



**GREEN  
CHEF**

# GREEK BEEF TENDERLOIN

*cabbage, zucchini, tomatoes, lemon-basil caper sauce*

## COOK TIME

25 MIN

## SERVINGS

2

## CALORIES PER SERVING

900

## NET CARBS PER SERVING

18 GRAMS

## MENU

KETO // GLUTEN-FREE

This sunny dish is bursting with fresh flavors that will transport your taste buds. Garlicky oregano-flecked beef tenderloins are seared and then drizzled with a creamy lemon-basil caper sauce. They're served alongside roasted zucchini with blistered tomatoes, plus sautéed cabbage tossed with currants, almonds, and salty feta. A final sprinkle of scallion adds subtle sweetness, while a garnish of more feta ensures briny notes in every bite.

## INGREDIENTS (10 ITEMS)

1 whole **Zucchini\***  
2¾ oz **Cabbage**  
1 whole **Scallion**  
4 oz **Grape tomatoes**  
2 tsp **Oregano-garlic seasoning**  
2 (5 oz) **Beef tenderloins\*\***  
½ oz **Currants**  
½ oz **Sliced almonds** **T**  
2 oz **Feta cheese** **M**  
2 oz **Creamy lemon-basil caper sauce** **E**

## WHAT YOU'LL NEED

2 large sauté pans  
baking sheet  
medium bowl  
measuring spoons  
thermometer  
oven mitt  
cooking oil  
1 tbsp butter **M**  
salt & pepper

## ALLERGENS

**T** TREE NUTS (almonds) **M** MILK  
**E** EGGS



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.

\*Due to the varying nature of organic produce, we may have sent a larger zucchini than needed.  
\*\*Beef is fully cooked when internal temperature reaches 145°.

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

**PREP**

- Preheat oven to 425 degrees.
- Trim ends from **zucchini\***. Halve lengthwise. Lay flat and slice across into half-moons, about ¼ inch thick.\*\*
- Roughly chop **cabbage\*** if necessary.
- Trim and thinly slice **scallion**.

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

*\*\*Use enough zucchini to match the size of a plantain, saving the rest for another day. If you have a food scale, use 14 ounces to stay under 20 grams of net carbs per serving.*

**4**  
COOKING FOR

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

**ROAST ZUCCHINI & TOMATOES**

- Place **zucchini** and **grape tomatoes** in a medium bowl. Drizzle with about 2 tablespoons cooking oil. Season with about 1 teaspoon **oregano-garlic seasoning**, about ¼ teaspoon salt, and a pinch of pepper. Stir to coat.
- Spread **zucchini and tomatoes** out in a single layer on a lightly oiled, foil-lined baking sheet. Roast 10-12 minutes, or until zucchini is tender and tomato skins are split, stirring halfway through.

3

**SEASON & COOK BEEF**

- Pat **beef tenderloins** dry with paper towels. Season with salt, pepper, and remaining **oregano-garlic seasoning**.
- Heat about 1½ tablespoons cooking oil in a large sauté pan over medium-high heat. Once pan is hot, add **beef**. Sear 5-6 minutes on each side, or until fully cooked (or to desired doneness).
- Transfer **beef** to a cutting board. Let rest at least 3 minutes.

4

**SAUTÉ CABBAGE**

- Heat about 1½ tablespoons cooking oil in a second large sauté pan over medium-high heat. Add **cabbage**, **currants**, **sliced almonds**, about half the **scallion**, and 1 tablespoon butter. Season with about ¼ teaspoon salt and a pinch of pepper. Cook 2-3 minutes, or until cabbage is tender, stirring occasionally.
- Remove from heat. Add about half the **feta cheese**. Stir to combine.

5

**PLATE YOUR DISH**

- Cut **beef tenderloins** into 5-6 slices each.
- Divide **roasted zucchini and tomatoes** and **sautéed cabbage** between plates. Fan **Greek beef tenderloin** next to veggies. Drizzle beef with **creamy lemon-basil caper sauce**. Garnish with remaining **scallion** and **feta**. Enjoy!





## Nutrition Facts

2 Servings per container

**Serving size** (477g)

**Amount per serving**

**Calories** **900**

	% Daily Value*
<b>Total Fat</b> 75g	96%
Saturated Fat 19g	95%
Trans Fat 0g	
<b>Cholesterol</b> 145mg	48%
<b>Sodium</b> 1220mg	53%
<b>Total Carbohydrate</b> 23g	8%
Dietary Fiber 5g	18%
Total Sugars 12g	
Includes 0g Added Sugars	0%
<b>Protein</b> 38g	
Vitamin D 0mcg	0%
Calcium 221mg	15%
Iron 6mg	35%
Potassium 965mg	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:

**Oregano-Garlic Seasoning** (Dried Oregano, Granulated Garlic, Onion Powder, Dried Parsley), **Creamy Lemon-Basil Caper Sauce** (Lemon Juice [lemon], White Balsamic Vinegar [aged white wine vinegar and must of white grapes], Agave [organic agave syrup], Basil, Avocado Oil Mayonnaise [avocado oil, organic eggs, organic egg yolks, organic vinegar, sea salt, organic rosemary extract], Capers [capers, water, vinegar, salt]), **Beef Tenderloin** [beef], **Feta Cheese** [pasteurized milk, cheese cultures, salt, enzymes, anti-caking agent (potato starch, powdered cellulose, natamycin)], **Zucchini**, **Scallions**, **Dried Currants** [raisins], **Almonds** [almonds], **Grape Tomatoes**, **Green Cabbage**

### Allergen information:

Contains Tree Nuts, Milk And 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.*