



CUBAN MEATBALLS WITH DIRTY “RICE”

Smoky vegetables, toasted pepitas, creamy chimichurri

COOK TIME

30 MIN

SERVINGS

2

CALORIES PER SERVING

670

NET CARBS PER SERVING

18 GRAMS

MENU

KETO // PALEO // GLUTEN-FREE

For this hearty dish, our chefs took inspiration from big, bold Cuban and Creole-style flavors. Ground beef is seasoned with a Cuban spice blend and a touch of chimichurri with avocado mayo, rolled up, then roasted to juicy perfection for a hands-off cooking experience. While the meatballs are in the oven, you'll whip up cauliflower dirty “rice” with roasted red peppers, smoked paprika, tomato, scallion, and a dash of Cholula for tangy heat. The dish is finished with more creamy chimichurri and a scattering of toasted pepitas for some crunchy contrast.



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 (12 ITEMS)

1 whole **Yellow onion**
 1 whole **Roma tomato**
 1 whole **Lime**
 1 whole **Scallion**
 10 oz **Ground beef***
 1 tsp **Cuban spice blend**
 2 ¼ oz **Creamy chimichurri with avocado mayo** **E**
 ½ oz **Pepitas**
 2 ¼ oz **Roasted red peppers**
 9 oz **Cauliflower “rice”**
 ½ tsp **Smoked paprika**
 1 tsp **Cholula sauce**

WHAT YOU’LL NEED

large sauté pan
 baking sheet
 mixing bowls
 measuring spoons
 thermometer
 microplane
 oven mitt
 cooking oil
 salt & pepper

ALLERGENS

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

- Preheat oven to 425 degrees.
- Cut ends off **yellow onion** and discard peel. Halve lengthwise. Lay flat and small dice into pieces, about ¼ inch each.
- Small dice **Roma tomato** into pieces, about ¼ inch each.
- Zest whole **lime** with a microplane (or on small holes of a box grater) over a small bowl. Halve **lime** widthwise.
- Thinly slice **scallion** at an angle; discard root end.

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 MEATBALLS

- Place **ground beef** in a medium bowl. Season with **Cuban spice blend**, about 1 teaspoon **creamy chimichurri with avocado mayo**, and about ¼ teaspoon salt. Thoroughly mix to evenly distribute ingredients.
- Form mixture into 8-10 meatballs, about 1 inch in diameter each.

3 ROAST MEATBALLS

- Transfer **meatballs** to a lightly oiled, foil-lined baking sheet. Roast 12-15 minutes, or until meatballs are fully cooked.

4 TOAST PEPITAS

- Place **pepitas** in a dry, large sauté pan over medium heat. Toast 2-3 minutes, or until fragrant, shaking pan frequently. Transfer **pepitas** to a plate.

5 START VEGGIES

- In pan used to toast pepitas, heat about 1 tablespoon cooking oil over medium heat. Add **roasted red peppers**, **onion**, and **cauliflower "rice"**. Season with **smoked paprika**, about ¼ teaspoon salt, and a pinch of pepper. Cook 5-6 minutes, or until cauliflower is lightly browned, stirring occasionally.

6 FINISH VEGGIES

- Add **tomato**, **Cholula sauce**,* **lime zest**, and about half the **scallion**. Cook 2-3 minutes, or until onion is tender, stirring occasionally. Remove from heat.

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

7 PLATE YOUR DISH

- Divide **dirty "rice"** between plates. Top with **meatballs**. Drizzle with remaining **creamy chimichurri with avocado mayo** to taste. Garnish with **toasted pepitas** and remaining **scallion**. Serve **lime halves** on the side. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (537g)

Amount per serving

Calories **670**

| | % Daily Value* |
|-------------------------------|----------------|
| Total Fat 51g | 65% |
| Saturated Fat 13g | 65% |
| Trans Fat 0g | |
| Cholesterol 105mg | 35% |
| Sodium 1100mg | 48% |
| Total Carbohydrate 26g | 9% |
| Dietary Fiber 8g | 29% |
| Total Sugars 10g | |
| Includes 0g Added Sugars | 0% |
| Protein 33g | |
| Vitamin D 0mcg | 0% |
| Calcium 130mg | 10% |
| Iron 6mg | 35% |
| Potassium 888mg | 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:

Ground Beef [beef], **Cuban Spice Blend** [dehydrated vegetables (garlic, onion, green bell pepper, tomato), spices (cumin, black pepper, oregano, coriander), salt, paprika (color), cilantro, and orange peel], **Cauliflower**, **Roasted Red Peppers** [bell pepper], **Scallions**, **Yellow Onion**, **Roma Tomatoes**, **Lime**, **Pepitas** [pumpkin seed kernels], **Cholula Sauce** [water, peppers (arbol & piquin), salt, vinegar, garlic powder, spices, xanthan gum], **Smoked Paprika**, **Creamy Chimichurri** (Yellow Onions, Parsley, Garlic, Dried Oregano, Sea Salt, Black Pepper, Crushed Red Pepper Flakes, Apple Cider Vinegar [apple cider vinegar], Lemon Juice [lemon], Olive Oil [olive oil], Avocado Oil Mayonnaise [avocado oil, organic certified humane free range egg yolks, water, distilled vinegar, salt, lime juice concentrate, citric acid, lime oil])

Allergen information:

Contains Egg

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.