



**GREEN
CHEF**

MIDDLE EASTERN-STYLE BEEF BOWLS

cauliflower "rice," feta, almonds, cardamom-spiced yogurt

COOK TIME

20 MIN

SERVINGS

2

CALORIES PER SERVING

680

NET CARBS PER SERVING

10 GRAMS

MENU

KETO // GLUTEN-FREE

For this Middle Eastern-inspired bowl, cauliflower "rice" is lightly browned with turmeric for a beautiful golden hue. On top sits ground beef seasoned with our spicy cumin-allspice blend, along with tender zucchini and briny roasted red peppers. The bowls are finished with cardamom-spiced Greek yogurt for a cooling contrast and Cholula for a kick, plus a sprinkle of roasted almonds and crumbly feta for seriously satisfying texture.

INGREDIENTS (10 ITEMS)

- 1 whole **Zucchini**
- ½ oz **Roasted almonds** T
- 10 oz **Ground beef***
- 1¼ tsp **Spicy cumin-allspice blend**
- 1 oz **Roasted red peppers**
- 2 oz **Feta cheese** M
- 6½ oz **Cauliflower "rice"**
- ¼ tsp **Turmeric**
- 1¾ oz **Cardamom-spiced Greek yogurt** M
- 1 tsp **Cholula sauce**



CUSTOM CHEF

If you chose to modify your meal, follow the **Custom Chef** instructions on the flip side of this card.



10 oz Organic ground beef*
Calories: 690 Net Carbs: 10

*Ground beef is fully cooked when internal temperature reaches 160°.

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.

WHAT YOU'LL NEED

medium & large sauté pans
measuring spoons
thermometer
cooking oil
salt & pepper

ALLERGENS

- T TREE NUTS (almonds)
- 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.

1

PREP

- Trim ends from **zucchini***. Quarter lengthwise. Lay flat and slice across into quarter-moons, about ½ inch thick.
- Roughly chop **roasted almonds**.

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

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 SAUTÉ ZUCCHINI

- Heat about 1½ tablespoons cooking oil in a large sauté pan over medium-high heat. Add **zucchini** to hot pan. Season with about ¼ teaspoon salt and a pinch of pepper. Cook 2-3 minutes, or until zucchini begins to soften, stirring occasionally.

3 COOK BEEF

- Add **ground beef** to pan. Season with **spicy cumin-allspice blend**, about ¼ teaspoon salt, and a pinch of pepper. Cook 4-5 minutes, or until fully cooked, breaking up **beef** into pieces.
- Add **roasted red peppers**. Cook 1-2 minutes, or until peppers are warmed through, stirring occasionally.
- Remove from heat. Add about half the **feta cheese**. Stir to combine.

🔄 Swap in **organic ground beef** for ground beef.

4 COOK CAULIFLOWER "RICE"

- Heat about 1½ tablespoons cooking oil in a medium sauté pan over medium-high heat. Add **cauliflower "rice"** to hot pan. Season with **turmeric**, about ¼ teaspoon salt, and a pinch of pepper. Cook 3-4 minutes, or until lightly browned, stirring occasionally.

5 PLATE YOUR DISH

- Divide **cauliflower "rice"** between bowls. Top with **beef and veggies**. Drizzle with **cardamom-spiced Greek yogurt** and **Cholula sauce** to taste (or omit). Sprinkle with **almonds** and remaining **feta**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (446g)

Amount per serving

Calories **680**

	% Daily Value*
Total Fat 53g	68%
Saturated Fat 16g	80%
Trans Fat 1g	
Cholesterol 125mg	42%
Sodium 1470mg	64%
Total Carbohydrate 14g	5%
Dietary Fiber 4g	14%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 37g	
Vitamin D 0mcg	0%
Calcium 238mg	20%
Iron 4mg	20%
Potassium 1131mg	25%

* 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], **Turmeric**, **Cauliflower**, **Almonds** [almonds], **Zucchini**, **Roasted Red Peppers** [bell pepper], **Feta Cheese** [pasteurized milk, cheese cultures, salt, enzymes, anti-caking agent (potato starch, powdered cellulose, natamycin)], **Spicy Cumin-Allspice Blend** (Ground Cumin, Granulated Garlic, Onion Powder, Ground Coriander, Ground Cayenne Pepper, Allspice [pimento]), **Cardamom Greek Yogurt** (Greek Yogurt [pasteurized organic whole milk, organic sweet cream buttermilk, living yogurt cultures: L. acidophilous, L. bulgaricus, S. thermophilus, and Bifidobacterium lactis], Ground Cardamom, Ground Cayenne Pepper, Granulated Garlic, Sea Salt, Black Pepper, Lemon Juice [lemon]), **Cholula Sauce** [water, peppers (arbol & piquin), salt, vinegar, garlic powder, spices, xanthan gum]

Allergen information:

Contains Milk And 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.