



**GREEN  
CHEF**

## PERUVIAN-STYLE BEEF BOWLS

*sweet potatoes, bell pepper, cabbage, tomato, aji verde*

### COOK TIME

30 MIN

### SERVINGS

2

### CALORIES PER SERVING

810

### NET CARBS PER SERVING

34 GRAMS

### MENU

PALEO // GLUTEN-FREE

Peruvian-inspired spices and a dreamy aji verde sauce elevate tonight's rustic beef and veggie bowls to a whole new level of deliciousness. Here, we dust the spices (think turmeric, paprika, and ancho chile powder) over pan-seared ground beef and stir-fried veggies for countless layers of flavor. A drizzle of the dairy-free aji verde sauce offers an herby, creamy accent in every colorful forkful.

### INGREDIENTS (8 ITEMS)

10¼ oz **Sweet potatoes**  
1¼ tsp **Peruvian-style spices**  
1 unit **Green bell pepper\***  
1 whole **Shallot**  
1 whole **Roma tomato**  
2¼ oz **Cabbage**  
10 oz **Ground beef\*\***  
2 oz **Dairy-free aji verde sauce** **E**

### WHAT YOU'LL NEED

large sauté pan  
baking sheet  
medium bowl  
measuring spoons  
oven mitt  
cooking oil  
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 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 SEASON & ROAST SWEET POTATOES

- Preheat oven to 400 degrees.
- Place **sweet potatoes** in a medium bowl. Drizzle with about 1½ tablespoons cooking oil. Season with about half of the **Peruvian-style spices**, about ½ teaspoon salt, and a pinch of pepper. Stir to coat.
- Spread **sweet potatoes** out in a single layer on a lightly oiled, foil-lined baking sheet. Roast 26–28 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 PREP

- Cut **green bell pepper**\* lengthwise into strips, about ¼ inch thick. Halve strips widthwise.\*\*
- Cut ends off **shallot** and discard peel. Halve lengthwise. Lay flat and cut lengthwise into strips, about ½ inch thick.
- Medium dice **Roma tomato** into pieces, about ½ inch each.

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

\*\*Use enough bell pepper to match the size of a baseball, saving the rest for another day. If you have a food scale, use 6 ounces to stay under 35 grams of net carbs per serving.

## 3 SAUTÉ VEGGIES

- Heat about 1½ tablespoons cooking oil in a large sauté pan over medium-high heat. Add **bell pepper**, **shallot**, and **cabbage**\* to hot pan. Cook 3–5 minutes, or until veggies begin to soften, stirring occasionally.

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

## 4 COOK BEEF

- Move **veggies** to sides of pan. Add **ground beef** to center of pan. Season **beef** with remaining **Peruvian-style spices**, about ¼ teaspoon salt, and a pinch of pepper. Cook 5–6 minutes, or until fully cooked, breaking up **beef** into pieces.

## 5 PLATE YOUR DISH

- Divide **sweet potatoes** between bowls. Top with **Peruvian-style beef and veggies**. Garnish with **tomato**. Drizzle with **dairy-free aji verde sauce**. Enjoy!





# Nutrition Facts

2 Servings per container

Serving size (503g)

Amount per serving

Calories 810

	% Daily Value*
Total Fat 60g	77%
Saturated Fat 13g	65%
Trans Fat 1g	
Cholesterol 115mg	38%
Sodium 1340mg	58%
Total Carbohydrate 42g	15%
Dietary Fiber 8g	29%
Total Sugars 12g	
Includes 0g Added Sugars	0%
Protein 31g	
Vitamin D 0mcg	0%
Calcium 106mg	8%
Iron 5mg	30%
Potassium 1306mg	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:  
Ground Beef [beef], Peruvian-Style Spices (Ancho Chili Powder, Ground Cumin, Turmeric, Sweet Paprika, Granulated Garlic, Smoked Paprika, Dried Orange Peel), Shallot, Bell Peppers, Roma Tomatoes, Red Cabbage, Sweet Potatoes, Dairy-Free Ají Verde (Avocado Oil Mayonnaise [avocado oil, organic eggs, organic egg yolks, organic vinegar, sea salt, organic rosemary extract], Cilantro, Onion Powder, Granulated Garlic, Sea Salt, Red Wine Vinegar [aged red wine vinegar], Lemon Juice [lemon])

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.