



**GREEN
CHEF**

MIDDLE EASTERN PORK MEATBALLS

cauliflower tabbouleh with cucumber, tomato & feta cheese

COOK TIME

25 MIN

SERVINGS

2

CALORIES PER SERVING

690

NET CARBS PER SERVING

13 GRAMS

MENU

KETO // GLUTEN-FREE //
FAST & FIT

A savory blend of cumin, garlic, and fennel seed delivers bold flavor to these juicy meatballs, which are cooked in the oven rather than on the stovetop. The meatballs are served over our refreshing take on tabbouleh—made here with cauliflower “rice,” cucumber, tomato, and a cumin-herb lemon vinaigrette. Feta cheese adds irresistible creamy and briny notes over the top.

INGREDIENTS (8 ITEMS)

1 whole **Cucumber**
1 whole **Roma tomato**
10 oz **Ground pork***
1½ tsp **Cumin, garlic & fennel blend**
9 oz **Cauliflower “rice”**
2 oz **Feta cheese** M
1 oz **Cumin-herb lemon vinaigrette**
1¼ oz **Cilantro-turmeric tahini sauce**

WHAT YOU’LL NEED

medium & large sauté pans
baking sheet
mixing bowls
measuring spoons
box grater
thermometer
oven mitt
cooking oil
salt & pepper

ALLERGENS

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.

*Ground pork is fully cooked when internal temperature reaches 160 degrees.

Wash and dry fresh produce. Wash hands and surfaces after handling raw pork. Consuming raw or undercooked pork 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

PREP

- Preheat oven to 400 degrees.
- Peel **cucumber** if desired. Cut ends off. Grate on large holes of a box grater* onto a clean kitchen towel. Wring **cucumber** dry over sink to remove excess moisture.
- Small dice **Roma tomato** into pieces, about ¼ inch each.

**If you don't have a box grater, dice the cucumber into pieces, about ¼ inch thick.*

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 MEATBALLS

- Place **ground pork** in a medium bowl. Season with **cumin, garlic, and fennel blend**, ½ teaspoon salt, and about ¼ teaspoon pepper. Mix thoroughly to evenly distribute ingredients.*
- Form **pork** into 6-8 meatballs, about 1 inch in diameter.

**For best results, use your hands and gently fold the pork mixture into itself until the seasonings are evenly distributed.*

3

COOK MEATBALLS

- Place **meatballs** on a lightly oiled, foil-lined baking sheet. Roast until fully cooked, 16-18 minutes.

4

COOK CAULIFLOWER "RICE"

- Heat 2 tablespoons cooking oil in a medium sauté pan over medium-high heat. Add **cauliflower "rice"** to hot pan. Season with ¼ teaspoon salt and about ¼ teaspoon pepper. Cook 2-3 minutes, or until cauliflower begins to soften, stirring occasionally.
- Add about 2 tablespoons water. Cook 2-3 minutes, or until liquid has cooked off, stirring frequently. Remove from heat.

5

MAKE CAULIFLOWER TABBOULEH

- Transfer **cauliflower** to a large bowl. Add **cucumber, tomato**, and about half the **feta cheese**. Drizzle with **cumin-herb lemon vinaigrette** to taste. Stir to combine. Season with salt and pepper to taste.

6

PLATE YOUR DISH

- Divide **cauliflower tabbouleh** between bowls. Top with **pork meatballs**. Drizzle with **cilantro-turmeric tahini sauce** to taste. Garnish with remaining **feta cheese**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (525g)

Amount per serving

Calories **690**

	% Daily Value*
Total Fat 53g	68%
Saturated Fat 15g	75%
Trans Fat 0g	
Cholesterol 120mg	40%
Sodium 1460mg	63%
Total Carbohydrate 18g	7%
Dietary Fiber 5g	18%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 34g	
Vitamin D 0mcg	0%
Calcium 222mg	15%
Iron 3mg	15%
Potassium 1109mg	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:

Cauliflower, Roma Tomatoes, Cucumber, Seasoned Lemon Vinaigrette (Lemon Juice [lemon], White Wine Vinegar [aged white wine vinegar], Sea Salt, Ground Cumin, Parsley, Basil, Agave [organic agave syrup], Olive Oil [olive oil], Granulated Garlic), **Seasoned Tahini Sauce** (Tahini Sauce [sesame seeds], Garlic, Lemon Juice [lemon], Water, Sea Salt, Cilantro, Turmeric, Black Pepper, Ground Cayenne Pepper, Ascorbic Acid [ascorbic acid]), **Feta Cheese** [pasteurized milk, cheese cultures, salt, enzymes, anti-caking agent (potato starch, powdered cellulose, natamycin)], **Ground Pork** [pork], **Cumin, Garlic & Fennel Blend** (Ground Cumin, Granulated Garlic, Ground Coriander, Black Pepper, Ground Fennel)

Allergen information:

Contains 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.