



**GREEN
CHEF**

SAUSAGE & ZUCCHINI PEPERONATA

fried egg, Parmesan cheese & pesto gremolata

COOK TIME

30 MIN

SERVINGS

2

CALORIES PER SERVING

760

NET CARBS PER SERVING

11 GRAMS

MENU

KETO // GLUTEN-FREE

This meal is a keto-friendly take on a traditional Italian favorite. *Peperonata* (a dish of stewed peppers) is made here with Italian pork sausages and zucchini. They're all simmered in a balsamic-roasted red pepper sauce with Parmesan and a sprinkle of red pepper flakes. A fried egg provides rich and creamy notes, while a pesto gremolata adds a fresh finish.

INGREDIENTS (9 ITEMS)

1 unit **Red bell pepper***
1 whole **Zucchini**
½ oz **Sunflower seeds**
¼ oz **Parsley-basil pepita pesto with fresh garlic T**
3 whole **Italian pork sausages****
4¾ oz **Balsamic roasted red pepper sauce with olive oil**
1 oz **Parmesan cheese M**
½ tsp **Crushed red pepper flakes**
2 medium **Eggs E**

WHAT YOU'LL NEED

medium nonstick pan
large sauté pan
mixing bowls
measuring spoons
peeler
thermometer
cooking & olive oils
salt & pepper

ALLERGENS

T TREE NUTS (coconut)
M MILK
E EGGS



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.
**Sausages are fully cooked when internal temperature reaches 160 degrees.

Wash and dry fresh produce. Wash hands and surfaces after handling raw pork and eggs. Consuming raw or undercooked pork or eggs 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

- Cut **red bell pepper*** lengthwise into strips, about ¼ inch thick.**
- Trim ends off **zucchini***; discard. Peel lengthwise, forming long ribbons; discard seedy core.
- Place **zucchini** in a medium bowl. Drizzle with about 1 tablespoon olive oil. Season with salt and pepper. Stir to coat.

**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

TOAST SEEDS

- Place **sunflower seeds** in a dry large sauté pan over medium heat. Toast 3-4 minutes, or until fragrant, shaking pan frequently.
- Transfer **sunflower seeds** to a cutting board and allow to cool. Roughly chop.

3

MAKE GREMOLATA

- Place **parsley-basil pepita pesto with fresh garlic** and **sunflower seeds** in a small bowl. Stir to combine. Season with salt and pepper to taste.

4

MAKE PEPERONATA

- Heat about 1½ tablespoons cooking oil in pan used for sunflower seeds over medium-high heat. Add **Italian pork sausages** to hot pan. Sear 3-5 minutes, undisturbed.
- Flip **sausages**. Add **bell pepper**. Season with about ¼ teaspoon salt and a pinch of pepper. Cook 2-3 minutes, or until pepper begins to soften, stirring occasionally.
- Add **zucchini**, **balsamic roasted red pepper sauce with olive oil**, about half of the **Parmesan cheese**, and about 1 tablespoon water. Season with **crushed red pepper flakes*** to taste. Stir to combine. Cook 1-2 minutes, or until sausages are fully cooked and veggies are tender, stirring occasionally. Remove from heat.
- Transfer **sausages** to a cutting board. Let rest at least 3 minutes.

**If heat sensitive, use crushed red pepper flakes sparingly, or omit entirely.*

5

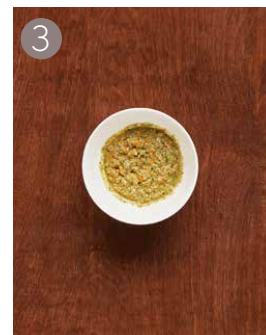
FRY EGGS

- Heat about 1½ tablespoons cooking oil in a medium nonstick pan over medium heat. Carefully crack **eggs** into hot pan. Cook until eggs have reached desired doneness. Lightly season with salt and pepper.

6

PLATE YOUR DISH

- Cut **sausages** at an angle into 5-7 slices each.
- Divide **peperonata** between bowls. Fan **sausages** over top. Serve **fried egg** next to sausages. Garnish with **pesto gremolata** and remaining **Parmesan cheese**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (495g)

Amount per serving

Calories **760**

	% Daily Value*
Total Fat 56g	72%
Saturated Fat 15g	75%
Trans Fat 0g	
Cholesterol 335mg	112%
Sodium 1580mg	69%
Total Carbohydrate 15g	5%
Dietary Fiber 4g	14%
Total Sugars 9g	
Includes 0g Added Sugars	0%
Protein 48g	
Vitamin D 0mcg	0%
Calcium 256mg	20%
Iron 6mg	35%
Potassium 650mg	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:

Egg, Parsley-Basil Pepita Pesto (Lemon Juice [lemon], Parsley, Basil, Garlic, Coconut Milk [organic coconut, coconut extract, water, organic guar gum], Sea Salt, Black Pepper, Dijon Mustard [water, organic mustard seeds, organic vinegar, salt, organic turmeric, organic spices], Ground Cayenne Pepper, Pepitas [pumpkin seeds], Red Wine Vinegar [aged red wine vinegar]), **Parmesan Cheese** [pasteurized milk, cheese cultures, salt, enzymes], **Sunflower Seeds** [sunflower kernels, sunflower oil], **Italian Pork Sausages** [pork, water, spices, salt, garlic, vinegar], **Zucchini, Bell Peppers, Crushed Red Pepper Flakes, Balsamic Roasted Red Pepper Sauce** (Roasted Red Peppers [bell pepper], Tomato Paste [vine ripened organic tomatoes], Lemon Juice [lemon], Balsamic Vinegar [wine vinegar, concentrated grape must], Ground Tomatoes [organic tomatoes, organic tomato puree, sea salt, citric acid], Olive Oil [olive oil], Sea Salt, Water, Ascorbic Acid [ascorbic acid])

Allergen information:

Contains Milk, Tree Nuts And 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.

