



ROASTED HARISSA CHICKEN THIGHS

Roasted zucchini, slaw with carrots, dried apricots & pistachios

COOK TIME
25 MIN

SERVINGS
2

CALORIES PER SERVING
740

NET CARBS PER SERVING
21 GRAMS

MENU
PALEO // GLUTEN-FREE

Harissa, most common in deep red chili paste form, imparts bold, peppery depth to everything it touches. Here, our custom Middle Eastern-style harissa seasoning blend adds fiery dimension to juicy roasted chicken thighs, tempered with a drizzle of creamy tahini sauce. An eye-catching rainbow carrot and cabbage slaw (strewn with sweet dried apricots and buttery pistachios) offers a crisp complement on the side.

INGREDIENTS (8 ITEMS)

- 12 oz **Boneless chicken thighs**
- 1 tsp **Harissa seasoning**
- 1 whole **Zucchini**
- 2 oz **Cilantro-turmeric tahini sauce**
- 5 ½ oz **Rainbow carrots & cabbage**
- 1 ¼ oz **Dried apricots**
- ½ oz **Pistachios** T
- 1 ¼ oz **White-wine & olive oil vinaigrette**

WHAT YOU'LL NEED

- medium oven-safe sauté pan
- baking sheet
- mixing bowls
- measuring spoons
- 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.

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 for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

1 PREP

- Preheat oven to 400 degrees.
- Place **dried apricots*** in a small bowl. Cover with water. Let soak at least 5 minutes, or until softened. Once softened, roughly chop **dried apricots**. Discard soaking liquid.
- Trim ends off **zucchini****; discard. Halve widthwise. Slice each half lengthwise into planks, about ½ inch thick.
- Roughly chop **rainbow carrots** and cabbage**** if necessary.
- Roughly chop **pistachios**.

**Our dried apricots are packaged without preservatives, lending them a darker color.*

***Your squash, carrots, and cabbage may be a different color. Either way, this dish will still be delicious!*

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 ZUCCHINI

- Place **zucchini** in a large bowl. Add about 2 teaspoons of the **cilantro-turmeric tahini sauce**. Drizzle with about 1 ½ tablespoons cooking oil. Lightly season with salt and pepper. Turn to coat.

3 SEASON & ROAST CHICKEN

- Pat **boneless chicken thighs*** dry with paper towels. Place in a second large bowl. Season with **harissa seasoning**, salt, and pepper. Drizzle with 1-2 tablespoons 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.
- Transfer pan to oven. Roast 5-7 minutes, or until chicken is fully cooked.** (Chicken is fully cooked when internal temperature reaches 165 degrees.)

**You may receive three to five chicken thighs, depending on the individual weight of each piece.*

***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 ROAST ZUCCHINI

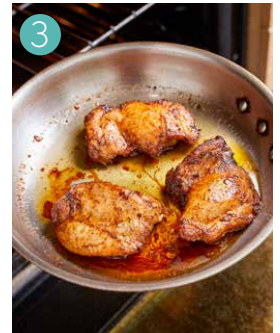
- Place **zucchini** on a lightly oiled, foil-lined baking sheet. Roast 6-8 minutes, or until zucchini is tender, flipping halfway through.

5 MAKE SLAW

- Place **rainbow carrots and cabbage, dried apricots, and pistachios** in a medium bowl. Drizzle with **white-wine and olive oil vinaigrette** to taste. Salt and pepper to taste. Toss to combine.

6 PLATE YOUR DISH

- Halve **chicken thighs** widthwise.
- Divide **roasted harissa chicken thighs** between plates. Drizzle with remaining **cilantro-turmeric tahini sauce**. Fan **roasted zucchini** next to chicken. Serve **slaw with dried apricots and pistachios** on the side. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (462g)

Amount per serving

Calories **740**

	% Daily Value*
Total Fat 55g	71%
Saturated Fat 8g	40%
Trans Fat 0g	
Cholesterol 150mg	50%
Sodium 480mg	21%
Total Carbohydrate 27g	10%
Dietary Fiber 6g	21%
Total Sugars 16g	
Includes 1g Added Sugars	2%
Protein 38g	
Vitamin D 0mcg	0%
Calcium 95mg	8%
Iron 4mg	20%
Potassium 615mg	15%

* 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 Thighs, Harissa Seasoning [paprika, caraway, crushed red chili pepper, cayenne, coriander, cumin, garlic, peppermint, sea salt], **Zucchini, Seasoned Tahini Sauce** (Tahini Sauce [sesame seeds], Garlic, Lemon Juice [lemon], Water, Sea Salt, Cilantro, Turmeric, Black Pepper, Ground Cayenne Pepper, Ascorbic Acid [ascorbic acid]), **Pistachios** [pistachio], **Rainbow Carrots, Red Cabbage, White Wine Vinaigrette** (White Wine Vinegar [white wine vinegar], Agave [blue agave nectar], Dijon Mustard [grain vinegar, water, mustard seed, salt, spices], Lemon Juice [lemon], Sea Salt, Black Pepper, Olive Oil), **Dried Apricots**

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.