



CHICKEN VEGGIE BOWL

Butternut squash, broccoli & apple, couscous, nuts

COOK TIME
40 MIN

SERVINGS
2

CALORIES PER SERVING
510

Sweet and earthy flavors mingle in this comforting one-pan meal. Chicken and butternut squash, seasoned with a bay-paprika spice blend, are sautéed with broccoli and apple. Whole-wheat couscous and herbs join the pan next for another layer of texture and flavor. A lemon-yogurt sauce lends the dish a creamy touch, while toasted cashews add a subtle crunch on top.

INGREDIENTS (11 ITEMS)

- 12 oz **Chicken tenders**
- ½ cup **Whole-wheat pearl couscous** W
- 1 tbsp **Bay-paprika spice blend**
- ⅛ oz **Sage**
- ⅛ oz **Rosemary**
- ⅛ oz **Thyme**
- 1 whole **Gala apple**
- 5 ¼ oz **Broccoli**
- 5 ¼ oz **Butternut squash**
- ¼ cup **Cashews** T
- ¼ cup **Lemon-yogurt sauce** D

WHAT YOU'LL NEED

- basic cooking tools
- basic pantry items
- large sauté pan with lid
- measuring cup & spoons
- thermometer
- peeler

ALLERGENS

- T TREE NUT
- W WHEAT
- D DAIRY

Green Chef is a USDA Certified Organic company. Look for the "USDA Organic" seal on our ingredients.

Wash and dry fresh produce. Wash hands and surfaces after handling raw poultry. Consuming raw or undercooked poultry can be harmful to your health. Go to help.greenchef.com for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at help@greenchef.com



1 TOAST CASHEWS

- Place **cashews** in a dry large sauté pan over medium-high heat. Toast 2-3 minutes, or until fragrant, shaking pan frequently.
- Transfer nuts to cutting board. Roughly chop cooled nuts.



2 PREP SQUASH, BROCCOLI & APPLE

- Remove any seeds from **butternut squash** with a spoon. Peel squash. Small dice into about ¼-inch pieces.
- Cut **broccoli** into bite-size pieces, if needed.
- Stand **Gala apple** upright and cut off sides around core; discard core. Small dice into about ¼-inch pieces.



3 PREP HERBS

- De-stem **sage, rosemary, and thyme**; finely chop leaves together.

4 SAUTÉ CHICKEN & SQUASH

- Cut **chicken tenders** into bite-size pieces.
- Heat about 1 ½ tablespoons cooking oil in pan used for nuts over medium-high heat. Add chicken and **squash** to hot pan. Season with **bay-paprika spice blend**, salt, and pepper. Stir. Cook 4-6 minutes, or until chicken is browned, stirring occasionally.

5 ADD BROCCOLI & APPLE

- Add **broccoli** and **apple** to pan with chicken and squash; stir. Cook 2 minutes, undisturbed.



6 ADD COUSCOUS & HERBS

- Add **whole-wheat pearl couscous** and **herbs** to pan with chicken and veggies; stir. Cook 1 minute, stirring frequently.

7 ADD WATER & SIMMER

- Add 2 cups warm water to pan with chicken, couscous, and veggies; stir. Bring to a boil, then reduce heat to medium-low and cover. Simmer 12-14 minutes (covered), or until chicken is fully cooked and most of the liquid is absorbed, stirring halfway through.* Salt and pepper to taste.

**Take Note: Chicken is fully cooked when internal temperature reaches 165 degrees.*

8 PLATE YOUR DISH

- Divide **chicken, squash, and couscous** between bowls. Top with **lemon-yogurt sauce** and **cashews**.
- Enjoy!

