



**GREEN  
CHEF**

## ROASTED HARISSA-SPICED CHICKEN

*Spiced tahini sauce, butternut squash, cabbage & apple slaw*

### COOK TIME

30 MIN

### SERVINGS

2

### CALORIES PER SERVING

590

### NET CARBS PER SERVING

22 GRAMS

### MENU

PALEO // GLUTEN-FREE

Harissa is favored in North African and Middle Eastern cuisines for its earthy warmth, spicy chili boldness, and cool mint undertones.

Here, it seasons tender chicken breasts drizzled in our creamy cilantro-turmeric tahini sauce. On the side, roasted butternut squash adds earthy depth, while Fuji apple lends crisp sweetness to a cabbage and carrot slaw studded with pistachios.

### INGREDIENTS (8 ITEMS)

2 (6 oz) **Chicken breasts**  
1 tsp **Harissa seasoning**  
2 oz **Cilantro-turmeric tahini sauce**  
7 oz **Butternut squash**  
2 ¾ oz **Cabbage\* & carrots**  
1 whole **Fuji apple**  
½ oz **Pistachios** T  
1 ¼ oz **White-wine & olive oil vinaigrette**

### WHAT YOU'LL NEED

medium oven-safe sauté pan  
mixing bowls  
measuring spoons  
peeler  
thermometer  
oven mitt  
cooking oil  
salt & pepper

### ALLERGENS

T TREE NUTS (pistachios)



If you ordered the 4-serving version of this meal, refer to the guidelines in Step 1.



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

**GREEN CHEF IS PROUD** to be a USDA Certified Organic company. All produce and eggs are organic unless otherwise labeled.

\*This ingredient may be a different color. Either way, this dish will still be delicious!

Wash and dry fresh produce. Wash hands and surfaces after handling raw poultry. Consuming raw or undercooked poultry may increase your risk of foodborne illness. Go to [help.greenchef.com](http://help.greenchef.com) for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.



## 1 START PREP

- Preheat oven to 400 degrees.
- Remove any seeds from **butternut squash** with a spoon. Carefully peel with a sharp peeler.\* Medium dice into pieces, about ½ inch each.

*\*If you don't have a sharp peeler, carefully use a sharp knife. Place squash cut-sides down, then slice away the skin, curving your knife with the shape of the squash as you go.*

COOKING FOR  
4

If you ordered the 4-serving version of this meal, modify this recipe by doubling the measurements (where it makes sense) and using bigger pots, pans, and bowls.

## 2 SEASON &amp; SEAR CHICKEN

- Pat **chicken breasts** dry with paper towels. Place in a medium bowl. Season with **harissa seasoning**, salt, and pepper. Drizzle with about 2 teaspoons cooking oil. Turn to coat.
- Heat about 1 ½ tablespoons cooking oil in a medium oven-safe sauté pan over medium-high heat. Add **chicken** to hot pan. Sear about 3 minutes on each side.

## 3 ROAST CHICKEN &amp; SQUASH

- Add **squash** to pan around chicken. Season **squash** with salt and pepper. Transfer pan to oven. Roast 10–12 minutes, or until chicken is fully cooked and squash is fork tender.\* (Chicken is fully cooked when internal temperature reaches 165 degrees.)

*\*Careful! To keep your hands safe, slide a silicone cover (or pot holder) over the handle of the hot pan once it comes out of the oven.*

## 4 FINISH PREP

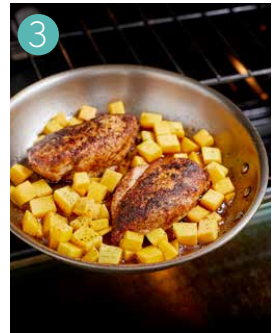
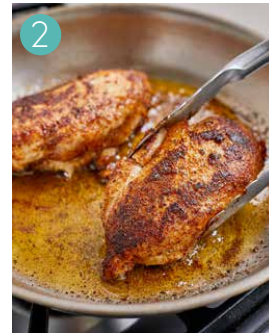
- Roughly chop **cabbage and carrots** if necessary.
- Stand **Fuji apple** upright and cut off sides around core; discard core. Lay sides flat and cut lengthwise into slices, about ¼ inch thick. Cut slices lengthwise into matchsticks, about ¼ inch thick.
- Roughly chop **pistachios**.

## 5 MAKE SLAW

- Place **cabbage and carrots** and **apple** in a large bowl. Drizzle with **white-wine and olive oil vinaigrette** to taste. Salt and pepper to taste. Toss to combine.

## 6 PLATE YOUR DISH

- Cut **chicken** into 5–7 slices each.
- Divide **roasted harissa-spiced chicken** between plates. Drizzle with **cilantro-turmeric tahini sauce** to taste. Pile **roasted butternut squash** and **cabbage and apple slaw** on the side. Sprinkle **pistachios** over slaw. Enjoy!



## Nutrition Facts

2 Servings per container

**Serving size** (424g)

**Amount per serving**

**Calories** **590**

	% Daily Value*
<b>Total Fat</b> 35g	45%
Saturated Fat 4.5g	23%
Trans Fat 0g	
<b>Cholesterol</b> 95mg	32%
<b>Sodium</b> 390mg	17%
<b>Total Carbohydrate</b> 29g	11%
Dietary Fiber 7g	25%
Total Sugars 12g	
Includes 1g Added Sugars	2%
<b>Protein</b> 44g	
Vitamin D 0mcg	0%
Calcium 88mg	6%
Iron 2mg	10%
Potassium 586mg	10%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### All ingredients in this recipe:

**Chicken breasts, Harissa seasoning** (paprika, caraway, crushed red chili pepper, cayenne, coriander, cumin, garlic, peppermint, sea salt), **Butternut squash, Cilantro-turmeric tahini sauce** (tahini [sesame seeds], garlic, lemon juice, water, sea salt, cilantro, turmeric, black pepper, cayenne pepper, ascorbic acid), **White-wine & olive oil vinaigrette** (white wine vinegar, agave [blue agave nectar], dijon mustard [grain vinegar, water, mustard seed, salt, spices], lemon juice, sea salt, black pepper, olive oil), **Pistachios, Cabbage & carrots, Fuji apple**

### Allergen information:

Contains Tree Nuts

*Allergens may be reflected in pantry items listed in the “What You’ll Need” section of the recipe card.*

*Manufactured on equipment that processes products containing egg, fish/shellfish, milk, sesame, soy, peanuts, and tree nuts.*