



**GREEN  
CHEF**

## MIDDLE EASTERN-STYLE BEEF & “RICE” BOWLS

*cauliflower “rice” with dates, zucchini, lemon crema, feta*

### COOK TIME

25 MIN

### SERVINGS

2

### CALORIES PER SERVING

870

### NET CARBS PER SERVING

16 GRAMS

### MENU

KETO // GLUTEN-FREE

These lively Middle Eastern-inspired bowls are packed with layer upon layer of irresistibly spiced elements! Ground beef is dusted in a cumin-allspice blend, cooked to perfection, then tossed with fresh tomato. It's all served with roasted zucchini on a bed of cauliflower “rice” with dates. A drizzle of tangy lemon crema adds richness to every forkful, while a sprinkle of feta and almonds garnishes the nourishing meal.

### INGREDIENTS (10 ITEMS)

1 whole **Zucchini**  
1½ tsp **Spicy cumin-allspice blend**  
1 whole **Roma tomato**  
1 whole **Scallion**  
¾ oz **Dates**  
10 oz **Ground beef\***  
6½ oz **Cauliflower “rice”**  
1¾ oz **Lemon crema** M  
2 oz **Feta cheese** M  
½ oz **Sliced almonds** T



### CUSTOM CHEF

If you chose to modify your meal, follow the **Custom Chef** instructions on the flip side of this card.



**10 oz Organic ground beef\***  
Calories: 880 Net Carbs: 16 grams

### WHAT YOU’LL NEED

medium & large sauté pans  
baking sheet  
medium bowl  
measuring spoons  
thermometer  
oven mitt  
cooking oil  
1 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.

\*Ground beef is fully cooked when internal temperature reaches 160°.

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](https://www.greenchef.com/faq) for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.



## 1 ROAST ZUCCHINI

- Preheat oven to 425 degrees.
- Trim ends from **zucchini\***. Halve lengthwise. Lay flat and slice across into half-moons, about ½ inch thick.
- Place **zucchini** in a medium bowl. Drizzle with about 1½ tablespoons cooking oil. Season with about half the **spicy cumin-allspice blend**, about ¼ teaspoon salt, and about ¼ teaspoon pepper. Stir to coat.
- Spread **zucchini** out in a single layer on a lightly oiled, foil-lined baking sheet. Roast 12-15 minutes, or until fork-tender, stirring halfway through.

*\*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 PREP

- Medium dice **Roma tomato** into pieces, about ½ inch each.
- Trim and thinly slice **scallion**, separating whites from greens.
- Finely chop **dates**.

## 3 COOK BEEF

- Heat about 1½ tablespoons cooking oil in a large sauté pan over medium-high heat. Add **ground beef** to hot pan. Season with remaining **spice blend**, about ½ teaspoon salt, and a pinch of pepper. Cook 4-5 minutes, or until fully cooked, breaking up meat into pieces.
- Remove from heat. Add **tomato**. Stir to combine.

 Swap in **organic ground beef** for ground beef.

## 4 COOK CAULIFLOWER "RICE"

- Heat about 1½ tablespoons cooking oil in a medium sauté pan over medium-high heat. Add **cauliflower "rice"** and **scallion whites** to hot pan. Season with about ¼ teaspoon salt and a pinch of pepper. Cook 3-4 minutes, or until lightly browned, stirring occasionally.
- Add **dates** and 1 tablespoon butter. Stir until butter has melted.

## 5 PLATE YOUR DISH

- Divide **cauliflower "rice" with dates** between bowls. Top with **beef and tomato** and **roasted zucchini**. Drizzle with **lemon crema** to taste. Garnish with **feta cheese**, **sliced almonds**, and **scallion greens**. Enjoy!



# Nutrition Facts

2 Servings per container

Serving size (499g)

Amount per serving

Calories 870

	% Daily Value*
<b>Total Fat</b> 71g	91%
Saturated Fat 22g	110%
Trans Fat 1.5g	
<b>Cholesterol</b> 150mg	50%
<b>Sodium</b> 1630mg	71%
<b>Total Carbohydrate</b> 22g	8%
Dietary Fiber 6g	21%
Total Sugars 13g	
Includes 0g Added Sugars	0%
<b>Protein</b> 36g	
Vitamin D 0mcg	0%
Calcium 251mg	20%
Iron 4mg	20%
Potassium 1264mg	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], **Scallions**, **Roma Tomatoes**, **Zucchini**, **Almonds** [almonds], **Feta Cheese** [pasteurized milk, cheese cultures, salt, enzymes, anti-caking agent (potato starch, powdered cellulose, natamycin)], **Dates** [organic dried pitted dates], **Cauliflower**, **Lemon Crema** (Sour Cream [cultured cream], Lemon Juice [lemon], Granulated Garlic, Parsley), **Spicy Cumin-Allspice Blend** (Ground Cumin, Granulated Garlic, Onion Powder, Ground Coriander, Ground Cayenne Pepper, Allspice [pimento])

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.