



**GREEN  
CHEF**

# STEAK WITH MOLE SAUCE

*jasmine rice, cabbage & toasted pepita slaw*

## COOK TIME

30 MIN

## SERVINGS

2

## CALORIES PER SERVING

650

## MENU

GLUTEN-FREE

This gluten-free dish infuses bold and earthy Mexican flavors into rich, hearty steak. First, ranch steaks are marinated with a smoky cumin and coriander blend, plus a vegetable broth flavored with smoked paprika, chili powder, cinnamon, and cocoa powder. Once the steaks are seared, the marinade cooks down into a velvety mole-inspired pan sauce. On the side, there's fluffy jasmine rice (perfect for catching any runaway sauce), plus a tangy cabbage and pepita slaw.



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 (8 ITEMS)

½ cup	<b>Jasmine rice</b>
2 (5 oz)	<b>Ranch steaks*</b>
1 tsp	<b>Smoky cumin &amp; coriander blend</b>
2¾ oz	<b>Spiced vegetable broth</b> <span>T</span>
½ oz	<b>Pepitas</b>
3½ oz	<b>Cabbage</b>
¾ oz	<b>Red wine vinegar</b>
¾ oz	<b>Agave</b>

## WHAT YOU'LL NEED

small pot with lid  
medium sauté pan  
mixing bowls  
measuring cup & spoons  
whisk  
thermometer  
cooking & olive oils  
1 tbsp butter M  
salt & pepper

## ALLERGENS

- T TREE NUTS (coconut)
- M MILK

\*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 COOK RICE

- Bring **jasmine rice**, 1 cup water, and about ¼ teaspoon salt to a boil in a small pot. Stir, then reduce heat to medium low and cover pot with lid. Simmer 16-18 minutes, or until rice is tender and water has absorbed.
- Remove from heat. Let rest, covered, 3 minutes. Fluff with a fork.

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 MARINATE STEAK

- Pat **ranch steaks** dry with paper towels. Season both sides with **smoky cumin and coriander blend**, about ¼ teaspoon salt, and a pinch of pepper. Rub to evenly coat.
- Place **spiced vegetable broth** in a medium bowl. Add **steaks**. Turn to coat. Marinate at least 5 minutes, turning occasionally.

## 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. (Reserve pan.)

## 4 MAKE SLAW

- Roughly chop **cabbage\*** if necessary.
- Place **red wine vinegar**, **agave**, and about 1 tablespoon olive oil in a second medium bowl. Whisk to combine.
- Add **cabbage** and **pepitas** to bowl with **vinaigrette**. Toss to combine. Lightly season with salt and pepper to taste.

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

## 5 COOK STEAK

- Heat about 1½ tablespoons cooking oil in pan used for pepitas over medium-high heat. Once pan is hot, add **steaks** (reserve marinade). Sear 3-6 minutes on each side, or until fully cooked (or to desired doneness).
- Turn off heat. Transfer **steaks** to a cutting board. Let rest at least 3 minutes. Let pan used for steak cool for about 1 minute. Carefully wipe out pan.

## 6 MAKE MOLE SAUCE

- Return pan used for steak to stovetop over medium heat. Add reserved **marinade**, about 3 tablespoons water, and 1 tablespoon butter. Cook 1-2 minutes, or until sauce has slightly reduced, stirring occasionally.
- Remove pan from heat.

## 7 PLATE YOUR DISH

- Cut **steaks** against the grain into 5-7 slices each.
- Divide **jasmine rice** between bowls. Fan **steak** over top. Spoon **mole sauce** over top. Serve **cabbage** and **toasted pepita slaw** next to steak. Enjoy!



## Nutrition Facts

2 Servings per container

**Serving size** (335g)

**Amount per serving**

**Calories** 650

	% Daily Value*
<b>Total Fat</b> 34g	44%
Saturated Fat 9g	45%
Trans Fat 0g	
<b>Cholesterol</b> 85mg	28%
<b>Sodium</b> 1250mg	54%
<b>Total Carbohydrate</b> 54g	20%
Dietary Fiber 2g	7%
Total Sugars 9g	
Includes 7g Added Sugars	14%
<b>Protein</b> 32g	
Vitamin D 0mcg	0%
Calcium 40mg	4%
Iron 4mg	20%
Potassium 659mg	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:**

**Ranch Steak** [water, salt, sodium phosphate], **Spiced Vegetable Broth** (Vegetable Broth [water, carrots, celery, onions, leeks, tomato puree (tomatoes, sea salt, citric acid), mushrooms, garlic, spices, sea salt], Granulated Garlic, Ground Cumin, Dried Oregano, Chili Powder [chili pepper, paprika, oregano, cumin, garlic, salt, spices], Cocoa Powder [organic cocoa powder, non-alkaline processing], Sea Salt, Cinnamon, Smoked Paprika, Coconut Nectar [coconut tree sap], Red Wine Vinegar [aged red wine vinegar]), **Smoky Cumin & Coriander Blend** (Ground Cumin, Ground Coriander, Crushed Red Pepper Flakes, Granulated Garlic, Black Pepper, Dried Oregano, Smoked Paprika, Sea Salt), **Jasmine Rice** [jasmine rice], **Red Cabbage**, **Green Cabbage**, **Red Wine Vinegar** [aged red wine vinegar], **Agave** [organic agave syrup], **Pepitas** [pumpkin seed kernels]

**Allergen information:**

Contains Tree Nuts

*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.*