



ROASTED SAUSAGES & SAUERKRAUT

sautéed mushrooms, caramelized onion, kale salad

COOK TIME
25 MIN

SERVINGS
2

CALORIES PER SERVING
600

NET CARBS PER SERVING
11 GRAMS

MENU
KETO // PALEO // GLUTEN-FREE

This soul-warming dinner features the iconic Bavarian pairing of rich sausages with bright, briny sauerkraut. In our version, golden-brown pork links are sliced and nestled into a bed of kraut with sautéed cremini mushrooms and caramelized onion for added heartiness. A vibrant kale and cabbage salad, tossed with our tangy mustard cider vinaigrette and a handful of crunchy walnuts, provides a refreshing accompaniment.

INGREDIENTS (8 ITEMS)

- 2¾ oz **Red kale**
- 2¾ oz **Cabbage**
- 1 oz **Walnuts** T
- 4 oz **Cremini mushrooms**
- 1 whole **Yellow onion**
- 2 oz **Mustard cider vinaigrette**
- 3 whole **Italian pork sausages***
- 2 oz **Sauerkraut**

WHAT YOU'LL NEED

- medium oven-safe sauté pan
- large sauté pan
- large bowl
- measuring spoons
- thermometer
- oven mitt
- cooking oil
- salt & pepper

ALLERGENS

- T TREE NUTS (walnuts)

COOKING TIP
4 If you ordered the 4-serving version of this meal, refer to the guidelines in Step 1.

Validate
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 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.
- 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 SALAD

- 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** and **walnuts**. Drizzle with remaining **vinaigrette** to taste. 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 3-5 minutes, or until lightly browned.
- Transfer pan to oven. Roast 4-5 minutes, or until sausages are fully cooked.*

**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.*

4 COOK MUSHROOMS & ONION

- Heat about 1½ tablespoons cooking oil in a large sauté pan over medium-high heat. Add **mushrooms** and **onion** to hot pan. Season with about ¼ teaspoon salt and a pinch of pepper. Cook 3-4 minutes, or until mushrooms begin to soften, stirring occasionally.
- Reduce heat to medium-low. Add about 2-3 tablespoons water. Cook 7-8 minutes, or until onion is caramelized, stirring occasionally.
- Remove from heat. Add **sauerkraut**. Stir to combine.

5 PLATE YOUR DISH

- Cut **pork sausages** at an angle into 5-7 slices each.
- Divide **sautéed mushrooms with sauerkraut and caramelized onion** between plates. Top with **roasted sausages**. Pile **kale salad** next to veggies. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (389g)

Amount per serving

Calories **600**

	% Daily Value*
Total Fat 43g	55%
Saturated Fat 9g	45%
Trans Fat 0g	
Cholesterol 75mg	25%
Sodium 1560mg	68%
Total Carbohydrate 15g	5%
Dietary Fiber 4g	14%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 36g	
Vitamin D 0mcg	0%
Calcium 124mg	10%
Iron 4mg	20%
Potassium 557mg	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**, **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

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.