



**GREEN
CHEF**

MOROCCAN TURKEY TAGINE

zucchini, tomato, feta, almonds, cilantro-lemon crema

COOK TIME

30 MIN

SERVINGS

2

CALORIES PER SERVING

640

NET CARBS PER SERVING

19 GRAMS

MENU

KETO // GLUTEN-FREE

Tagine is named for the conical clay vessel it's traditionally cooked in, but that's not necessary to make it delicious. Our chefs created a 30-minute keto version with layers of savory flavors and a balance of textures. Turkey is seasoned with our spicy cumin-allspice blend, then stewed with tender zucchini, onion, and tomato in a fragrant paprika-turmeric tomato sauce mixed with cream cheese and feta for a rich and tangy finish. Everything's topped with cilantro lemon crema, sliced almonds, fresh cilantro, and even more feta.



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 (12 ITEMS)

| | |
|---------|----------------------------------------|
| 1 whole | Lemon |
| ¼ oz | Cilantro |
| 1 whole | Zucchini* |
| 1 whole | Red onion |
| 1 whole | Roma tomato |
| ½ oz | Sliced almonds <small>T</small> |
| 10 oz | Ground turkey** |
| 1 tsp | Spicy cumin-allspice blend |
| 1 oz | Sour cream <small>M</small> |
| 5¼ oz | Paprika-turmeric tomato sauce |
| 1 oz | Cream cheese <small>M</small> |
| 2 oz | Feta cheese <small>M</small> |

WHAT YOU'LL NEED

large sauté pan
small bowl
measuring cup & spoons
cooking oil
salt & pepper

ALLERGENS

T TREE NUTS (almonds)
M MILK

*Due to the varying nature of organic produce, we may have sent a larger zucchini than needed.
**Ground turkey is fully cooked when it's no longer pink.

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

- Quarter **lemon**.
- De-stem **cilantro**; finely chop leaves.
- Trim ends off **zucchini***; discard. Quarter lengthwise. Lay flat and slice into quarter-moons, about ¼ inch thick.**
- Cut ends off **red onion***** and discard peel. Halve lengthwise. Lay flat and medium dice into pieces, about ½ inch each.
- Small dice **Roma tomato** into pieces, about ¼ inch each.
- Roughly chop **sliced almonds**.

*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.

***We recommend using the whole onion in this recipe, but feel free to add it to your taste.

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 TURKEY

- Heat about 1½ tablespoons cooking oil in a large sauté pan over medium-high heat. Add **ground turkey** to hot pan. Season with **spicy cumin-allspice blend**, about ¼ teaspoon salt, and a pinch of pepper. Cook 3-5 minutes, or until lightly browned, breaking up **turkey** into pieces.
- Transfer **turkey** to a plate. (Reserve pan.)

3 MAKE CREMA

- In a small bowl, combine **sour cream**, juice from one **lemon wedge**, and a pinch of **cilantro**. Season with salt and pepper. Add water 1 teaspoon at a time until mixture reaches a drizzling consistency.

4 START TAGINE

- Heat about 1½ tablespoons cooking oil in pan used for turkey over medium-high heat. Add **zucchini** and **onion** to hot pan. Season with about ¼ teaspoon salt and a pinch of pepper. Cook 4-5 minutes, or until softened, stirring occasionally.
- Reduce heat to medium. Transfer **turkey** to pan. Add **tomato**, **paprika-turmeric tomato sauce**, and about ½ cup water. Cook 3-4 minutes, or until sauce has reduced by half and turkey is fully cooked, stirring occasionally. Remove from heat.

5 FINISH TAGINE

- Add **cream cheese** and about half of the **feta cheese** to pan. Stir until cream cheese is incorporated. Season with salt and pepper to taste.

6 PLATE YOUR DISH

- Divide **Moroccan turkey tagine** between bowls. Drizzle with **cilantro-lemon crema** to taste. Garnish with **almonds**, remaining **feta**, and remaining **cilantro**. Serve with **lemon wedges** on the side. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (560g)

Amount per serving

Calories 640

| | % Daily Value* |
|-------------------------------|----------------|
| Total Fat 44g | 56% |
| Saturated Fat 12g | 60% |
| Trans Fat 0g | |
| Cholesterol 105mg | 35% |
| Sodium 1390mg | 60% |
| Total Carbohydrate 25g | 9% |
| Dietary Fiber 6g | 21% |
| Total Sugars 12g | |
| Includes 0g Added Sugars | 0% |
| Protein 42g | |
| Vitamin D 1mcg | 6% |
| Calcium 274mg | 20% |
| Iron 3mg | 15% |
| Potassium 1058mg | 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 Turkey [turkey], **Spicy Cumin-Allspice Blend** (Ground Cumin, Granulated Garlic, Onion Powder, Ground Coriander, Ground Cayenne Pepper, Allspice [pimento]), **Zucchini, Red Onion, Paprika-Turmeric Tomato Sauce** (Red Wine Vinegar [aged red wine vinegar], Diced Tomatoes [organic tomatoes, organic tomato juice, sea salt, calcium chloride, citric acid], Cinnamon, Sweet Paprika, Turmeric, Ground Cumin, Ground Coriander, Sea Salt, Tomato Paste [vine ripened organic tomatoes], Granulated Garlic, Smoked Paprika, Ascorbic Acid [ascorbic acid]), **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)], **Lemon, Sour Cream** [cultured cream], **Cilantro, Almonds** [almonds], **Feta Cheese** [pasteurized milk, cheese cultures, salt, enzymes, anti-caking agent (potato starch, powdered cellulose, natamycin)], **Roma Tomatoes**

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.

