



**GREEN
CHEF**

CHEESY ARTICHOKE BEEF PATTIES

ricotta, cauliflower "rice" with kale, sunflower basil sauce

COOK TIME

25 MIN

SERVINGS

2

CALORIES PER SERVING

820

NET CARBS PER SERVING

18 GRAMS

MENU

KETO // GLUTEN-FREE

Who among us hasn't asked themselves the question, "Could I just eat cheesy artichoke dip for dinner?" In this nutritious fork-and-knife upgrade, you'll do just that. Beef is seasoned with our Italian herb and red pepper blend, formed into patties, and pan-seared. Once flipped, you'll top each patty with a cheese and artichoke mixture (with pillowy ricotta, nutty Parmesan, and briny artichoke hearts) and broil them until the meat is juicy and the topping is magnificently melty. They're served over cauliflower "rice" strewn with tender kale and chewy-sweet dates. Everything gets topped with a sunflower basil sauce for a pop of herby freshness. Moral of the story: Yes, you *can* eat artichoke dip for dinner!



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 (9 ITEMS)

1¼ oz **Artichoke hearts**
2¾ oz **Green kale**
¾ oz **Dates**
4 oz **Ricotta cheese** M
1 oz **Parmesan cheese** M
10 oz **Ground beef***
¾ tsp **Italian herb & red pepper blend**
6½ oz **Cauliflower "rice"**
2¼ oz **Sunflower basil sauce** T

WHAT YOU'LL NEED

large oven-safe sauté pan
large sauté pan
mixing bowls
measuring spoons
thermometer
oven mitt
cooking & olive oils
salt & pepper

ALLERGENS

M MILK
T TREE NUTS (coconut)

*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 low broil.
- Roughly chop **artichoke hearts**.
- Remove and discard any thick center stems from **green kale***. Roughly chop leaves into bite-size pieces. **
- Cut **dates** widthwise into slices, about ¼ inch thick.

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

***To quickly prep, hold the stem end with one hand; pinch and strip the leaves down and away with your other hand (like pulling a zipper!).*

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 MIX CHEESE & ARTICHOKE

- Place **ricotta cheese**, **Parmesan cheese**, and **artichokes** in a small bowl. Season with about ¼ teaspoon salt and a pinch of pepper. Stir to combine.

3 SEASON & FORM PATTIES

- Place **ground beef** in a medium bowl. Season with **Italian herb and red pepper blend**. Mix thoroughly to evenly distribute seasoning.
- Form **beef** into two patties, about ¼ inch thick.* Season with salt and pepper.

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

4 SEAR PATTIES

- Heat about 1 tablespoon cooking oil in a large oven-safe sauté pan over medium-high heat. Add **beef patties** to hot pan. Cook about 3 minutes on one side, or until patties are lightly browned.

5 BROIL PATTIES

- Flip **patties**. Top with **cheese and artichoke mixture**. Transfer to oven and broil 6-8 minutes, or until cheese is melted and patties are fully cooked.

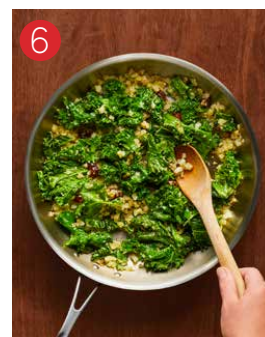
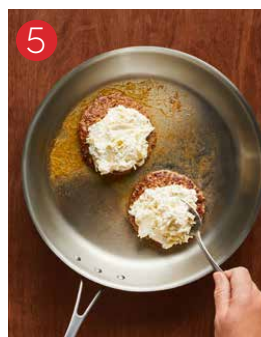
6 COOK CAULIFLOWER "RICE"

- Heat about 1½ tablespoons olive oil in a large sauté pan over medium heat. Add **cauliflower "rice"**, **kale**, and **dates** to hot pan. Season with about ¼ teaspoon salt and a pinch of pepper. Cook about 3-4 minutes, or until cauliflower is lightly browned, stirring frequently.
- Add 1-2 tablespoons water. Cook 4-6 minutes, or until cauliflower is tender and liquid is cooked off, stirring occasionally.
- Add about 2 tablespoons of **sunflower basil sauce**. Stir to combine. Season with salt and pepper to taste.*

**Taste the cauliflower "rice" after seasoning and adjust as needed. Adding salt and pepper throughout the cooking process is key to a delicious final product.*

7 PLATE YOUR DISH

- Divide **cauliflower "rice"** between plates. Top with **cheesy artichoke beef patties** and drizzle with remaining **sunflower basil sauce**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (422g)

Amount per serving

Calories 820

	% Daily Value*
Total Fat 63g	81%
Saturated Fat 20g	100%
Trans Fat 0g	
Cholesterol 140mg	47%
Sodium 1050mg	46%
Total Carbohydrate 23g	8%
Dietary Fiber 5g	18%
Total Sugars 14g	
Includes 0g Added Sugars	0%
Protein 43g	
Vitamin D 0mcg	0%
Calcium 396mg	30%
Iron 6mg	35%
Potassium 554mg	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], **Ricotta Cheese** [whole milk, skim milk, starter, trace of salt], **Parmesan Cheese** [pasteurized milk, cheese cultures, salt, enzymes, anti caking agent (potato starch powdered cellulose, natamycin)], **Artichoke Hearts** [hearts of artichokes, water, salt, citric acid], **Italian Herb & Red Pepper Blend** (Granulated Garlic, Italian Seasoning [basil, rosemary, marjoram, oregano, thyme], Dried Parsley, Crushed Red Pepper Flakes, Onion Powder), **Cauliflower**, **Dates** [organic dried pitted dates], **Green Kale**, **Sunflower basil sauce** (Basil, Lemon Juice [lemon], White Balsamic Vinegar [aged white wine vinegar and must of white grapes], Coconut Nectar [coconut tree sap], Puréed Ginger [ginger], Garlic, Red Onions, Sunflower Seeds [sunflower seeds, hulled], Sea Salt, Black Pepper, Olive Oil [olive oil])

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.