



**GREEN  
CHEF**

## MONGOLIAN BBQ-STYLE RANCH STEAK

*sautéed bell pepper & green beans, ginger-lime vinaigrette*

### COOK TIME

25 MIN

### SERVINGS

2

### CALORIES PER SERVING

620

### NET CARBS PER SERVING

18 GRAMS

### MENU

KETO // GLUTEN-FREE //  
FAST & FIT

Mongolian barbecue (which actually originated in Taiwan) typically features a saucy array of thinly sliced meats and stir-fried veggies. Here, ranch steaks are coated with a blend of smoky ancho chili powder, earthy cumin, and herby oregano, then pan-seared to juicy perfection. On the side, there's sautéed bell pepper and green beans in a ginger-lime vinaigrette. The steaks are drizzled with coconut aminos with sesame oil, swirled with butter for umami richness, then finished with crackly black and white sesame seeds.

### INGREDIENTS (7 ITEMS)

1 unit **Red bell pepper**  
6 oz **Green beans**  
2 (5 oz) **Ranch steaks\***  
¾ tsp **Ancho, cumin & oregano blend**  
1 oz **Ginger-lime vinaigrette** T  
2 oz **Coconut aminos with sesame oil** T  
1 tsp **Black & white sesame seeds**

### WHAT YOU'LL NEED

medium & large sauté pans  
measuring spoons  
thermometer  
cooking oil  
2 tbsp butter M  
salt & pepper

### ALLERGENS

T TREE NUTS (coconut)  
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.

\*Steaks are fully cooked when internal temperature reaches 145 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

- Cut **red bell pepper**\* lengthwise into strips, about ¼ inch thick. Halve strips widthwise.
- Trim stem ends off **green beans**. Halve widthwise.

\*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 COOK STEAKS

- Pat **ranch steaks** dry with paper towels. Season with **ancho, cumin, and oregano blend**, salt, and pepper.
- Heat 1 tablespoon cooking oil in a medium sauté pan over medium heat. Add **steaks** to hot pan. Sear 4-7 minutes on each side, or until fully cooked (or to desired doneness).
- Transfer **steaks** to a cutting board. (Reserve pan.) Let rest at least 3 minutes.

## 3 SAUTÉ VEGGIES

- Heat 1½ tablespoons cooking oil in a large sauté pan over medium-high heat. Add **bell pepper** and **green beans** to hot pan. Cook 2-3 minutes, or until bell pepper is tender, stirring occasionally.
- Add **ginger-lime vinaigrette**. Season with ¼ teaspoon salt and a pinch of pepper. Cook 1-2 minutes, or until veggies are coated, stirring occasionally. Remove from heat.

## 4 MAKE PAN SAUCE

- Return pan used for steaks to stovetop over low heat. Add **coconut aminos with sesame oil** and 2 tablespoons butter to pan. Cook 2-3 minutes, or until butter has melted and sauce is warmed through, stirring frequently.

## 5 PLATE YOUR DISH

- Cut **steaks** against the grain into 5-7 slices each.
- Divide **sautéed bell pepper and green beans** between plates. Shingle **steak** on the side. Drizzle **pan sauce** over top. Garnish with **black and white sesame seeds**. Enjoy!





## Nutrition Facts

2 Servings per container

**Serving size** (365g)

**Amount per serving**

**Calories** 620

|                               | % Daily Value* |
|-------------------------------|----------------|
| <b>Total Fat</b> 48g          | 62%            |
| Saturated Fat 14g             | 70%            |
| Trans Fat 0g                  |                |
| <b>Cholesterol</b> 100mg      | 33%            |
| <b>Sodium</b> 1370mg          | 60%            |
| <b>Total Carbohydrate</b> 22g | 8%             |
| Dietary Fiber 4g              | 14%            |
| Total Sugars 15g              |                |
| Includes 0g Added Sugars      | 0%             |
| <b>Protein</b> 29g            |                |
| Vitamin D 0mcg                | 0%             |
| Calcium 80mg                  | 6%             |
| Iron 5mg                      | 30%            |
| Potassium 815mg               | 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:

**Ranch Steak** [beef, water, salt, sodium phosphate], **Green Beans**, **Coconut Aminos With Sesame Oil** (Coconut Aminos [organic coconut nectar, organic pure coconut blossom sap, natural unrefined sea salt], Coconut Nectar [coconut tree sap], Sesame Oil [refined sesame oil], Ascorbic Acid [ascorbic acid]), **Ancho, Cumin & Oregano Blend** (Granulated Garlic, Onion Powder, Ground Cumin, Ancho Chili Powder, Dried Oregano, Chili Powder [chili pepper, paprika, oregano, cumin, garlic, salt, spices]), **Bell Peppers**, **Ginger-Lime Vinaigrette** (Puréed Ginger [ginger], Garlic, Coconut Aminos [organic coconut nectar, organic pure coconut blossom sap, natural unrefined sea salt], Coconut Nectar [coconut tree sap], Lime Juice [lime], Sea Salt, White Pepper, Sesame Oil [refined sesame oil], Olive Oil [olive oil]), **Black & White Sesame Seeds** (White Sesame Seeds [hulled sesame seeds], Black Sesame Seeds [black sesame seeds])

### Allergen information:

Contains Tree Nuts

*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.*

