



BEEF PATTIES WITH CREAMY CAPER SAUCE

butternut squash hash, toasted sunflower seeds

COOK TIME 30 MIN	SERVINGS 2	CALORIES PER SERVING 740	NET CARBS PER SERVING 24 GRAMS	MENU PALEO // GLUTEN-FREE
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Our secret for maximizing flavor in tonight's crave-worthy beef patties? Savory mix-ins that sizzle. Here, we've added peppery scallion and a smoky mustard-celery blend to ground beef before searing the patties to perfection. Drizzled in our decadent creamy caper sauce, they're served over a butternut squash hash with juicy grape tomatoes and earthy kale. Toasted sunflower seeds lend a light crunch to the meal.

INGREDIENTS (9 ITEMS)

- 1 whole **Scallion**
- 10½ oz **Butternut squash**
- 2¾ oz **Green kale**
- 1 whole **Yellow onion**
- 4 oz **Grape tomatoes**
- 10 oz **Ground beef***
- 2¼ oz **Lemon-basil caper sauce with avocado mayo** ^E
- 2 tsp **Smoky mustard-celery blend**
- ½ oz **Sunflower seeds**

WHAT YOU'LL NEED

- medium sauté pan
- large sauté pan with lid
- medium bowl
- measuring cup & spoons
- peeler
- thermometer
- cooking oil
- salt & pepper

ALLERGENS

^E EGGS

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

Validate My 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.

*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.

1 PREP

- Thinly slice **scallion**; discard root end.
- Remove any seeds from **butternut squash** with a spoon. Carefully peel with a sharp peeler.* Medium dice into pieces, about ½ inch each.
- Remove and discard any thick center stems from **green kale****. Roughly chop leaves into bite-size pieces.
- Cut ends off **yellow onion** and discard peel. Halve lengthwise; save one half for another use. Small dice remaining half into pieces, about ¼ inch each.
- Halve **grape tomatoes**.

**If you don't have a sharp peeler, carefully use a sharp knife. Place squash cut sides down, then slice away the skin, curving your knife with the shape of the squash as you go.*

***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 MAKE MIXTURE & FORM PATTIES

- Place **ground beef** in a medium bowl. Add about half of the **scallion** and about 1 tablespoon of the **lemon-basil caper sauce with avocado mayo**. Season with about half of the **smoky mustard-celery blend** and about ¼ teaspoon salt. Mix thoroughly to evenly distribute ingredients.
- Form **beef mixture** into two patties, about ¼ inch thick.*

**To help your patties keep their shape, make a small indentation in the center of each.*

3 TOAST SUNFLOWER SEEDS

- Place **sunflower seeds** in a dry, medium sauté pan over medium heat. Toast 3-4 minutes, or until fragrant, shaking pan frequently.
- Transfer **sunflower seeds** to a plate. (Reserve pan.)

4 START HASH

- Heat about 1½ tablespoons cooking oil in a large sauté pan over medium-high heat. Add **squash** to hot pan. Season with about ½ teaspoon salt and a pinch of pepper. Cook 3-4 minutes, or until squash begins to brown, stirring occasionally.
- Add **kale** and **onion**. Season with remaining **spice blend**. Cook 1-2 minutes, or until kale begins to wilt, stirring occasionally.
- Reduce heat to medium. Add about ¼ cup water. Cover pan with lid. Cook 6-8 minutes, or until squash is fork-tender, stirring occasionally. (You'll finish the hash in Step 6.)

5 COOK PATTIES

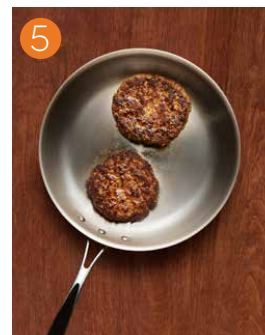
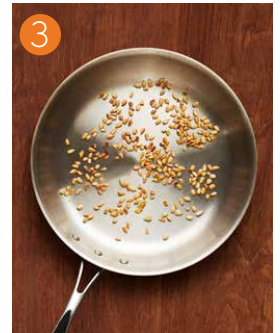
- Heat about 1 tablespoon cooking oil in pan used for sunflower seeds over medium heat until shimmering. Once pan is hot, add **patties**.
- Sear 3-5 minutes on each side, or until fully cooked (or to desired doneness).

6 FINISH HASH

- Add **tomatoes** to pan with **hash**. Cook, uncovered, about 1 minute, or until tomatoes are warmed through and liquid has cooked off, stirring occasionally. Season with salt and pepper to taste.

7 PLATE YOUR DISH

- Divide **butternut squash hash** between plates. Top with **beef patties**. Drizzle with remaining **lemon-basil caper sauce** to taste. Garnish with **toasted sunflower seeds** and remaining **scallion**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (473g)

Amount per serving

Calories 740

	% Daily Value*
Total Fat 57g	73%
Saturated Fat 13g	65%
Trans Fat 0g	
Cholesterol 110mg	37%
Sodium 1600mg	70%
Total Carbohydrate 31g	11%
Dietary Fiber 7g	25%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 32g	
Vitamin D 0mcg	0%
Calcium 183mg	15%
Iron 6mg	35%
Potassium 758mg	15%

* 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], **Smoky Mustard-Celery Blend** (Sweet Paprika, Granulated Garlic, Onion Powder, Ground Coriander, Celery Seeds, Dried Mustard, Applewood-Smoked Sea Salt), **Yellow Onion**, **Butternut Squash**, **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 certificated humane free range egg yolks, water, distilled vinegar, salt, lime juice concentrate, citric acid, lime oil], Capers [capers, water, vinegar, salt]), **Sunflower Seeds** [sunflower kernels, sunflower oil], **Scallions**, **Grape Tomatoes**, **Green Kale**

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.