



**GREEN
CHEF**

KIDNEY BEAN “MEATBALLS”

rice, broccoli, corn & red pepper relish

COOK TIME

45 MIN

SERVINGS

2

CALORIES PER SERVING

890

MENU

VEGAN

Superfood chia seeds help hold these crispy vegan “meatballs” together. Here, the seeds slip under the radar once mixed with mashed kidney beans, breadcrumbs, and a paprika-parsley blend. The entire mixture is rolled into balls, roasted to toasty perfection, then served over jasmine rice. Our creamy paprika-Dijon aioli and a tangy corn and red pepper relish top it all off.

INGREDIENTS (13 ITEMS)

½ oz	Chia seeds
13¼ oz	Kidney beans
6 oz	Broccoli
1 whole	Red onion
¼ cup	Breadcrumbs <small>W</small>
1 tbs	Cornstarch
2 tsp	Paprika-parsley spice blend
3½ oz	Vegan paprika-Dijon aioli
½ cup	Jasmine rice
3½ oz	Corn
1 oz	Roasted red peppers
1 oz	Apple cider vinegar
2½ tbs	Spiced cane sugar

WHAT YOU’LL NEED

small pot with lid
medium pot
2 baking sheets
large bowl
measuring cup & spoons
strainer
potato masher
oven mitt
cooking oil
salt & pepper

ALLERGENS

W WHEAT



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

GREEN CHEF IS PROUD to be a USDA Certified Organic company. All produce and eggs are organic unless otherwise labeled.

Wash and dry fresh produce. 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 400 degrees.
- Combine **chia seeds** and about 3 tablespoons water in a large bowl. Let soak at least 5 minutes, or until water has absorbed.
- Strain and rinse **kidney beans**.
- Cut **broccoli** into bite-size pieces if necessary.
- Cut ends off **red onion** and discard peel. Quarter **onion**; save three-quarters for another use. Small dice remaining quarter into pieces, about ¼ inch each.

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 BEAN MIXTURE

- Add **kidney beans** to bowl with **chia seeds**. Mash with a potato masher (or fork) into a chunky purée. Add **breadcrumbs**, **cornstarch**, **paprika-parsley spice blend**, and about 1 tablespoon **vegan paprika-Dijon aioli**. Stir to combine. Lightly season with salt and pepper. Using a silicone spatula, gently fold and compress the **bean mixture** until cohesive, 1-2 minutes.

3 FORM "MEATBALLS"

- Form **bean mixture** into 8-10 "meatballs," about 1 inch in diameter.
- Place "**meatballs**" on a plate. Transfer to refrigerator. Let set about 5 minutes. (Wash out bowl; reserve.)

4 ROAST "MEATBALLS"

- Place "**meatballs**" on a lightly oiled, foil-lined baking sheet. Roast 18-22 minutes, or until lightly crispy.

5 COOK RICE

- Bring **jasmine rice**, 1 cup water, and about ¼ teaspoon salt to a boil in a small pot. Stir, then reduce heat to medium low and cover pot with lid. Simmer 16-18 minutes, or until rice is tender and water has absorbed.
- Remove from heat. Let rest, covered, 3 minutes. Fluff with a fork.

6 SEASON & ROAST BROCCOLI

- Place **broccoli** in bowl used for bean mixture. Drizzle with about 1 tablespoon cooking oil. Stir to coat. Season with salt and pepper.
- Spread **broccoli** out in a single layer on a second lightly oiled, foil-lined baking sheet. Roast 15-18 minutes, or until fork-tender, stirring halfway through.

7 MAKE RELISH

- Place **corn**, **roasted red peppers**, and **onion** in a medium pot. Add **apple cider vinegar** and about ¼ cup water. Season with **spiced cane sugar**, salt, and pepper. Stir to combine. Bring to a boil, then reduce heat to medium. Simmer 12-15 minutes, or until liquid has mostly reduced, stirring occasionally.

8 PLATE YOUR DISH

- Divide **rice** between plates. Top with **kidney bean "meatballs."** Drizzle with remaining **paprika-Dijon aioli** to taste. Spoon **corn and red pepper relish** over top. Serve **roasted broccoli** next to rice. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (542g)

Amount per serving

Calories 890

	% Daily Value*
Total Fat 37g	47%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1160mg	50%
Total Carbohydrate 122g	44%
Dietary Fiber 13g	46%
Total Sugars 25g	
Includes 0g Added Sugars	0%
Protein 21g	
Vitamin D 0mcg	0%
Calcium 157mg	10%
Iron 8mg	45%
Potassium 1151mg	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:

Cornstarch [cornstarch], **Jasmine Rice** [jasmine rice], **Broccoli**, **Red Onion**, **Corn** [corn], **Roasted Red Peppers** [bell pepper], **Apple Cider Vinegar** [apple cider vinegar], **Spiced Cane Sugar** (Cane Sugar [organic raw sugar], Dried Mustard, Ground Coriander, Allspice [pimento], Ground Cayenne Pepper), **Kidney Beans** [organic kidney beans, water, sea salt, calcium chloride (firming agent)], **Chia Seeds** [chia seeds], **Breadcrumbs** [bleached wheat flour, yeast, sugar, salt], **Paprika-Parsley Spice Blend** (Minced Dehydrated Onion, Dried Parsley, Ground Cayenne Pepper, Smoked Paprika, Sea Salt), **Paprika-Dijon Aioli** (Vegan Mayonnaise [sunflower oil, organic aquafaba (water, chickpeas), fair trade organic cane sugar, sea salt, distilled vinegar, water, organic lemon juice, acacia gum, xanthan gum, black pepper], Dijon Mustard [water, organic mustard seeds, organic vinegar, salt, organic turmeric, organic spices], Sweet Paprika, Smoked Paprika, Dried Thyme, Dried Basil, Dried Oregano, White Pepper, Granulated Garlic, Lemon Juice [lemon])

Allergen information:

Contains Wheat

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.

