



**GREEN  
CHEF**

## BEEF PATTIES WITH CREAMY GARLIC DIJON SAUCE

*truffle cheddar cauliflower "rice," roasted green beans*

### COOK TIME

25 MIN

### SERVINGS

2

### CALORIES PER SERVING

810

### NET CARBS PER SERVING

12 GRAMS

### MENU

KETO // GLUTEN-FREE

Burgers are long overdue for a gourmet revamp. Here, they've shed the typical bready buns for an ultra-savory, fork-and-knife upgrade that just so happens to be keto and gluten-free. The beef is seasoned with a smoky mustard-celery blend, formed into patties, then seared to develop a deep brown crust and juicy center. These luxe patties are served atop cheesy, truffled cauliflower "rice" and draped with a creamy garlic Dijon sauce. There's also a side of roasted green beans for a fresh crunch. Together, it's a total umami bomb that'll have you coming back for more.

### INGREDIENTS (9 ITEMS)

6 oz **Green beans**  
 ¼ oz **Garlic**  
 10 oz **Ground beef\***  
 1½ tsp **Smoky mustard-celery blend**  
 6½ oz **Cauliflower "rice"**  
 1 oz **Sharp cheddar cheese** M  
 2 oz **Cream cheese** M  
 ½ tsp **Truffle zest**  
 ¼ oz **Dijon mustard**

### WHAT YOU'LL NEED

medium & large sauté pans  
 baking sheet  
 medium bowl  
 measuring cup & spoons  
 whisk  
 thermometer  
 oven mitt  
 cooking oil  
 salt & pepper

### ALLERGENS

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 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.
- Trim stem ends off **green beans**.
- Mince **garlic**.

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 ROAST GREEN BEANS

- Place **green beans** on a lightly oiled, foil-lined baking sheet. Drizzle with about 1 tablespoon cooking oil. Season with salt and pepper. Stir to coat.
- Spread out in a single layer. Roast 8-10 minutes, or until fork-tender, stirring halfway through.

## 3 SEASON &amp; FORM PATTIES

- Place **ground beef** in a medium bowl. Season with **smoky mustard-celery blend**. Mix thoroughly to evenly distribute seasonings.
- Form **beef** into two patties, about ¼ inch thick.\*

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

## 4 COOK PATTIES

- Heat about 1½ tablespoons cooking oil in a large sauté pan over medium-high heat. Once pan is hot, add **patties**. Sear 3-5 minutes on each side, or until patties are fully cooked (or to desired doneness).
- Transfer **patties** to a cutting board.

## 5 COOK CAULIFLOWER "RICE"

- Heat about 1½ tablespoons cooking oil in a medium sauté pan over medium heat. Add **cauliflower "rice"** to hot pan. Season with salt and pepper. Cook 2-3 minutes, stirring occasionally.
- Add **sharp cheddar cheese**, about half of the **cream cheese**, about ¼ teaspoon **truffle zest\***, and about ¼ cup water to pan with **cauliflower**. Stir until cheddar cheese melts and cream cheese is incorporated. Season with salt and pepper to taste.\*\*

*\*Truffle zest has an intensely rich, earthy flavor. Feel free to add more than ¼ teaspoon to your 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.*

## 6 MAKE SAUCE

- Heat about 1½ tablespoons cooking oil in pan used for patties over medium-high heat. Add **garlic** to pan. Cook 1-2 minutes, or until fragrant. Add **Dijon mustard**, remaining **cream cheese**, and about ¼ cup water. Stir to combine. Bring to a simmer. Cook 2-3 minutes, or until sauce has slightly thickened, whisking constantly.
- Remove from heat.

## 7 PLATE YOUR DISH

- Divide **truffle cheddar cauliflower "rice"** and **roasted green beans** between plates. Serve **beef patties** on top of cauliflower "rice." Spoon **creamy garlic Dijon sauce** over patties. Enjoy!





## Nutrition Facts

2 Servings per container

**Serving size** (401g)

**Amount per serving**

**Calories** 810

	% Daily Value*
<b>Total Fat</b> 67g	86%
Saturated Fat 18g	90%
Trans Fat 0g	
<b>Cholesterol</b> 120mg	40%
<b>Sodium</b> 780mg	34%
<b>Total Carbohydrate</b> 16g	6%
Dietary Fiber 4g	14%
Total Sugars 4g	
Includes 0g Added Sugars	0%
<b>Protein</b> 38g	
Vitamin D 0mcg	0%
Calcium 281mg	20%
Iron 5mg	30%
Potassium 539mg	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], **Smoky Mustard-Celery Blend** (Sweet Paprika, Granulated Garlic, Onion Powder, Ground Coriander, Celery Seeds, Dried Mustard, Applewood-Smoked Sea Salt), **Cauliflower**, **Cream Cheese** [cultured pasteurized skim milk and cream, whey protein, milk proteins, less than 2% salt, inulin (natural dietary fiber), natural acids, xanthan, locust bean and guar gums, potassium sorbate (maintains freshness)], **Sharp Cheddar Cheese** [part-skim milk, cheese cultures, salt, enzymes, anti caking agent (potato starch powdered cellulose, natamycin)], **Truffle Zest** [natural flavor, carob powder, salt, black summer truffle, natural flavors], **Green Beans**, **Dijon Mustard** [water, mustard seeds, vinegar, salt, citric acid, sulphur dioxide], **Garlic**

### Allergen information:

Contains 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.*