



**GREEN  
CHEF**

## GREEK TURKEY & CAULIFLOWER “RICE” SKILLET

*kale, Kalamata olives, feta cheese, spiced crema*

### COOK TIME

20 MIN

### SERVINGS

2

### CALORIES PER SERVING

550

### NET CARBS PER SERVING

13 GRAMS

### MENU

KETO // GLUTEN-FREE

If a trip to Mykonos isn't in the cards, you can get a taste of the flavors of Greece from this one-skillet meal. It starts with our gyro-style seasoning, which is added to the ground turkey and lacinato kale as well as the crema topping. Cauliflower “rice” cooks in the skillet along with briny Kalamata olives and tomato paste. All that's left to do is garnish with feta and scallion. The entire meal is ready in 20 minutes—faster than booking a vacation!

### INGREDIENTS (9 ITEMS)

2¾ oz **Lacinato kale**  
1 whole **Scallion**  
¼ oz **Kalamata olives**  
3 oz **Sour cream** M  
1¼ tsp **Gyro-style seasoning**  
10 oz **Ground turkey\***  
9 oz **Cauliflower “rice”**  
1½ oz **Tomato paste**  
2 oz **Feta cheese** M

### WHAT YOU'LL NEED

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

### ALLERGENS

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.

\*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**

- Remove and discard any thick center stems from **lacinato kale**.<sup>\*</sup> Roughly chop leaves into bite-size pieces.
- Thinly slice **scallion**; discard root end.
- Roughly chop **Kalamata olives**.

*<sup>\*</sup>To quickly prep, hold the stem end with one hand; pinch and strip the leaves down and away with your other hand (like pulling a zipper!).*

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 SPICED CREMA**

- Place **sour cream** and about ½ teaspoon of the **gyro-style seasoning** in a small bowl. Add water 1 teaspoon at a time until mixture reaches a drizzling consistency. Stir to combine. Season with salt and pepper to taste.

3

**START SKILLET**

- Heat about 1½ tablespoons cooking oil in a large sauté pan over medium-high heat. Add **ground turkey**, **kale**, and about half of the **scallion** to hot pan. Season with remaining **gyro-style seasoning**, about ¼ teaspoon salt, and a pinch of pepper. Cook 4-5 minutes, or until turkey is fully cooked, breaking up **turkey** into pieces.

4

**FINISH SKILLET**

- Add **cauliflower "rice," olives, tomato paste**, and about ¼ cup water to pan. Season with about ¼ teaspoon salt and a pinch of pepper. Cook 3-4 minutes, or until cauliflower is tender, stirring occasionally. Season with salt and pepper to taste.

5

**PLATE YOUR DISH**

- Divide **Greek turkey and cauliflower "rice"** between bowls. Drizzle with **spiced crema**. Garnish with **feta cheese** and remaining **scallion**. Enjoy!



# Nutrition Facts

2 Servings per container

Serving size (419g)

Amount per serving

Calories 550

|                          | % Daily Value* |
|--------------------------|----------------|
| Total Fat 37g            | 47%            |
| Saturated Fat 13g        | 65%            |
| Trans Fat 0g             |                |
| Cholesterol 120mg        | 40%            |
| Sodium 1180mg            | 51%            |
| Total Carbohydrate 18g   | 7%             |
| Dietary Fiber 5g         | 18%            |
| Total Sugars 8g          |                |
| Includes 0g Added Sugars | 0%             |
| Protein 40g              |                |
| Vitamin D 0mg            | 0%             |
| Calcium 265mg            | 20%            |
| Iron 3mg                 | 15%            |
| Potassium 820mg          | 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 Turkey [turkey], Cauliflower, Tomato Paste [tomato paste, citric acid], Kalamata Olives [kalamata olives, water, red wine vinegar, sea salt], Scallions, Feta Cheese [pasteurized milk, cheese cultures, salt, enzymes, anti-caking agent (potato starch, powdered cellulose, natamycin)], Sour Cream [cultured cream], Lacinato Kale, Gyro-Style Seasoning (Dried Oregano, Onion Powder, Granulated Garlic, Black Pepper, Dried Parsley, Dried Thyme, Sweet Paprika, Cinnamon, Nutmeg)

Allergen information:  
Contains 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.