

GREEN CHEF

SPICY CHILI BEEF & VEGGIE STIR-FRY

roasted broccoli, Sriracha-lime aïoli, sesame seeds

COOK TIME	SERVINGS	CALORIES PER SERVING	NET CARBS PER SERVING	MENU
25 MIN	2	690	13 GRAMS	KETO // PALEO // GLUTEN-FREE // FAST & FIT

Tonight's stir-fry is perfect for a busy weeknight (or anytime you're craving bold flavors in a quick 25-minute meal). Stir-fried onion and red bell pepper join savory, chili-spiced ground beef, plus Sriracha-lime aïoli, for the perfect medley of flavors and heat level. Hearty roasted broccoli rounds out the meal.

INGREDIENTS (7 ITEMS)

6 oz	**Broccoli**
1 unit	**Red bell pepper**
1 whole	**Yellow onion**
10 oz	**Ground beef***
½ tsp	**Chili & ginger spice rub**
2 oz	**Sriracha-lime aïoli** (E)
1 tsp	**Black & white sesame seeds**

WHAT YOU'LL NEED

large sauté pan
baking sheet
medium bowl
measuring spoons
oven mitt
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.

Validated 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 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 for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

SPICY CHILI BEEF & VEGGIE STIR-FRY

1 START PREP & ROAST BROCCOLI

- Preheat oven to 400 degrees.
- Cut **broccoli** into bite-size pieces if necessary.
- Place **broccoli** in a medium bowl. Drizzle with 1½ tablespoons cooking oil. Season with ¼ teaspoon salt and a pinch of pepper. Stir to coat.
- Spread **broccoli** out in a single layer on a lightly oiled, foil-lined baking sheet. Roast 18-20 minutes, or until fork-tender, stirring halfway through.

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

- Cut **red bell pepper*** lengthwise into strips, about ¼ inch thick. Halve strips widthwise.
- Cut ends off **yellow onion** and discard peel. Halve lengthwise. Lay flat and cut lengthwise into strips, about ¼ inch thick.

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



3 START STIR-FRY

- Heat 1½ tablespoons cooking oil in a large sauté pan over medium heat. Add **bell pepper** and **onion** to hot pan. Season with a pinch of salt. Cook 3-4 minutes, or until onion is translucent, stirring occasionally.



4 FINISH STIR-FRY

- Add **ground beef** to pan. Season with **chili and ginger spice rub** and ¼ teaspoon salt. Cook 4-5 minutes, or until beef is fully cooked, breaking up **beef** into pieces.



5 PLATE YOUR DISH

- Divide **spicy chili beef and veggie stir-fry** and **roasted broccoli** between bowls. Drizzle with **Sriracha-lime aïoli** to taste. Garnish with **black and white sesame seeds**. Enjoy!



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Nutrition Facts

2 Servings per container

Serving size **(437g)**

Amount per serving

Calories 690

	% Daily Value*
Total Fat 55g	71%
Saturated Fat 13g	65%
Trans Fat 0g	
Cholesterol 110mg	37%
Sodium 1000mg	43%
Total Carbohydrate 18g	7%
Dietary Fiber 5g	18%
Total Sugars 9g	
Includes 0g Added Sugars	0%
Protein 31g	
Vitamin D 0mcg	0%
Calcium 112mg	8%
Iron 5mg	30%
Potassium 565mg	10%

* 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], **Broccoli**, **Bell Peppers**, **Sriracha-Lime Aïoli** (Avocado Oil Mayonnaise [avocado oil, organic certificated humane free range egg yolks, water, distilled vinegar, salt, lime juice concentrate, citric acid, lime oil], Lime Juice [lime], Sugar-Free Sriracha Sauce [roasted red peppers, tomato paste, vinegar, fresh jalapeño peppers, filtered water, pear juice concentrate, sea salt, Sriracha seasoning blend, smoked serrano powder, additional spices]), **Black & White Sesame Seeds** (White Sesame Seeds [hulled sesame seeds], Black Sesame Seeds [black sesame seeds]), **Chili & Ginger Spice Rub** (Dried Ginger, Chili Powder, Sea Salt, Black Pepper), **Yellow Onion**

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.