



# MERGUEZ CHICKEN

*Cremini mushrooms, broccoli & tomatoes, walnuts*

**COOK TIME**  
30 MIN

**SERVINGS**  
2

**CALORIES PER SERVING**  
470

**MENU**  
KETO // PALEO // GLUTEN-FREE

North African flavors shine in this one-pan meal. Chicken is spiced with an aromatic merguez seasoning (featuring paprika, ground fennel, cayenne, and cinnamon), then seared on the stove. Mushrooms, ginger, ground tomatoes, and broccoli are added to the pan, and it's all simmered to a tender finish. Walnuts lend the dish a subtle crunch, while cilantro adds a fresh note on top.

## INGREDIENTS (9 ITEMS)

- 2 (6 oz) **Chicken breasts**
- 1 tbsp **Merguez seasoning**
- 4 ¼ oz **Cremini mushrooms**
- 6 oz **Broccoli**
- 2 ¾ oz **Yellow onions & ginger**
- ¼ oz **Cilantro**
- 1 cup **Ground tomatoes**
- 1 ¼ oz **Walnuts** T
- ¼ oz **Garlic**

## WHAT YOU'LL NEED

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

## ALLERGENS

- T TREE NUT



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

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](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 GARLIC, MUSHROOMS & BROCCOLI

- Mince **garlic**.
- Wipe **cremini mushrooms** clean with a damp paper towel. Remove stems, if desired. Cut mushrooms into about ¼-inch thick slices.
- Thinly slice **broccoli** lengthwise.



## 2 SEASON CHICKEN

- Season both sides of **chicken breasts** with **merguez seasoning** and salt.\*  
*\*Heads Up: Merguez seasoning contains cayenne. If heat sensitive, use sparingly (or omit).*

## 3 SEAR CHICKEN

- Heat about 1 ½ tablespoons cooking oil in a large sauté pan over medium-high heat. Add **chicken** to hot pan. Sear 3 minutes. Flip.

## 4 ADD AROMATICS

- Add **yellow onions and ginger** and **garlic** to pan around chicken; stir. Lightly season veggies with salt and pepper. Cook 1-2 minutes, or until onions soften, stirring veggies occasionally.



## 5 ADD MUSHROOMS

- Add **mushrooms** and about 1 tablespoon cooking oil to pan with chicken and aromatics; stir. Cook 2-3 minutes, stirring veggies occasionally.

## 6 ADD TOMATOES & SIMMER

- Add **ground tomatoes** to pan with chicken and veggies. Stir veggies to combine. Reduce heat to medium-low and cover pan with lid. Simmer 6 minutes.



## 7 ADD BROCCOLI

- Add **broccoli** to pan with chicken and veggies; stir. Re-cover. Cook 7-9 minutes, or until chicken is fully cooked and veggies are tender, stirring occasionally.\*  
*\*Take Note: Chicken is fully cooked when internal temperature reaches 165 degrees.*



## 8 PREP CILANTRO & NUTS

- De-stem **cilantro**; roughly chop leaves.
- Roughly chop **walnuts**.

## 9 PLATE YOUR DISH

- Cut **chicken** into 6-8 slices each.
- Divide **veggies** between plates. Fan chicken over veggies. Spoon any remaining **sauce from pan** over top. Garnish with **cilantro** and **walnuts**.
- Enjoy!