



FARM-FRESH SELECTS

**GREEN
CHEF**

CHIMICHURRI BEEF & SUMMER VEGGIE SALAD

kale, roasted fingerlings, sautéed squash, corn, tomato

COOK TIME

30 MIN

SERVINGS

2

CALORIES PER SERVING

850

MENU

GLUTEN-FREE

Celebrate summer with this nourishing salad featuring the season's freshest produce. Delicate fingerling potatoes are roasted with oregano and garlic, then tossed with sweet corn, hearty red kale, and sautéed yellow squash. Juicy tomato and scallion greens brighten the dish, while premium beef tenderloin and a drizzle of creamy chimichurri top things off with flair. Colorful and flavorful, with a farmers market feel—it's the best of summer in a salad!

INGREDIENTS (10 ITEMS)

9¾ oz **Fingerling potatoes**
1½ tsp **Oregano-garlic seasoning**
1 whole **Yellow squash**
2¾ oz **Red kale**
1 whole **Roma tomato**
1 whole **Scallion**
2 (5 oz) **Beef tenderloins***
¼ tsp **Granulated garlic**
1½ oz **Corn**
2 oz **Creamy chimichurri sauce** E S

WHAT YOU'LL NEED

large sauté pan
baking sheet
mixing bowls
measuring spoons
thermometer
oven mitt
cooking & olive oils
salt & pepper

ALLERGENS

E EGGS
S SOY



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.

*Beef is fully cooked when internal temperature reaches 145°.

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 ROAST POTATOES

- Preheat oven to 425 degrees.
- Slice **fingerling potatoes*** widthwise into coins, about ½ inch thick.
- Place **potatoes** in a medium bowl. Drizzle with about 1½ tablespoons cooking oil. Season with half the **oregano-garlic seasoning**. Lightly season with salt and pepper. Stir to coat.
- Spread **potatoes** out in a single layer on a lightly oiled, foil-lined baking sheet. Roast 20–22 minutes, or until fork-tender, stirring halfway through.
- Allow **potatoes** to cool for at least 5 minutes.

**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 PREP

- Trim ends from **yellow squash***. Halve lengthwise. Lay flat and slice across into half-moons, about ½ inch thick.
- Remove and discard any thick center stems** from **red kale***. Roughly chop leaves into bite-size pieces.
- Small dice **Roma tomato** into pieces, about ¼ inch each.
- Trim and thinly slice **scallion**.

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

***To quickly prep, hold the stem end with one hand; pinch and strip the leaves down and away with your other hand (like pulling a zipper!).*

3 SEASON & SEAR BEEF

- Season **beef tenderloins** with remaining **oregano-garlic seasoning**, salt, and pepper.
- Heat about 1½ tablespoons cooking oil in a large sauté pan over medium heat. Add **beef** to hot pan. Sear 4–6 minutes on each side, or until fully cooked (or to desired doneness).
- Transfer **beef** to a cutting board. Let rest for at least 3 minutes.

4 SAUTÉ SQUASH

- Heat about 1½ tablespoons cooking oil in pan used for beef over medium-high heat. Add **squash** and **granulated garlic** to hot pan. Season with about ¼ teaspoon salt and a pinch of pepper. Cook 4–5 minutes, or until squash is tender, stirring occasionally.

5 MAKE SALAD

- Place **kale** in a large bowl. Drizzle with about 1 teaspoon olive oil. Lightly season with salt. Massage until leaves soften.
- Add **sautéed squash**, **corn**, **roasted potatoes**, and about half the **creamy chimichurri sauce**. Toss to combine.

6 PLATE YOUR DISH

- Cut **beef tenderloins** against the grain into 5–7 slices each.
- Divide **summer veggie salad** between plates. Garnish with **tomato** and **scallion**. Fan **beef** over top. Drizzle with remaining **creamy chimichurri sauce**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (550g)

Amount per serving

Calories 850

	% Daily Value*
Total Fat 61g	78%
Saturated Fat 11g	55%
Trans Fat 0g	
Cholesterol 95mg	32%
Sodium 570mg	25%
Total Carbohydrate 40g	15%
Dietary Fiber 7g	25%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 36g	
Vitamin D 0mcg	0%
Calcium 106mg	8%
Iron 7mg	40%
Potassium 1017mg	20%

* 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:
Beef Tenderloin [beef], **Fingerling Potatoes**, **Roma Tomatoes**, **Yellow Squash**, **Scallions**, **Corn** [corn], **Granulated Garlic**, **Red Kale**, **Oregano-Garlic Seasoning** (Dried Oregano, Granulated Garlic, Onion Powder, Dried Parsley), **Creamy Chimichurri** (Yellow Onions, Parsley, Garlic, Dried Oregano, Sea Salt, Black Pepper, Crushed Red Pepper Flakes, Apple Cider Vinegar [apple cider vinegar], Lemon Juice [lemon], Sunflower Oil [high oleic sunflower oil], Mayonnaise [organic expeller pressed soybean oil, water, organic egg yolks, organic whole eggs, organic distilled white vinegar, salt, organic white mustard (organic distilled vinegar, water, organic mustard seeds, salt, organic spices), organic lemon juice concentrate])

Allergen information:
Contains Egg And Soy

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.