



**GREEN
CHEF**

ITALIAN SAUSAGES & CREAMY “RICE”

sun-dried tomatoes, yellow squash, basil pesto with Parmesan

COOK TIME

25 MIN

SERVINGS

2

CALORIES PER SERVING

730

NET CARBS PER SERVING

14 GRAMS

MENU

KETO // GLUTEN-FREE

Fast-forward to dinnertime with this quick and simple Mediterranean-inspired dish. In just 25 minutes, you'll roast Italian pork sausages to juicy perfection and whip up creamy, cheesy cauliflower “rice” strewn with yellow squash and sun-dried tomatoes. Everything's drizzled in a vibrant basil pesto for an herby finishing touch. Before you know it, it'll be time to *mangia!*

INGREDIENTS (9 ITEMS)

¼ oz **Sun-dried tomatoes**
 ¼ oz **Garlic**
 1 whole **Yellow squash**
 3 whole **Italian pork sausages***
 6½ oz **Cauliflower “rice”**
 ¼ tsp **Italian seasoning**
 1 oz **Parmesan cheese** M
 1 oz **Cream cheese** M
 2 oz **Basil pesto with Parmesan** M T

WHAT YOU'LL NEED

large sauté pan
 baking sheet
 small bowl
 measuring cup & spoons
 thermometer
 oven mitt
 cooking oil
 2 tbsp butter M
 salt & pepper

ALLERGENS

M MILK
T TREE NUTS (almonds)



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 400 degrees.
- Place **sun-dried tomatoes** in a small bowl. Cover with $\frac{1}{4}$ cup water. Let soak at least 5 minutes, or until softened. Once softened, roughly chop tomatoes (reserve soaking liquid).
- Mince **garlic**.
- Trim ends off **yellow squash***; discard. Quarter lengthwise. Lay flat and slice across into quarter-moons, about $\frac{1}{4}$ 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

SEAR & ROAST SAUSAGE

- Heat about $1\frac{1}{2}$ tablespoons cooking oil in a large sauté pan over medium-high heat. Add **Italian pork sausages** to hot pan. Sear about 2 minutes, or until browned all over, turning occasionally.
- Transfer **sausages** to a lightly oiled, foil-lined baking sheet. Roast 6-8 minutes, or until sausages are fully cooked.

3

START VEGGIES

- Heat about 1 tablespoon butter in pan used for sausages over medium-high heat. Add **cauliflower "rice,"** **garlic,** and **squash** to hot pan. Season with **Italian seasoning,** about $\frac{1}{4}$ teaspoon salt, and a pinch of pepper. Cook 3-4 minutes, or until lightly browned, stirring occasionally.
- Add reserved **soaking liquid** and **sun-dried tomatoes** to pan with **veggies**. Cook 3-4 minutes, or until tender, stirring occasionally.

4

FINISH VEGGIES

- Remove pan from heat. Add **Parmesan cheese,** **cream cheese,** and 1 tablespoon butter. Stir to combine. Season with salt and pepper to taste.

5

PLATE YOUR DISH

- Cut **sausages** at an angle into 5-7 slices each.
- Divide **creamy cauliflower "rice" and veggies** between plates. Top with **roasted sausages**. Drizzle with **basil pesto with Parmesan** to taste. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (424g)

Amount per serving

Calories 730

	% Daily Value*
Total Fat 53g	68%
Saturated Fat 19g	95%
Trans Fat 0g	
Cholesterol 130mg	43%
Sodium 1430mg	62%
Total Carbohydrate 19g	7%
Dietary Fiber 5g	18%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 45g	
Vitamin D 0mcg	0%
Calcium 345mg	25%
Iron 5mg	30%
Potassium 984mg	20%

* 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], **Sun-Dried Tomatoes** [organic dried tomatoes], **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)], **Parmesan Cheese** [pasteurized milk, cheese cultures, salt, enzymes], **Yellow Squash**, **Garlic**, **Basil Pesto** (Garlic, Basil, Almonds [almonds], Sea Salt, Lemon Juice [lemon], Olive Oil [olive oil], Parmesan Cheese [pasteurized cow's milk (cheese cultures, salt, and enzymes), cellulose (to prevent caking) and potassium sorbate], Water, Ascorbic Acid [ascorbic acid]), **Italian Seasoning** [basil, rosemary, marjoram, oregano, thyme]

Allergen information:

Contains Milk And 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.