



**GREEN
CHEF**

LEMON PEPPER TURKEY LETTUCE WRAPS

olives, almonds, feta, crema, cucumber tomato salad

COOK TIME

25 MIN

SERVINGS

2

CALORIES PER SERVING

590

NET CARBS PER SERVING

14 GRAMS

MENU

KETO // GLUTEN-FREE // MEDITERRANEAN

These lettuce wraps are stuffed full of flavor. To start, there's lemon pepper and herb-seasoned ground turkey, which simmers in a tomato broth with salty Kalamata olives. Those rich and savory flavors pair well with garnishes of crunchy almonds and salty feta. A drizzle of lemon pepper crema provides a cooling contrast on top, while a refreshing cucumber and tomato salad adds a tangy bite on the side.

INGREDIENTS (11 ITEMS)

½ oz **Roasted almonds** T
 1 whole **Cucumber**
 1 whole **Roma tomato**
 5¼ oz **Romaine lettuce**
 ⅞ oz **Kalamata olives**
 1 oz **Sour cream** M
 1¼ tsp **Lemon pepper & herb seasoning**
 1¼ oz **Lemon chive-vinaigrette** T
 10 oz **Ground turkey***
 1½ oz **Tomato paste**
 2 oz **Feta cheese** M

WHAT YOU'LL NEED

medium sauté pan
 mixing bowls
 measuring cup & spoons
 thermometer
 cooking oil
 salt & pepper

ALLERGENS

T TREE NUTS (almonds, coconut)
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 turkey is fully cooked when internal temperature reaches 165°.

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

- Roughly chop **roasted almonds**.
- Cut ends off **cucumber**. Peel if desired. Halve lengthwise. Lay flat and slice across into half-moons, about ¼ inch thick.
- Medium dice **Roma tomato** into pieces, about ½ inch each.
- Cut root end off **romaine lettuce**. Separate six large **leaves**. Lay remaining **lettuce** flat and slice across into ribbons, about ¼ inch wide.
- Roughly chop **Kalamata olives**.

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

MAKE CREMA

- Place **sour cream** and ½ teaspoon **lemon pepper and herb seasoning** in a small bowl. Lightly season with salt and pepper. Add water 1 teaspoon at a time until mixture reaches a drizzling consistency.

3

TOAST ALMONDS

- Place **almonds** in a dry, medium sauté pan over medium heat. Toast 2-3 minutes, or until fragrant, shaking pan frequently.
- Transfer **almonds** to a plate and allow to cool. (Reserve pan.)

4

MAKE SALAD

- Place **cucumber**, **tomato**, and **sliced lettuce** in a large bowl. Add **lemon chive-vinaigrette**. Toss to combine. Season with salt and pepper to taste.

5

COOK TURKEY

- Heat 1½ tablespoons cooking oil in pan used for almonds over medium heat. Add **ground turkey**. Season with remaining **lemon pepper and herb seasoning**, ¼ teaspoon salt, and a pinch of pepper. Cook 4-5 minutes, or until fully cooked, breaking up **turkey** into pieces.
- Add **tomato paste**, **olives**, and ¼ cup water. Cook, stirring occasionally, until slightly thickened, 1-2 minutes. Season with salt and pepper to taste.

6

PLATE YOUR DISH

- Divide **whole lettuce leaves** between plates. Fill with **lemon pepper turkey**. Garnish with **toasted almonds** and **feta cheese**. Drizzle with **crema**. Serve **cucumber tomato salad** on the side. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (500g)

Amount per serving

Calories 590

	% Daily Value*
Total Fat 43g	55%
Saturated Fat 11g	55%
Trans Fat 0g	
Cholesterol 100mg	33%
Sodium 1230mg	53%
Total Carbohydrate 19g	7%
Dietary Fiber 5g	18%
Total Sugars 9g	
Includes 0g Added Sugars	0%
Protein 39g	
Vitamin D 1mcg	6%
Calcium 238mg	20%
Iron 3mg	15%
Potassium 1140mg	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 Turkey [turkey], **Romaine Lettuce**, **Sour Cream** [cultured cream], **Tomato Paste** [tomato paste, citric acid], **Almonds** [almonds], **Feta Cheese** [pasteurized milk, cheese cultures, salt, enzymes, anti-caking agent (potato starch, powdered cellulose, natamycin)], **Cucumber**, **Roma Tomatoes**, **Kalamata Olives** [kalamata olives, water, red wine vinegar, sea salt], **Lemon-Chive Vinaigrette** (Chives, Dijon Mustard [water, organic mustard seeds, organic vinegar, salt, organic turmeric, organic spices], Apple Cider Vinegar [apple cider vinegar], Lemon Juice [lemon], Coconut Nectar [coconut tree sap], Sea Salt, Black Pepper, Olive Oil [olive oil]), **Lemon Pepper & Herb Seasoning** (Granulated Garlic, Lemon-Pepper Herb Blend [lemon peel, black pepper, garlic, onion], Dried Oregano, Dried Parsley, Ground Cumin, Sea Salt)

Allergen information:

Contains Tree Nuts 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.