



**GREEN
CHEF**

STEAK & BUTTERNUT SQUASH SALAD

kale, creamy sunflower basil pistou, hazelnuts, Parmesan

COOK TIME

30 MIN

SERVINGS

2

CALORIES PER SERVING

750

NET CARBS PER SERVING

18 GRAMS

MENU

KETO // GLUTEN-FREE

Think salads are boring? Our chefs beg to differ! In tonight's dinner, you'll take hearty veggies and juicy ranch steaks and turn them into a veritable feast. First, butternut squash and fennel are roasted with our signature applewood-smoked sea salt. Once cooled, the veggies are tossed with lacinato kale and topped with sliced steak. Everything is garnished with toasted hazelnuts, nutty Parmesan, and a creamy sunflower basil pistou. Thought you knew salads? Think again.

INGREDIENTS (10 ITEMS)

7 oz **Butternut squash***
1¼ oz **Fennel**
½ tsp **Applewood-smoked sea salt**
1 oz **Hazelnuts** **T**
3½ oz **Lacinato kale**
2 (5 oz) **Ranch steaks****
2 tsp **Oregano-garlic seasoning**
1 oz **Sour cream** **M**
3 oz **Sunflower basil sauce** **T**
1 oz **Parmesan cheese** **M**

WHAT YOU'LL NEED

medium sauté pan
baking sheet
mixing bowls
measuring spoons
peeler
thermometer
oven mitt
cooking oil
salt & pepper

ALLERGENS

T TREE NUTS (coconut, hazelnuts)
M MILK



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 squash than needed.
**Steaks are fully cooked when internal temperature reaches 145 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](https://www.greenchef.com/faq) for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

1 START PREP & ROAST VEGGIES

- Preheat oven to 425 degrees.
- 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 core from **fennel** with angled downward cuts. Slice into strips, about ½ inch thick. Cut **fennel** widthwise into pieces, about ½ inch each.
- Place **squash** and **fennel** on a lightly oiled, foil-lined baking sheet. Drizzle with about 1½ tablespoons cooking oil. Season with **applewood-smoked sea salt** and a pinch of pepper. Stir to coat. Spread out in a single layer.
- Roast 18-20 minutes, or until squash is fork-tender, stirring halfway through.
- Let cool on baking sheet for at least 5 minutes.

**Use about 1½ cups squash, saving the rest for another day. If you have a food scale, use 8½ ounces to stay under 20 grams of net carbs per serving.*

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

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 FINISH PREP

- Roughly chop **hazelnuts** if necessary.
- Remove and discard any thick center stems from **lacinato kale**. Roughly chop leaves into bite-size pieces.

3 TOAST HAZELNUTS

- Place **hazelnuts** in a dry medium sauté pan over medium heat. Toast 2-3 minutes, or until fragrant, shaking pan frequently.
- Transfer **hazelnuts** to a plate.

4 SEASON & COOK STEAKS

- Pat **ranch steaks** dry with paper towels. Season with **oregano-garlic seasoning**, salt, and pepper.
- Heat about 1 tablespoon cooking oil in pan used for hazelnuts over medium-high heat. Add **steaks** to hot pan. Sear 3-6 minutes on each side, or until fully cooked (or to desired doneness).
- Transfer **steaks** to cutting board. Let rest at least 3 minutes.

5 MAKE PISTOU & SALAD

- Place **sour cream** in a small bowl. Add 1 tablespoon of the **sunflower basil sauce** and 1 teaspoon water. Stir to combine. Season with salt and pepper to taste.
- Place **kale** in a large bowl. Drizzle with remaining **sunflower basil sauce**. Lightly season with salt. Massage until leaves soften.
- Add **squash and fennel** to bowl with kale. Toss to combine.

6 PLATE YOUR DISH

- Cut **steaks** against the grain into 5-7 slices each.
- Divide **salad** between bowls. Top with **steak**. Drizzle with **creamy sunflower basil pistou**. Garnish with **toasted hazelnuts** and **Parmesan cheese**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (387g)

Amount per serving

Calories 740

	% Daily Value*
Total Fat 57g	73%
Saturated Fat 12g	60%
Trans Fat 0g	
Cholesterol 95mg	32%
Sodium 850mg	37%
Total Carbohydrate 24g	9%
Dietary Fiber 6g	21%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 37g	
Vitamin D 0mcg	0%
Calcium 326mg	25%
Iron 6mg	35%
Potassium 1201mg	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: Ranch Steak [beef, water, salt, sodium phosphate], Butternut Squash, Hazelnuts [hazelnuts], Fennel, Lacinato Kale, Parmesan Cheese [pasteurized milk, cheese cultures, salt, enzymes, anti caking agent (potato starch powdered cellulose, natamycin)], Sour Cream [cultured cream], Applewood-Smoked Sea Salt, Sunflower basil sauce (Basil, Lemon Juice [lemon], White Balsamic Vinegar [aged white wine vinegar and must of white grapes], Coconut Nectar [coconut tree sap], Puréed Ginger [ginger], Garlic, Red Onions, Sunflower Seeds [sunflower seeds, hulled], Sea Salt, Black Pepper, Olive Oil [olive oil]), Oregano-Garlic Seasoning (Dried Oregano, Granulated Garlic, Onion Powder, Dried Parsley)

Allergen information:
Contains Tree Nuts And Milk

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.