This savory dish is inspired by Mexican and South American cuisines. Chicken seasoned with hawaij (ha-WHY-edge) — a golden-hued spice blend featuring turmeric, cumin, and cardamom — is pan-seared, then roasted in a zesty mole sauce. It’s served alongside chili-seasoned arepas, made here with sweet potatoes and coconut flour. A side of sautéed veggies completes the meal.

INGREDIENTS (12 ITEMS)

- 2 (6 oz) Chicken breasts
- 2 tsp Hawaij spice blend
- 7 oz Sweet potatoes
- ¼ cup Coconut flour blend
- ¼ cup Mole coloradito sauce
- 1 ⅓ oz Yellow bell pepper
- 3 ½ oz Chard
- ¼ cup Pickled red onions
- 1 ½ oz Cremini mushrooms
- 1 tsp Chili seasoning
- 1 ½ tbsp Chia seeds
- 1 whole & ⅛ oz Scallion & garlic

WHAT YOU’LL NEED

- basic cooking tools
- basic pantry items
- large nonstick pan
- medium oven-safe sauté pan
- baking sheet
- medium bowl
- measuring cup & spoons
- thermometer
- oven mitt

ALLERGENS

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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. **PREP & ROAST SWEET POTATOES**
   - Preheat oven to 425 degrees.
   - Place sweet potatoes on a foil-lined baking sheet. Drizzle with 1–2 tablespoons cooking oil. Season with salt and pepper. Stir to coat. Spread out in a single layer. Roast 12–15 minutes, or until fork tender.
   
   *See Step 4 to continue.*

2. **SEASON & COOK CHICKEN**
   - Season both sides of chicken breasts with salt, pepper, and most of the hawaij spice blend.
   - Heat about 1 ½ tablespoons cooking oil in a medium oven-safe sauté pan over medium-high heat. Add chicken to hot pan. Sear 3 minutes. Flip. Sear 2 minutes.
   - Add mole coloradito sauce and ½ cup water; stir. Transfer pan to oven. Roast 15–18 minutes, or until chicken is fully cooked. (Chicken is fully cooked when internal temperature reaches 165 degrees.)

3. **PREP CHIA & VEGGIES**
   - Place chia seeds in a medium bowl. Add 3 tablespoons water. Stir. Let soak for at least 5 minutes, or until water is fully absorbed.
   - Thinly slice scallion widthwise; discard root end.
   - Remove center stems from chard. Slice stems into about ½-inch pieces. Roughly chop leaves.
   - Wipe cremini mushrooms clean with a damp paper towel. Remove stems, if desired. Cut into about ¼-inch thick slices.
   - Medium dice yellow bell pepper into about ½-inch pieces.
   - Mince garlic.

4. **MAKE DOUGH & FORM AREPAS**
   - Transfer sweet potatoes to bowl with chia. Lightly mash with back of cooking spoon.
   - Add coconut flour blend and about half of the scallion. Season with chili seasoning (or to taste) and about ¼ teaspoon salt.* Mix thoroughly to form a thick, cohesive dough.
   - Form arepa dough into six patties, about ¼-inch thick.
   - *Heads Up: If heat sensitive, use chili seasoning sparingly (or omit).*

5. **COOK AREPAS**
   - Heat 1–2 tablespoons cooking oil in a large nonstick pan over medium-high heat. Carefully add arepas to hot pan. Cook 3–4 minutes. Flip with a silicone spatula. Cook 3–4 more minutes, or until browned. Transfer arepas to a plate. Cover with foil (or a kitchen towel).

6. **SAUTÉ VEGGIES**
   - Heat 1 ½ tablespoons cooking oil in pan used for arepas over medium-high heat. Add chard stems, mushrooms, bell pepper, and remaining scallion to hot pan. Season with salt, pepper, and remaining hawaij spice blend. Stir. Cook 3–4 minutes, stirring occasionally.
   - Add chard leaves and garlic. Lightly season with salt and pepper. Stir. Pour pickling liquid from container with pickled red onions into pan (reserve onions for Step 7). Add 3 tablespoons water. Stir. Cook 4–6 minutes, or until chard is tender, stirring occasionally.

7. **PLATE YOUR DISH**
   - Cut chicken breasts into 5–7 slices each.
   - Divide sautéed veggies between plates. Spoon about half of the mole sauce from pan next to veggies. Fan chicken over mole and garnish with reserved pickled red onions. Shingle arepas on the side. Drizzle remaining mole over dish (or serve on the side). Enjoy!