



**GREEN
CHEF**

CREAMY CHIMICHURRI STEAK

butternut squash with cotija, bell pepper, mushrooms, pepitas

COOK TIME

30 MIN

SERVINGS

2

CALORIES PER SERVING

780

NET CARBS PER SERVING

20 GRAMS

MENU

KETO // GLUTEN-FREE

It's steak night, and this dish—bursting with Latin flavors—is one to savor. Slices of ranch steak are topped with our creamy chimichurri sauce, toasted pepitas, and fresh cilantro. As with most steak dinners, the sides do not disappoint! Roasted butternut squash spiced with cumin, coriander, and oregano gets a sprinkle of cotija cheese. Even more veggies come to the plate via sautéed mushrooms, bell pepper, cabbage, and shallot for a bountiful keto-friendly meal.



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.

INGREDIENTS (11 ITEMS)

8¾ oz **Butternut squash***
1 tbs **Cumin, coriander & oregano**
4 oz **Cremini mushrooms**
1 unit **Red bell pepper**
1 whole **Shallot**
¼ oz **Cilantro**
½ oz **Pepitas**
1¾ oz **Cabbage**
2 (5 oz) **Ranch steaks****
¾ oz **Cotija cheese** M
2 oz **Creamy chimichurri with avocado mayo** E

WHAT YOU'LL NEED

medium & large sauté pans
baking sheet
medium bowl
measuring spoons
peeler
thermometer
oven mitt
cooking oil
salt & pepper

ALLERGENS

M MILK
E EGGS

*Due to the varying nature of organic produce, we may have sent a larger butternut 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 SEASON & ROAST SQUASH

- 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.**
- Place **squash** in a medium bowl. Drizzle with about 1½ tablespoons cooking oil. Season with salt, pepper, and about 1 teaspoon of the **cumin, coriander, and oregano**. Stir to coat.
- Spread **squash** out in a single layer on a lightly oiled, foil-lined baking sheet. Roast 18–20 minutes, or until fork-tender, stirring halfway through.

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

***Use about 1½ cups butternut squash total, 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.*

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 PREP

- Wipe **cremini mushrooms** clean with damp paper towels. Remove stems if desired. Cut into slices, about ¼ inch thick.
- Cut **red bell pepper*** lengthwise into strips, about ¼ inch thick.
- Cut ends off **shallot** and discard peel. Halve lengthwise; slice into strips, about ¼ inch each.
- De-stem **cilantro**; finely chop leaves.

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

3 TOAST PEPITAS

- Place **pepitas** in a dry, large sauté pan over medium heat. Toast 2–3 minutes, or until fragrant, shaking pan frequently.
- Transfer **pepitas** to a cutting board.

4 SAUTÉ VEGGIES

- Heat about 2 tablespoons cooking oil in pan used for pepitas over medium-high heat. Add **mushrooms, bell pepper, cabbage***, and **shallot** to hot pan. Season with salt and pepper. Cook 7–9 minutes, or until softened, stirring occasionally.**

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

***If the pan seems dry while cooking, add another 1–2 teaspoons cooking oil.*

5 COOK STEAKS

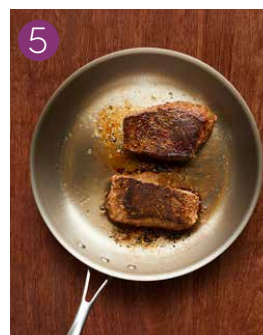
- Pat **ranch steaks** dry with paper towels. Season with salt, pepper, and remaining **cumin, coriander, and oregano**.
- Heat about 1 tablespoon cooking oil in a medium sauté pan over medium-high heat until shimmering. Add **steaks** to hot pan. Sear 3–6 minutes on each side, or until fully cooked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

6 FINISH SQUASH

- Sprinkle **squash** with **cotija cheese** and about half of the **cilantro**. Stir to combine. (Careful! Baking sheet is hot!)

7 PLATE YOUR DISH

- Cut **steaks** against the grain into 5–7 slices each.
- Divide **sautéed veggies** and **butternut squash with cotija** between plates. Fan **steak** alongside veggies. Drizzle steak with **creamy chimichurri with avocado mayo**. Garnish with **toasted pepitas** and remaining **cilantro**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (480g)

Amount per serving

Calories **780**

	% Daily Value*
Total Fat 61g	78%
Saturated Fat 11g	55%
Trans Fat 0g	
Cholesterol 90mg	30%
Sodium 820mg	36%
Total Carbohydrate 26g	9%
Dietary Fiber 6g	21%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 35g	
Vitamin D 0mcg	0%
Calcium 158mg	10%
Iron 6mg	35%
Potassium 1452mg	30%

* 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 [water, salt, sodium phosphate], **Cumin, Coriander & Oregano** (Ground Cumin, Ground Coriander, Dried Oregano), **Butternut Squash, Cotija Cheese** [pasteurized milk, salt, cheese cultures, enzymes, anti-caking agent [potato starch, corn starch, cellulose, natamycin (an all natural mold inhibitor)]], **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 certificated humane free range egg yolks, water, distilled vinegar, salt, lime juice concentrate, citric acid, lime oil]), **Cremini Mushrooms, Shallot, Bell Peppers, Red Cabbage, Pepitas** [pumpkin seed kernels], **Cilantro**

Allergen information:

Contains Egg 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.