



**GREEN
CHEF**

ITALIAN-STYLE SURF 'N' TURF

creamy kale with sun-dried tomatoes & mushrooms, hazelnuts

COOK TIME

30 MIN

SERVINGS

2

CALORIES PER SERVING

1050

NET CARBS PER SERVING

16 GRAMS

MENU

KETO // GLUTEN-FREE

Surf 'n' turf gets an Italian-style upgrade with tonight's scampi-inspired sauce. The *turf* enters the plate by way of bavette steak, which is pan-seared (whether rare, well-done, or somewhere around medium, it's up to you!), then served over a bed of creamy kale with sun-dried tomatoes and mushrooms for a colorful side. For the *surf*, shrimp are cooked in butter, then drizzled all over with lemon-basil caper sauce (reminiscent of scampi). Together, they make a luxurious and breezy meal in just 30 minutes.



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.

INGREDIENTS (11 ITEMS)

¼ oz **Sun-dried tomatoes**
4 oz **Cremeni mushrooms**
1 whole **Shallot**
4 oz **Green kale**
½ oz **Hazelnuts** ^T
2 (5 oz) **Bavette steaks***
1 oz **Parmesan cheese** ^M
2 oz **Cream cheese** ^M
½ tsp **Italian herb & red pepper blend**
10 oz **Shrimp**** ^{SH}
1¾ oz **Lemon-basil caper sauce**

WHAT YOU'LL NEED

medium & large sauté pans
small bowl
measuring cup & spoons
thermometer
cooking oil
3 tbsp butter ^M
salt & pepper

ALLERGENS

^T TREE NUTS (hazelnuts)
^M MILK
^{SH} SHELLFISH (shrimp)

*Steaks are fully cooked when internal temperature reaches 145 degrees.

**Shrimp are fully cooked when internal temperature reaches 145 degrees and they're pearly and opaque in the center.

Wash and dry fresh produce. Wash hands and surfaces after handling raw meat and shellfish. Consuming raw or undercooked meat or shellfish 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

- Place **sun-dried tomatoes** in a small bowl. Cover with about ¼ cup water. Let soak at least 5 minutes, or until softened. Once softened, roughly chop (reserve soaking liquid).
- Wipe **cremini mushrooms** clean with damp paper towels. Remove stems if desired. Cut into slices, about ¼ inch thick.
- Cut ends off **shallot** and discard peel. Halve lengthwise. Lay flat and small dice into pieces, about ¼ inch each.
- Remove and discard any thick center stems from **green kale***. Roughly chop leaves into bite-size pieces.
- Roughly chop **hazelnuts** if necessary.

**The ingredient you received may be a different color.*

**To quickly prep, hold the stem end with one hand; pinch and strip the leaves down and away with your other hand (like pulling a zipper!).*

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 **bavette steaks** dry with paper towels. Season all over with salt and pepper.
- Heat about 1½ tablespoons cooking oil in a medium sauté pan over medium-high heat until shimmering. Once pan is hot, add **steaks**. Sear 5-6 minutes on each side, or until fully cooked (or to desired doneness).
- Turn off heat. Transfer **steaks** to a cutting board. (Carefully wipe out pan.) Let rest at least 3 minutes.

3

MAKE CREAMY KALE

- Heat 1½-2 tablespoons cooking oil in a large sauté pan over medium-high heat. Add **mushrooms** and **shallot** to hot pan. Season with salt and pepper. Cook 3-5 minutes, or until lightly browned, stirring occasionally.
- Add about 1 teaspoon cooking oil and **kale** to pan with **mushrooms and shallot**. Cook 2-4 minutes, stirring occasionally, until kale is slightly wilted.
- Add **sun-dried tomatoes** (with reserved soaking liquid), **Parmesan cheese**, **cream cheese**, **Italian herb and red pepper blend**, and 2 tablespoons butter. Stir to combine. Season with salt and pepper to taste.
- Remove pan from heat.

4

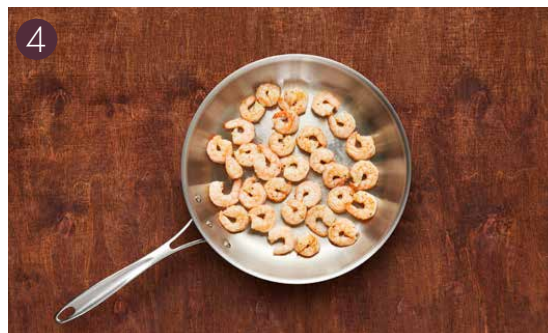
COOK SHRIMP

- Rinse **shrimp**. Pat dry with paper towels. Season all over with salt and pepper.
- Heat about 1 tablespoon butter in pan used for steaks over medium-high heat. Add **shrimp** to hot pan. Cook 5-6 minutes, or until fully cooked, stirring occasionally.

5

PLATE YOUR DISH

- Cut **steaks** against the grain into 5-7 slices each.
- Divide **creamy kale with sun-dried tomatoes and mushrooms** between plates. Top with **steak** and **shrimp**. Drizzle all over with **lemon-basil caper sauce** to taste. Garnish with **hazelnuts**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (528g)

Amount per serving

Calories 1050

	% Daily Value*
Total Fat 82g	105%
Saturated Fat 28g	140%
Trans Fat 0.5g	
Cholesterol 325mg	108%
Sodium 1200mg	52%
Total Carbohydrate 21g	8%
Dietary Fiber 5g	18%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 61g	
Vitamin D 0mcg	0%
Calcium 431mg	35%
Iron 7mg	40%
Potassium 1418mg	30%

* 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:

Bavette Steaks [beef bavette steak], **Shrimp** [shrimp, water, sodium bicarbonate, citric acid, salt], **Green Kale**, **Sun-Dried Tomatoes** [organic dried tomatoes], **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, anti caking agent (potato starch powdered cellulose, natamycin)], **Shallot**, **Cremini Mushrooms**, **Lemon-Basil Caper Sauce** (Lemon Juice [lemon], White Balsamic Vinegar [aged white wine vinegar and must of white grapes], Basil, Capers [capers, water, vinegar, salt], Olive Oil [olive oil]), **Hazelnuts** [hazelnuts], **Italian Herb & Red Pepper Blend** (Granulated Garlic, Italian Seasoning [basil, rosemary, marjoram, oregano, thyme], Dried Parsley, Crushed Red Pepper Flakes, Onion Powder)

Allergen information:

Contains Tree Nuts, Milk And Shellfish

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.

