

GREEN CHEF

# BEEF PATTIES WITH TRUFFLE AÏOLI

*sweet potato fries, sautéed kale, mushrooms & onion*

| COOK TIME | SERVINGS | CALORIES PER SERVING | NET CARBS PER SERVING | MENU |
|---|---|---|---|---|
| 30 MIN | 2 | 900 | 27 GRAMS | PALEO // GLUTEN-FREE |

Tonight's dish is brimming with umami-rich ingredients. Ground beef and mushrooms (here in the form of fresh creminis and luxe truffle zest) are packed with that ultra-savory "fifth taste." Beef patties are seared and placed atop a mélange of sautéed kale, mushrooms, and onion, then drizzled with a truffle-spiked lemon aïoli. On the side are sweet potato fries seasoned with our smoked paprika and garlic blend for some more savory oomph.

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

Validated Gluten Free Safe Spot 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 (8 ITEMS)

| | |
|---|---|
| 1 whole | **Sweet potato*** |
| 4 oz | **Cremini mushrooms** |
| 1 whole | **Yellow onion** |
| 2¾ oz | **Green kale** |
| 1¼ tsp | **Smoked paprika & garlic blend** |
| 10 oz | **Ground beef**** |
| 2½ oz | **Dairy-free lemon aïoli** (E) |
| ¾ tsp | **Truffle zest** |

## WHAT YOU'LL NEED

medium & large sauté pans
baking sheet
mixing bowls
measuring spoons
thermometer
oven mitt
cooking oil
salt & pepper

## ALLERGENS

(E) EGGS

*Due to the varying nature of organic produce, we may have sent a larger sweet potato than needed.
**Ground beef is fully cooked when internal temperature reaches 160 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 for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

# BEEF PATTIES WITH TRUFFLE AÏOLI

## 1 PREP

- Preheat oven to 425 degrees.
- Halve **sweet potato** widthwise. Halve lengthwise. Lay flat and cut lengthwise into planks, about ½ inch thick. Cut planks into fries, about ½ inch thick.*
- Wipe **cremini mushrooms** clean with damp paper towels. Remove stems if desired. Cut into slices, about ¼ inch thick.
- Cut ends off **yellow onion** and discard peel. Halve lengthwise. Lay flat and cut lengthwise into strips, about ¼ inch thick.
- Remove and discard any thick center stems** from **green kale*****. Roughly chop leaves into bite-size pieces.

**Use about 2 cups sweet potato, saving the rest for another day. If you have a food scale, use 12 ounces to stay under 35 grams of net carbs per serving.*

***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!).*

****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 SEASON & ROAST SWEET POTATO

- Place **sweet potato** in a large bowl. Drizzle with about 1½ tablespoons cooking oil. Season with **smoked paprika and garlic blend**, about ¼ teaspoon salt, and a pinch of pepper. Toss to coat.
- Spread **sweet potato** out in a single layer on a lightly oiled, foil-lined baking sheet. Roast 20-25 minutes, or until fork-tender, stirring halfway through.







## 3 SEASON & COOK PATTIES

- Form **ground beef** into two patties, about ¼ inch thick. Season with salt and pepper.
- Heat about 1½ tablespoons cooking oil in a large sauté pan over medium-high heat until shimmering. Once pan is hot, add **patties**. Cook 3-5 minutes on each side, or until fully cooked (or to desired doneness).




## 4 SAUTÉ VEGGIES

- Heat about 1½ tablespoons cooking oil in a medium sauté pan over medium-high heat. Add **mushrooms** and **onion** to hot pan. Cook 5-7 minutes, or until mushrooms are lightly browned, stirring occasionally. Season with salt and pepper.
- Add **kale**. Cook 2-3 minutes, or until kale wilts, stirring occasionally. Season with salt and pepper to taste.




## 5 MAKE TRUFFLE AÏOLI

- Place **dairy-free lemon aïoli** and about ¼ teaspoon **truffle zest*** in a small bowl (reserve remaining truffle zest for another use, like a dusting for popcorn). Stir to combine.

**Truffle zest has an intensely rich, earthy flavor. Feel free to add more than ¼ teaspoon to your taste.*




## 6 PLATE YOUR DISH

- Divide **sautéed kale, mushrooms, and onion** between plates. Top with **beef patties**. Drizzle with **truffle aïoli**. Serve **sweet potato fries** on the side. Enjoy!

© 2022 Green Chef Corporation

## Nutrition Facts

2 Servings per container

**Serving size** **(469g)**

**Amount per serving**

# Calories 900

| | % Daily Value* |
|---|---|
| **Total Fat** 75g | 96% |
| Saturated Fat 15g | 75% |
| Trans Fat 1g | |
| **Cholesterol** 120mg | 40% |
| **Sodium** 770mg | 33% |
| **Total Carbohydrate** 33g | 12% |
| Dietary Fiber 6g | 21% |
| Total Sugars 10g | |
| Includes 0g Added Sugars | 0% |
| **Protein** 31g | |
| Vitamin D 0mcg | 0% |
| Calcium 124mg | 10% |
| Iron 4mg | 20% |
| Potassium 1215mg | 25% |

* 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:**
**Ground Beef** [beef], **Truffle Zest** [natural flavor, carob powder, salt, black summer truffle, natural flavors], **Dairy-Free Lemon Aïoli** (Avocado Oil Mayonnaise [avocado oil, organic eggs, organic egg yolks, organic vinegar, sea salt, organic rosemary extract], Granulated Garlic, Lemon Juice [lemon], Stone-Ground Mustard [water, organic mustard seeds, organic vinegar, salt, organic spices]), **Cremini Mushrooms**, **Yellow Onion**, **Green Kale**, **Sweet Potatoes**, **Smoked Paprika & Garlic Blend** (Granulated Garlic, Smoked Paprika)

**Allergen information:**
Contains Egg

*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.*