



I GREEN
CHEF

MOLE-ROASTED CHICKEN

Sweet potato arepas & sautéed veggies

COOK TIME
45 MIN

SERVINGS
2

CALORIES PER SERVING
560

MENU
PALEO // GLUTEN-FREE

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.



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.

INGREDIENTS (12 ITEMS)

2 (6 oz)	Chicken breasts
2 tsp	Hawaij spice blend
7 oz	Sweet potatoes
1/4 cup	Coconut flour blend <small>T</small>
3/4 cup	Mole coloradito sauce <small>T</small>
1 3/4 oz	Yellow bell pepper
3 1/2 oz	Chard
1/4 cup	Pickled red onions
3 1/2 oz	Cremini mushrooms
1 tsp	Chili seasoning
1 1/2 tbsp	Chia seeds
1 whole & 1/8 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

T TREE NUT

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!

