



**GREEN  
CHEF**

## ROASTED SAUSAGES & SAUERKRAUT

*sautéed mushrooms, caramelized onion, kale & cabbage slaw*

### COOK TIME

30 MIN

### SERVINGS

2

### CALORIES PER SERVING

720

### NET CARBS PER SERVING

11 GRAMS

### MENU

KETO // GLUTEN-FREE

Craving the hearty, comforting flavors of German-style cuisine? Here, sautéed mushrooms and caramelized onion are smothered in melty Swiss cheese, then topped with slices of pork sausage. Tangy sauerkraut cuts through the richness of the meat and cheese, while a kale, cabbage, and walnut slaw on the side provides a crunchy, refreshing contrast.

### INGREDIENTS (9 ITEMS)

2¾ oz **Red kale**  
1¾ oz **Cabbage**  
½ oz **Walnuts** <sup>T</sup>  
4 oz **Cremini mushrooms**  
1 whole **Yellow onion**  
2 oz **Mustard cider vinaigrette**  
3 whole **Italian pork sausages\***  
2 oz **Swiss cheese** <sup>M</sup>  
2 oz **Sauerkraut**

### WHAT YOU'LL NEED

medium oven-safe sauté pan  
baking sheet  
large bowl  
measuring spoons  
thermometer  
oven mitt  
cooking oil  
1 tbsp butter <sup>M</sup>  
salt & pepper

### ALLERGENS

<sup>T</sup> TREE NUTS (walnuts)  
<sup>M</sup> 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.

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

Wash and dry fresh produce. Wash hands and surfaces after handling raw pork. Consuming raw or undercooked pork 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 350 degrees.
- Remove and discard any thick center stems from **red kale\***. Roughly chop leaves into bite-size pieces.
- Roughly chop **cabbage\*** if necessary.
- Roughly chop **walnuts** if necessary.
- Wipe **cremini mushrooms** clean with damp paper towels. Remove stems if desired. Halve or quarter **mushrooms**, depending on size.
- Cut ends off **yellow onion** and discard peel. Halve lengthwise; save one half for another use. Cut remaining half lengthwise into strips, about ¼ inch thick.

*\*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

**MAKE SLAW**

- Place **kale** in a large bowl. Add about 2 tablespoons of the **mustard cider vinaigrette**. Lightly season with salt. Massage until leaves soften.
- Add **cabbage**. Drizzle with remaining **vinaigrette** to taste. Sprinkle with **walnuts**. Toss to combine. Season with salt and pepper to taste.

3

**COOK SAUSAGES**

- Heat about 1 tablespoon cooking oil in a medium oven-safe sauté pan over medium-high heat. Add **Italian pork sausages** to hot pan. Sear about 3 minutes, or until browned all over, turning occasionally.
- Transfer **sausages** to a lightly oiled, foil-lined baking sheet. Roast 10-12 minutes, or until fully cooked.

4

**START MUSHROOMS & ONION**

- Heat 1 tablespoon butter and about 1 tablespoon cooking oil in pan used for sausages over medium-high heat. Add **mushrooms** and **onion** to hot pan. Season with salt and pepper. Cook 3-4 minutes, or until mushrooms begin to soften, stirring occasionally.
- Reduce heat to medium low. Add 3-4 tablespoons water. Cook 3-4 minutes, or until onion is caramelized, stirring occasionally. Remove from heat.

5

**FINISH MUSHROOMS & ONION**

- Sprinkle **Swiss cheese** over pan with **mushrooms and onion**.
- Transfer pan to oven. Roast 2-4 minutes, or until cheese melts.\*

*\*To keep your hands safe, slide a silicone cover (or pot holder) over the handle of the hot pan once it comes out of the oven.*

6

**PLATE YOUR DISH**

- Cut **sausages** into 5-7 slices each.
- Divide **sautéed mushrooms and caramelized onion** between plates. Top with **roasted sausages**. Garnish sausages with **sauerkraut**. Serve **kale and cabbage slaw with walnuts** on the side. Enjoy!



# Nutrition Facts

2 Servings per container

Serving size (397g)

Amount per serving

Calories 720

	% Daily Value*
Total Fat 53g	68%
Saturated Fat 17g	85%
Trans Fat 0.5g	
Cholesterol 120mg	40%
Sodium 1290mg	56%
Total Carbohydrate 15g	5%
Dietary Fiber 4g	14%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 44g	
Vitamin D 0mcg	0%
Calcium 324mg	25%
Iron 4mg	20%
Potassium 536mg	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:

**Italian Pork Sausages** [pork, water, spices, salt, garlic, vinegar], **Caraway Sauerkraut** [organic cabbage, sea salt, organic caraway seeds], **Yellow Onion**, **Cremini Mushrooms**, **Swiss Cheese** [pasteurized part-skim milk, cheese cultures, salt, enzymes, anti-caking agent (potato starch, powdered cellulose, natamycin)], **Red Kale**, **Green Cabbage**, **Walnuts** [walnuts], **Mustard Cider Vinaigrette** (Stone-Ground Mustard [water, organic mustard seeds, organic vinegar, salt, organic spices], Apple Cider Vinegar [apple cider vinegar], 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.