



## #1 Keto-Friendly Pack:

Add a Protein Variety Pack to your Box!



Cooking Time



2 Servings

Where's the beef? It's in this protein pack! And, if you follow a keto diet (or just really love a succulent burger or juicy steak!) then you're going to want to add one (or more) to your next box. Each pack includes our tasty ranch steaks and grass-fed ground beef-an impressive duo. Both are quick to cook and sure to please!



## What we send

- 10 oz ground beef
- 2 sirloin steaks

## What you need

- Your choice!

## Tools

- choose your own cooking adventure!

**Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.**

**For recipes containing garlic, you'll find one head of garlic in your box.**

**We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.**

### Allergens

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

### Nutrition per serving

Calories 550kcal, Fat 35g, Proteins 58g



### 1. Cheesesteak Lettuce Wraps

One of the best parts of following a keto diet is that what you lose in bread and pasta, you can make up for with cheese! Mimic a crowd-pleasing favorite-Philly Cheesesteaks-but make them protein-style! Throw the steaks on the grill or in a cast-iron skillet, and cook until desired doneness. Slice the steak and pile it into crisp romaine leaves, along with veggies and a blanket of cheese sauce!



### 4. Protein-style Burger

The path to a keto-friendly burger is paved with crispy lettuce leaves! Make a single (or double) smash burger in your skillet, and don't forget your favorite cheese-we like blue cheese for a change. Wrap the burger up in bibb lettuce leaves. But, don't stop there! Add your favorite burger toppings!



### 2. Side of Cauliflower Mash

An indisputable culinary fact is that a side of mashed potatoes is a great match for beef of all sorts! But, if you're eating keto, then potatoes are a no go. The good news is that you can still have your mash and eat it too! Just sub in chopped cauliflower instead of potatoes. Once tender, mash along with milk or cream and some butter. Don't forget the salt and pepper!



### 5. Zucchini Noodle Ragu

Break out your spiralizer (or other handy julienne tool like a mandoline) and make a batch of zucchini noodles! Heat a bit of oil in a large skillet and add the noodles. Season and cook for 3-4 minutes then drain in a colander, letting the moisture drip out. Make an easy weeknight meat sauce by starting with olive oil, minced garlic, and canned tomatoes. Mix in your zucchini noodles, top with Parm!



### 3. Carne Asada Salad




Marinate the steaks in a mixture of chopped jalapeños, garlic, cilantro, orange or lime juice (or both), and olive oil. Cook on the grill or in a hot cast-iron skillet. As it cooks, throw together a salad using your favorite taco toppings as inspiration. Shredded romaine or cabbage, scallions, tomatoes, avocado, olives, pickled jalapeños, and, if your diet allows, crisp tortilla strips!



### 6. Meatball Stir-Fry

A stir-fry is an easy and tasty way to load up on veggies! Make meatballs: mix beef with a beaten egg, salt, pepper, grated ginger and garlic and, if your diet allows, a bit of panko. Brown in a bit of oil in a hot skillet. Remove from skillet and quickly stir-fry your favorite veggies. Transfer meatballs back to skillet, add some liquid aminos or tamari, and cook until beef is cooked through.

Questions about the recipe? Cooking hotline: **866-228-4513** (Mon - Fri 9AM-9PM)

View the recipe online by visiting your account at [marleyspoon.com](https://marleyspoon.com)    **#marthaandmarleyspoon**