



**GREEN
CHEF**

MEDITERRANEAN BEEF SALAD

kale, roasted potatoes, tomato, feta, raisins & lemon caper aioli

COOK TIME

30 MIN

SERVINGS

2

CALORIES PER SERVING

920

MENU

GLUTEN-FREE

A really great salad is harder to come by than you'd think. Luckily, our chefs are salad savants: They created a salad that's a flavor-packed feast. You'll be digging into layers of tender kale, lemon-pepper-and-herb-roasted potatoes, fresh tomato, chewy-sweet raisins, salty feta crumbles, and warm beef mixed with lemon caper aioli. (Yes, all of that!) It's all drizzled with more of that creamy aioli that'll keep you coming back for another bite. If you happen to have some in your pantry, pepitas would add a delicious crunch. With or without, this superior salad experience is sure to leave you satisfied.



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 (8 ITEMS)

6¼ oz **Red potatoes**
1 tsp **Lemon pepper & herb seasoning**
1 whole **Roma tomato**
3½ oz **Green kale**
10 oz **Ground beef***
2¼ oz **Lemon caper aioli with basil** **E S**
1¼ oz **Raisins**
2 oz **Feta cheese** **M**

WHAT YOU'LL NEED

large sauté pan
baking sheet
large bowl
measuring spoons
oven mitt
cooking & olive oils
salt & pepper

ALLERGENS

M MILK
E EGGS
S SOY

*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](https://www.greenchef.com/faq) for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

1 SEASON & ROAST POTATOES

- Preheat oven to 425 degrees.
- Medium dice **red potatoes*** into pieces, about ½ inch each.
- Place **potatoes** in a large bowl. Drizzle with about 1½ tablespoons cooking oil. Season with **lemon pepper and herb seasoning**, about ¼ teaspoon salt, and a pinch of pepper. Stir to coat.
- Spread **potatoes** out in a single layer on a lightly oiled, foil-lined baking sheet. Roast 20–22 minutes, or until potatoes are fork-tender, stirring halfway through.

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

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

- Small dice **Roma tomato** into pieces, about ¼ inch each.
- Remove and discard any thick center stems from **green kale***. Roughly chop leaves into bite-size pieces.

**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!).*

3 MESSAGE KALE

- Place **kale** in bowl used to season potatoes. Drizzle with about 1 tablespoon olive oil. Lightly season with salt. Massage until leaves soften.

4 COOK BEEF

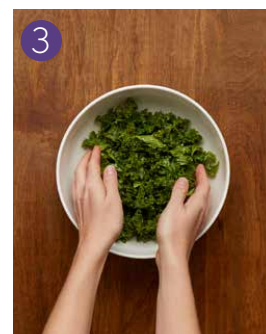
- Heat about 1½ tablespoons cooking oil in a large sauté pan over medium-high heat. Add **ground beef** to hot pan. Season with about ¼ teaspoon salt and a pinch of pepper. Stir to break up **beef**. Cook 4–5 minutes, or until fully cooked, stirring occasionally.
- Remove from heat. Add about 1 tablespoon of the **lemon caper aioli with basil**. Stir to combine.

5 MAKE SALAD

- Add **roasted potatoes, tomato, raisins**, and about half of the **feta cheese** to bowl with **kale**. Drizzle with about half of the remaining **lemon caper aioli**. Toss to combine.

6 PLATE YOUR DISH

- Divide **kale salad** between bowls. Top with **beef**. Garnish with remaining **feta**. Drizzle with remaining **lemon caper aioli** to taste. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (433g)

Amount per serving

Calories 920

	% Daily Value*
Total Fat 70g	90%
Saturated Fat 18g	90%
Trans Fat 0g	
Cholesterol 130mg	43%
Sodium 1380mg	60%
Total Carbohydrate 38g	14%
Dietary Fiber 5g	18%
Total Sugars 18g	
Includes 1g Added Sugars	2%
Protein 35g	
Vitamin D 0mcg	0%
Calcium 260mg	20%
Iron 6mg	35%
Potassium 778mg	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], **Green Kale**, **Feta Cheese** [pasteurized milk, cheese cultures, salt, enzymes, anti-caking agent (potato starch, powdered cellulose, natamycin)], **Red Potatoes**, **Roma Tomatoes**, **Raisins** [Thompson raisins], **Lemon Pepper & Herb Seasoning** (Granulated Garlic, Lemon-Pepper Herb Blend [lemon peel, black pepper, garlic, onion], Dried Oregano, Dried Parsley, Ground Cumin, Sea Salt), **Lemon-Basil Caper Aioli** (Lemon Juice [lemon], White Balsamic Vinegar [aged white wine vinegar and must of white grapes], Agave [organic agave syrup], Basil, Capers [capers, water, vinegar, salt], 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])

Allergen information:

Contains Egg, Soy 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.