



BEEF FAJITA TACO SALAD

romaine, bell pepper, pickled onion, chimichurri, guacamole

COOK TIME
25 MIN

SERVINGS
2

CALORIES PER SERVING
710

NET CARBS PER SERVING
19 GRAMS

MENU
KETO // PALEO // GLUTEN-FREE

Our chefs took all of the Tex-Mex-inspired taco fillings you love and turned them into a flavor-packed salad. Pan-seared ground beef (dusted in a warm Southwest-style seasoning) and red bell pepper are tossed with crisp romaine, cabbage, and fresh tomato. A drizzle of creamy chimichurri and a dollop of guacamole add rich, satisfying flavors to every bite. Quick-pickled red onion finishes it all off with a vinegary pop.

INGREDIENTS (12 ITEMS)

- 1 whole **Red onion***
- 1 unit **Red bell pepper***
- 5¼ oz **Romaine lettuce**
- 1¾ oz **Cabbage**
- 1 whole **Roma tomato**
- 1 oz **Apple cider vinegar**
- ½ oz **Pepitas**
- 10 oz **Ground beef****
- 1 tsp **Cholula sauce**
- 1¼ tsp **Southwest seasoning**
- 2¼ oz **Creamy chimichurri with avocado mayo E**
- 2 oz **Guacamole**

WHAT YOU'LL NEED

- small pot
- medium sauté pan
- large bowl
- measuring cup & spoons
- cooking oil
- 1 tbsp sweetener
- salt & pepper

ALLERGENS

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 onion and bell pepper than needed.
**Ground beef is fully cooked when it's no longer pink.

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

- Cut ends off **red onion** and discard peel. Halve lengthwise; save one half for another use. Cut half of the remaining onion lengthwise into strips, about ¼ inch thick. Medium dice remaining onion into pieces, about ½ inch each.*
- Medium dice **red bell pepper**** into pieces, about ½ inch each.***
- Halve **romaine lettuce** lengthwise. Lay flat and slice across into ribbons, about ½ inch wide; discard root end.
- Roughly chop **cabbage**** if necessary.
- Medium dice **Roma tomato** into pieces, about ½ inch each.

**Use about ½ cup onion total, saving the rest for another day. If you have a food scale, use 8 ounces to stay under 35 grams of net carbs per serving.*

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

****Use about ½ cup bell pepper, saving the rest for another day. If you have a food scale, use 10 ounces to stay under 35 grams of net carbs per serving.*

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 PICKLE ONION

- Place **apple cider vinegar**, **onion strips**, and about ¼ cup water in a small pot over medium-high heat. Season with salt, pepper, and about 1 tablespoon of your preferred sweetener. Stir to combine. Bring to a boil, then reduce heat to medium low. Simmer about 15 minutes, or until liquid has mostly reduced, stirring occasionally.
- Remove from heat. Drain any excess liquid from pot.

3 TOAST PEPITAS

- Place **pepitas** in a dry medium sauté pan over medium heat. Toast 2-3 minutes, or until fragrant, shaking pan frequently.
- Transfer **pepitas** to a cutting board and allow to cool. Roughly chop.

4 COOK BEEF & VEGGIES

- Heat about 1 tablespoon cooking oil in pan used for pepitas over medium-high heat. Add **bell pepper** and **diced onion** to hot pan. Cook 2-3 minutes, or until veggies are just tender, stirring occasionally.
- Add **ground beef** and **Cholula sauce*** to taste. Season with **Southwest seasoning**, about ¼ teaspoon salt, and a pinch of pepper. Cook 4-5 minutes, or until fully cooked, breaking up **beef** into pieces.
- Remove from heat. Let cool about 5 minutes.

**If heat sensitive, use Cholula sauce sparingly, or omit entirely.*

5 MAKE SALAD

- Place **lettuce** and **cabbage** in a large bowl. Transfer cooled **beef and veggies** to bowl. Add about half of the **tomato** and about half of the **pepitas**. Drizzle with about half of the **creamy chimichurri with avocado mayo**. Toss to combine. Season with salt and pepper to taste.

6 PLATE YOUR DISH

- Divide **beef fajita taco salad** between bowls. Drizzle with remaining **creamy chimichurri**. Top with **guacamole**, **pickled onion**, remaining **tomato**, and remaining **pepitas**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (482g)

Amount per serving

Calories **710**

	% Daily Value*
Total Fat 55g	71%
Saturated Fat 13g	65%
Trans Fat 0g	
Cholesterol 105mg	35%
Sodium 820mg	36%
Total Carbohydrate 26g	9%
Dietary Fiber 7g	25%
Total Sugars 15g	
Includes 7g Added Sugars	14%
Protein 32g	
Vitamin D 0mcg	0%
Calcium 106mg	8%
Iron 6mg	35%
Potassium 746mg	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], **Creamy Chimichurri** (Yellow Onions, Parsley, Garlic, Dried Oregano, Sea Salt, Black Pepper, Crushed Red Pepper Flakes, Apple Cider Vinegar [apple cider vinegar], Lemon Juice [lemon], Olive Oil [olive oil], Avocado Oil Mayonnaise [avocado oil, organic certified humane free range egg yolks, water, distilled vinegar, salt, lime juice concentrate, citric acid, lime oil]), **Red Cabbage**, **Romaine Lettuce**, **Roma Tomatoes**, **Pepitas** [pumpkin seed kernels], **Red Onion**, **Bell Peppers**, **Cholula Sauce** [water, peppers (arbol & piquin), salt, vinegar, garlic powder, spices, xanthan gum], **Guacamole** [hass avocados, distilled vinegar, contains 2% or less of water, jalapeño peppers, salt, dehydrated onion, granulated garlic.], **Apple Cider Vinegar** [apple cider vinegar], **Southwest Seasoning** (Ground Cumin, Sweet Paprika, Smoked Paprika, Dried Oregano, Ground Coriander, Granulated Garlic)

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.

