



# BAVARIAN SAUSAGE & VEGGIE BOWL

*Roasted butternut squash, creamy mustard sauce*

<b>COOK TIME</b> 30 MIN	<b>SERVINGS</b> 2	<b>CALORIES PER SERVING</b> 440	<b>NET CARBS PER SERVING</b> 20 GRAMS	<b>MENU</b> KETO // GLUTEN-FREE
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A German-inspired dish, updated for the keto palate. Savory pork sausages are pan-seared to a juicy finish. They're served over a bed of red cabbage and kale — seasoned with a Bavarian spice blend, then braised in apple cider vinegar. Roasted butternut squash lends the dish subtly sweet flavors, while a stone-ground mustard sauce adds both creamy and tangy notes throughout.

### INGREDIENTS (9 ITEMS)


- 6 oz **Italian pork sausages**
- 6 oz **Butternut squash**
- 1 small **Red onion**
- ¼ cup **Creamy mustard sauce** D
- 7 oz **Red cabbage\***
- 2 ¾ oz **Green kale\***
- 1 ½ tsp **Bavarian spice blend**
- 1 ½ tbsp **Apple cider vinegar**
- ½ tbsp **Butter** D

### WHAT YOU'LL NEED

- large sauté pan with lid
- medium sauté pan
- baking sheet
- measuring cup & spoons
- peeler
- 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 different color varieties of these ingredients.

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

- Preheat oven to 400 degrees.
- Remove any seeds from **butternut squash** with a spoon. Carefully peel with a sharp peeler.\* Medium dice into about ½-inch pieces.
- Remove center stems from **green kale**. Slice **stems** into about ¼-inch pieces. Roughly chop **leaves** into bite-size pieces.
- Cut ends off **red onion** and discard peel. Halve lengthwise. Lay flat and cut lengthwise into about ¼-inch thick strips.

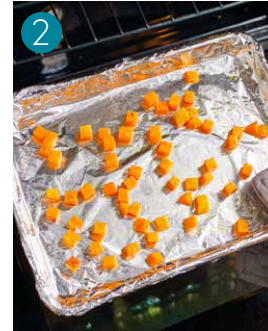
*\*Another Option: If you don't have a sharp peeler, carefully remove peel with a sharp knife. Lay squash flat, then cut away from your body using curved, downward cuts.*



## 2 ROAST SQUASH

- Place **squash** on a lightly oiled foil-lined baking sheet. Drizzle with about 1 ½ tablespoons cooking oil. Season with salt and pepper. Stir to coat. Spread out in an even layer.
- Transfer baking sheet to oven. Roast 10-12 minutes, or until fork tender.

See Step 6 to finish.



## 3 BRAISE CABBAGE

- Place **butter** in a large sauté pan over medium-high heat. Cook 1-2 minutes, or until butter is melted, stirring occasionally.
- Add **red cabbage** to pan. Drizzle with about 1 tablespoon cooking oil. Season with salt and pepper. Stir. Cook 3-5 minutes, or until cabbage softens, stirring occasionally.
- Add **apple cider vinegar** and ¾ cup water. Season with **Bavarian spice blend**. Stir. Bring to a simmer, then reduce heat to medium-low. Cover pan with a lid. Cook 10-15 minutes, or until liquid is absorbed, stirring occasionally.

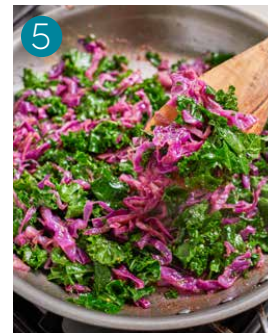
See Step 5 to finish.



## 4 COOK SAUSAGES

- Heat about 1 ½ tablespoons cooking oil in a medium sauté pan over medium-high heat. Add **Italian pork sausages** to hot pan. Cook 5-8 minutes, or until sausages are fully cooked, turning occasionally.\* Transfer **sausages** to cutting board.

*\*Take Note: Pork sausages are fully cooked when internal temperature reaches 160 degrees.*



## 5 FINISH CABBAGE & KALE

- Add **kale leaves** to pan with cabbage; stir. Cook 2 minutes, or until kale leaves are tender, stirring occasionally. Salt and pepper to taste. Remove from heat.

## 6 FINISH SQUASH

- Heat about 1 ½ tablespoons cooking oil in pan used for sausages over medium heat. Add **onion** and **kale stems** to hot pan. Season with salt and pepper. Stir to combine. Cook 2-3 minutes, or until onion is tender, stirring occasionally.
- Reduce heat to low. Transfer **squash** to pan. Add **creamy mustard sauce** and 1 tablespoon water. Season with salt and pepper. Stir to combine. Cook about 1 minute, or until sauce slightly thickens, stirring occasionally.

## 7 PLATE YOUR DISH

- Cut **sausages** into 5-7 slices each.
- Divide **braised cabbage and kale** between plates. Top with **sausages** and **roasted butternut squash and onion**.
- Enjoy!

