



**GREEN  
CHEF**

# MEDITERRANEAN MEATBALLS

*Kale, cauliflower, artichokes & sun-dried tomatoes*

## COOK TIME

30 MIN

## SERVINGS

2

## CALORIES PER SERVING

400

## NET CARBS PER SERVING

16 GRAMS

## MENU

KETO // GLUTEN-FREE

Savor Mediterranean flavors in this colorful dish. Ground beef mixed with a Mediterranean-style seasoning (featuring basil, oregano, rosemary, and thyme) is formed into meatballs, then simmered in a tomato and roasted red pepper sauce. They're served over cauliflower "rice" strewn with kale, artichokes, and sun-dried tomatoes. Feta cheese crumbles garnish the dish.

## INGREDIENTS (8 ITEMS)

10 oz **Ground beef**  
1 tbs **Mediterranean-style seasoning**  
½ cup **Tomato & roasted red pepper sauce**  
2 tbs **Feta cheese** D  
2 ½ cups **Cauliflower "rice"**  
2 ½ oz **Red kale\***  
1 ¼ oz **Artichoke hearts**  
½ oz **Sun-dried tomatoes**

## WHAT YOU'LL NEED

medium baking dish  
large sauté pan  
mixing bowls  
measuring cup & spoons  
oven mitt  
thermometer

## ALLERGENS

D DAIRY



Certified gluten-free by the Gluten Intolerance Group's Gluten-Free Food Service (GFFS) program.

**GREEN CHEF IS PROUD** to be a USDA Certified Organic company. All produce is organic unless otherwise labeled.

\*You may receive a different color variety of this ingredient.

Wash and dry fresh produce. Wash hands and surfaces after handling raw meat. Consuming raw or undercooked meat can be harmful to your health. Go to [help.greenchef.com](http://help.greenchef.com) for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at [help@greenchef.com](mailto:help@greenchef.com)

# 1 PREP TOMATOES

- Preheat oven to 400 degrees.
- Place **sun-dried tomatoes** in a small bowl. Cover with warm tap water. Let soak for at least 5 minutes, or until softened.
- Roughly chop **tomatoes**.



# 2 PREP ARTICHOKES & KALE

- Roughly chop **artichoke hearts**.
- Remove center stems from **red kale**. Slice **stems** into about ¼-inch pieces. Roughly chop **leaves**.



# 3 FORM MEATBALLS

- Place **ground beef** in a medium bowl. Drizzle with about 1 tablespoon cooking oil. Season with **Mediterranean-style seasoning**, about ¼ teaspoon salt, and about ¼ teaspoon pepper. Mix thoroughly to evenly distribute seasoning.
- Form **mixture** into 10-12 meatballs, about 1-inch in diameter.

# 4 BAKE MEATBALLS

- Place **tomato and roasted red pepper sauce** and ¼ cup water in a medium baking dish. Stir to combine. Add **meatballs** to baking dish.
- Transfer baking dish to oven. Bake 8-10 minutes, or until meatballs are fully cooked.\*

*\*Take Note: Ground beef is fully cooked when internal temperature reaches 160 degrees.*



# 5 START VEGGIES

- Heat about 1 ½ tablespoons cooking oil in a large sauté pan over medium heat. Add **cauliflower "rice"** to hot pan. Season with salt and pepper. Stir. Cook 3-5 minutes, or until cauliflower is tender, stirring occasionally.
- Add **sun-dried tomatoes**, **artichokes**, and **kale stems**. If pan is dry, add 1-2 teaspoons cooking oil. Stir to combine. Cook 4-5 minutes, or until kale stems are tender, stirring occasionally.



# 6 FINISH VEGGIES

- Add **kale leaves** to pan with cauliflower. Stir to combine. Cook 2 minutes, or until kale leaves are just wilted, stirring occasionally. Salt and pepper to taste.

# 7 PLATE YOUR DISH

- Divide **cauliflower "rice" with veggies** between plates. Top with **meatballs and sauce**. Garnish dish with **feta cheese**.
- Enjoy!

