's bound to become a new weeknight favorite. Inspired by Mexican flavors, ground beef is mixed with spiced cilantro-lime crema and a blend of chili, cumin, and paprika. That's formed into patties, seared to a delicious golden brown, then pan-roasted until juicy along with a colorful veggie jumble. Everything is served over a life-changingly delicious batch of cauliflower "rice" mixed with cream cheese, Monterey Jack, and a dash of tangy-hot Cholula. Want to add some crunch? Top with a handful of toasted pepitas from your pantry!

### INGREDIENTS (10 ITEMS)

- 1 unit **Red bell pepper\***
- 1 whole **Yellow onion**
- 10 oz **Ground beef\*\***
- 3 oz **Spiced cilantro-lime crema with Greek yogurt <sup>M</sup>**
- 1 tsp **Chili, cumin & paprika blend**
- 3½ oz **Cabbage**
- 6½ oz **Cauliflower "rice"**
- 1 oz **Cream cheese <sup>M</sup>**
- 1 oz **Monterey Jack cheese <sup>M</sup>**
- 1 tsp **Cholula sauce**

### WHAT YOU'LL NEED

- medium sauté pan
- large oven-safe sauté pan
- medium bowl
- measuring spoons
- thermometer
- oven mitt
- cooking oil
- salt & pepper

### ALLERGENS

<sup>M</sup> 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.

\*Due to the varying nature of organic produce, we may have sent a larger bell pepper than needed.  
\*\*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](http://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.
- Cut **red bell pepper\*** lengthwise into strips, about ¼ inch thick. Halve strips widthwise.\*\*
- Cut ends off **yellow onion** and discard peel. Halve lengthwise. Lay flat and dice into pieces, about ¼ inch thick.

*\*The ingredient you received may be a different color.*

*\*\*Use enough bell pepper to match the size of a baseball, saving the rest for another day. If you have a food scale, use 8 oz to stay under 35 grams of net carbs per serving.*

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 & FORM PATTIES

- Place **ground beef** in a medium bowl. Add about 1 tablespoon of the **spiced cilantro-lime crema with Greek yogurt** and about half of the **chili, cumin, and paprika blend**. Mix thoroughly to evenly distribute ingredients.
- Form **beef mixture** into two patties, about ¼ inch thick.\* Season with salt and pepper.

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

3 COOK PATTIES & VEGGIES

- Heat about 1½ tablespoons cooking oil in a large oven-safe sauté pan over medium-high heat. Add **patties** to hot pan. Sear 2-3 minutes on one side.
- Flip **patties**, then move to one side of pan. Add **bell pepper, cabbage\***, and about half the **onion** to other side of pan. Season **veggies** with about ¼ teaspoon salt and a pinch of pepper. Cook 3-5 minutes, or until onion begins to soften, stirring veggies occasionally.
- Transfer pan to oven. Roast 5-6 minutes, or until beef is fully cooked, stirring veggies halfway through.

*\*The ingredient you received may be a different color.*

4 START CAULIFLOWER "RICE"

- Heat about 1 tablespoon cooking oil in a medium sauté pan over medium-high heat. Add **cauliflower "rice"** and remaining **onion**. Season with remaining **chili, cumin, and paprika blend** and about ¼ teaspoon salt. Cook 3-4 minutes, or until onion is tender.

5 FINISH CAULIFLOWER "RICE"

- Add **cream cheese, Monterey Jack cheese, and Cholula sauce\*** to taste to pan with veggies. Cook 1-2 minutes, or until cheese has melted, stirring occasionally. Season with salt and pepper to taste.

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

6 PLATE YOUR DISH

- Divide **cheesy cauliflower "rice"** between plates. Pile **roasted veggies** next to cauliflower "rice." Place **beef patties** on top. Drizzle with remaining **cilantro-lime crema** to taste. Enjoy!



## Nutrition Facts

2 Servings per container

**Serving size** (523g)

Amount per serving

**Calories** **660**

	% Daily Value*
<b>Total Fat</b> 47g	60%
Saturated Fat 16g	80%
Trans Fat 0g	
<b>Cholesterol</b> 120mg	40%
<b>Sodium</b> 1030mg	45%
<b>Total Carbohydrate</b> 24g	9%
Dietary Fiber 6g	21%
Total Sugars 11g	
Includes 0g Added Sugars	0%
<b>Protein</b> 39g	
Vitamin D 0mcg	0%
Calcium 275mg	20%
Iron 5mg	30%
Potassium 738mg	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], **Bell Peppers**, **Green Cabbage**, **Yellow Onion**, **Cauliflower**, **Monterey Jack Cheese** [pasteurized milk, cheese cultures, salt, enzymes], **Cream Cheese** [cultured pasteurized skim milk and cream, whey protein, milk proteins, less than 2% salt, inulin (natural dietary fiber), natural acids, xanthan, locust bean and guar gums, potassium sorbate (maintains freshness)], **Cholula Sauce** [water, peppers (arbol & piquin), salt, vinegar, garlic powder, spices, xanthan gum], **Cilantro-Lime Crema** (Cilantro, Greek Yogurt [pasteurized organic whole milk, organic sweet cream buttermilk, living yogurt cultures: *L. acidophilus*, *L. bulgaricus*, *S. thermophilus*, and *Bifidobacterium lactis*], Lime Juice [lime], Sea Salt, Ground Coriander, Granulated Garlic), **Chili, Cumin & Paprika Blend** (Smoked Paprika, Sweet Paprika, Ground Cumin, Dried Oregano, Ground Coriander, Granulated Garlic, Chili Powder)

### Allergen information:

Contains 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.

