



COOK TIME **25 MIN**

CALORIES PER SERVING **860**

NET CARBS PER SERVING **13 GRAMS**



CHEESY ARTICHOKE BEEF PATTIES

cauliflower "rice" with kale, almonds, sunflower basil sauce

Who among us hasn't wondered, "Can I just eat cheesy artichoke dip for dinner?" Here, you'll do just that. Beef patties are seasoned with an Italian herb and red pepper blend, pan seared, then topped with a pillowy ricotta, nutty Parmesan, and artichoke blend. Next, they're broiled until the meat is juicy and the topping is melty. They're served over cauliflower "rice" with kale and topped with a sunflower basil sauce for a pop of herby freshness. Moral of the story: You can eat artichoke dip for dinner!

2 SERVINGS 4 SERVINGS		INGREDIENTS
1¼ oz	2½ oz	Artichoke hearts
2¾ oz	5½ oz	Kale
½ oz	1 oz	Roasted almonds T
4 oz	8 oz	Ricotta cheese M
1 oz	2 oz	Parmesan cheese M
10 oz	20 oz	Ground beef*
¾ tsp	1½ tsp	Italian herb & red pepper blend
6½ oz	13 oz	Cauliflower "rice"
2¼ oz	4½ oz	Sunflower basil sauce T

CUSTOM CHEF

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

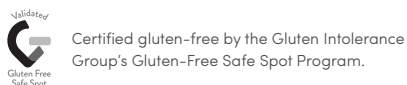
	10 oz	20 oz	Organic ground beef*
	Calories: 810	Net Carbs: 13 grams	
	10 oz	20 oz	Ground turkey**
	Calories: 700	Net Carbs: 14 grams	

WHAT YOU'LL NEED

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

ALLERGENS

- T TREE NUTS (almonds, coconut)
- M MILK



GREEN CHEF IS PROUD to be a USDA Certified Organic company. All produce and eggs are organic unless otherwise labeled.

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

**Ground turkey is fully cooked when internal temperature reaches 165°.

Wash and dry fresh produce. Wash hands and surfaces after handling raw meat or poultry. Consuming raw or undercooked meat or poultry may increase your risk of foodborne illness. Go to greenchef.com/faq for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

1 PREP

- Set oven to broil.
- Roughly chop **artichoke hearts**.
- Remove and discard any thick center stems* from **kale**. Roughly chop leaves into bite-size pieces.
- Roughly chop **roasted almonds**.

**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!).*

2 MIX CHEESE & ARTICHOKE

- Place **ricotta cheese**, **Parmesan cheese**, and **artichokes** in a small bowl. Season with ¼ teaspoon salt (**½ teaspoon for 4 servings**) and a pinch of pepper. Stir to combine.

3 SEASON & FORM PATTIES

- Place **ground beef** in a medium bowl. Season with **Italian herb and red pepper blend**. Mix thoroughly to evenly distribute seasoning.
- Form **beef** into two patties (**four patties for 4 servings**), about ¼ inch thick.* Season with salt and pepper.

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

**To help your patties keep their shape, make a small indentation in the center of each.*

4 SEAR PATTIES

- Heat 1 tablespoon cooking oil in a large oven-safe sauté pan over medium-high heat. Add **patties** to hot pan. Cook about 3 minutes on one side, or until lightly browned. Remove from heat.

5 BROIL PATTIES

- Flip **patties**. Top with **cheese and artichoke mixture**. Transfer pan to oven. Broil 3-5 minutes, or until cheese melts and patties are fully cooked.*

**To keep your hands safe, slide a silicone cover (or pot holder) over the handle of the hot pan once it comes out of the oven.*

6 COOK CAULIFLOWER "RICE"

- Heat 1½ tablespoons olive oil in a large sauté pan over medium heat. Add **cauliflower "rice," kale**, and **almonds** to hot pan. Season with ¼ teaspoon salt (**½ teaspoon for 4 servings**) and a pinch of pepper. Cook 3-4 minutes, or until cauliflower is lightly browned, stirring frequently.
- Add 1-2 tablespoons water (**2-4 tablespoons for 4**). Cook 4-6 minutes, or until cauliflower is tender and liquid has cooked off, stirring occasionally.
- Add about 2 tablespoons **sunflower basil sauce** (**4 tablespoons for 4**). Stir to combine. Season with salt and pepper to taste.*

**Taste the cauliflower "rice" after seasoning and adjust as needed. Adding salt and pepper throughout the cooking process is key to a delicious dish.*

7 PLATE YOUR DISH

- Divide **cauliflower "rice" with kale** between plates. Top with **cheesy artichoke beef patties**. Drizzle with remaining **sunflower basil sauce**. Enjoy!



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Cheesy Artichoke Beef Patties

Nutrition Facts

2 servings per container

Serving size

1 (432g)

Amount per serving

Calories

860

% Daily Value*

Total Fat 71g **91%**

Saturated Fat 21g **105%**

Trans Fat 2g

Cholesterol 130mg **43%**

Sodium 780mg **34%**

Total Carbohydrate 18g **7%**

Dietary Fiber 5g **18%**

Total Sugars 5g

Includes 0g Added Sugars **0%**

Protein 43g

Vitamin D 0mcg 0%

Calcium 452mg 35%

Iron 5mg 30%

Potassium 1019mg 20%

* The % Daily Values (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.

INGREDIENTS: GROUND BEEF, CAULIFLOWER, RICOTTA CHEESE (WHOLE MILK, SKIM MILK, STARTER, TRACE OF SALT), KALE, BASIL PISTOU (OLIVE OIL, LEMON JUICE, WHITE BALSAMIC VINEGAR (AGED WHITE WINE VINEGAR AND MUST OF WHITE GRAPES), YELLOW ONION, BASIL, SUNFLOWER SEEDS, COCONUT NECTAR (100% ORGANIC COCONUT BLOSSOM SAP), GINGER PUREE (GINGER), GARLIC, SEA SALT, BLACK PEPPER), ARTICHOKE HEARTS (HEARTS OF ARTICHOKE, WATER, SALT, CITRIC ACID), OLIVE OIL**, PARMESAN CHEESE (PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES, ANTI-CAKING AGENT (POTATO STARCH POWDERED CELLULOSE, NATAMYCIN)), ALMONDS, ITALIAN SPICE BLEND (GRANULATED GARLIC, ITALIAN HERB BLEND (BASIL, ROSEMARY, MARJORAM, OREGANO, THYME), ONION POWDER, PARSLEY, RED PEPPER FLAKES (CHILI FLAKES)), SALT**.

CONTAINS: ALMONDS, COCONUT, MILK

**Information derived from the USDA's FoodData Central is used in the nutrition analysis, ingredient list, and allergen declaration of pantry items. Pantry items are found in the "What You'll Need" section of the recipe card.

Perishable Keep Refrigerated. It is recommended to consume recipes with shellfish and fish first. Produced in a facility that processes milk, eggs, fish, shellfish, tree nuts, peanuts, wheat, sesame, and soy beans.

Net Wt. 28.8oz (816.4g)

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Net Wt. 57.6oz (1632.8g)