



CHIMICHURRI BEEF STUFFED PEPPERS

guacamole rice with tomato, roasted corn, cotija cheese

COOK TIME
35 MIN

SERVINGS
2

CALORIES PER SERVING
980

MENU
GLUTEN-FREE

This lively meal gets a flavorful kick from *chimichurri*, a tangy herb-based sauce that is a staple of South American cuisine. Here, we've mixed it with ground beef and sautéed kale for a savory filling inside roasted bell pepper halves. Guacamole rice makes a satisfying base for the dish, and roasted corn and cotija cheese add flavors reminiscent of *elote*, a Mexican grilled corn snack.

INGREDIENTS (9 ITEMS)

- ½ cup **Jasmine rice**
- 1 unit **Red bell pepper**
- 2¾ oz **Green kale**
- 1 whole **Roma tomato**
- 2¾ oz **Corn**
- 10 oz **Ground beef***
- 2 oz **Creamy parsley & cilantro chimichurri** E S
- 2 oz **Guacamole**
- ¾ oz **Cotija cheese** M

WHAT YOU'LL NEED

- small pot with lid
- large sauté pan
- baking sheet
- small bowl
- measuring cup & spoons
- oven mitt
- cooking oil
- salt & pepper

ALLERGENS

- E EGGS
- S SOY
- 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.

*Ground beef is fully cooked when it's no longer pink.

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 for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

1 COOK RICE

- Preheat oven to 425 degrees.
- Bring **jasmine rice**, 1 cup water, and about ¼ teaspoon salt to a boil in a small pot. Stir, then reduce heat to medium low and cover pot with lid. Simmer 16-18 minutes, or until rice is tender and water has absorbed.
- Remove from heat. Let rest, covered, 3 minutes. (You'll finish the rice in Step 7.)

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 PREP

- Halve **red bell pepper*** lengthwise. Discard seed pod and stem.
- Remove and discard any thick center stems from **green kale***. Roughly chop leaves into bite-size pieces.
- Small dice **Roma tomato** into pieces, about ¼ inch each.

*The ingredient you received may be a different color.

3 SEASON CORN

- Place **corn** in a small bowl. Drizzle with about ½ tablespoon cooking oil. Season with about ½ teaspoon salt and about ¼ teaspoon pepper. Stir to coat.

4 ROAST BELL PEPPER & CORN

- Place **bell pepper halves**, cut sides down, on one side of a lightly oiled, foil-lined baking sheet. Drizzle with about 1 tablespoon cooking oil. Lightly season with salt and pepper. Rub to evenly coat.
- Spread **corn** out in a single layer on empty side of baking sheet.
- Roast 12-15 minutes, or until bell pepper is tender, stirring **corn** halfway through.

5 MAKE FILLING

- Heat about 1½ tablespoons cooking oil in a large sauté pan over medium-high heat. Add **ground beef** to hot pan. Season with about ¼ teaspoon salt and a pinch of pepper. Cook 3-4 minutes, or until mostly browned, breaking up **beef** into pieces.
- Add **kale**. Cook 1-2 minutes, or until beef is fully cooked and kale is lightly wilted, stirring occasionally.
- Remove from heat. Drizzle with **creamy parsley and cilantro chimichurri** to taste. Stir to coat. Season with salt and pepper to taste.

6 STUFF BELL PEPPER

- Flip **bell pepper halves**. (Careful! Baking sheet is hot!) Spoon **beef and kale filling** into each half.*

*If there's excess filling after stuffing the bell pepper halves, reserve it in the pan for Step 8.

7 FINISH RICE

- Fluff **rice** with a fork. Add **guacamole** and **tomato**. Stir to combine. Season with salt and pepper to taste.

8 PLATE YOUR DISH

- Divide **guacamole rice with tomato** between plates. Top with **chimichurri beef stuffed peppers** and any excess **filling**. Garnish with **roasted corn** and **cotija cheese**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (458g)

Amount per serving

Calories **980**

	% Daily Value*
Total Fat 65g	83%
Saturated Fat 15g	75%
Trans Fat 0g	
Cholesterol 110mg	37%
Sodium 1770mg	77%
Total Carbohydrate 62g	23%
Dietary Fiber 5g	18%
Total Sugars 9g	
Includes 0g Added Sugars	0%
Protein 36g	
Vitamin D 0mcg	0%
Calcium 135mg	10%
Iron 5mg	30%
Potassium 567mg	10%

* 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], **Green Kale**, **Jasmine Rice** [jasmine rice], **Roma Tomatoes**, **Creamy Chimichurri** (Yellow Onions, Parsley, Cilantro, Garlic, Dried Oregano, Sea Salt, Black Pepper, Crushed Red Pepper Flakes, Apple Cider Vinegar [apple cider vinegar], Sunflower Oil [high oleic sunflower oil], Mayonnaise [organic expeller pressed soybean oil, water, organic egg yolks, organic whole eggs, organic distilled white vinegar, salt, organic white mustard (organic distilled vinegar, water, organic mustard seeds, salt, organic spices), organic lemon juice concentrate], Lemon Juice [lemon]), **Bell Peppers**, **Guacamole** [hass avocados, distilled vinegar, contains 2% or less of water, jalapeño peppers, salt, dehydrated onion, granulated garlic.], **Corn** [corn], **Cotija Cheese** [pasteurized milk, salt, cheese cultures, enzymes, anti-caking agent [potato starch, corn starch, cellulose, natamycin (an all natural mold inhibitor)]]

Allergen information:

Contains Milk, Egg And Soy

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.

