



**GREEN
CHEF**

GREEK SALAD WITH CHICKEN

sun-dried tomatoes, artichokes, feta, tzatziki, pistachios

COOK TIME

25 MIN

SERVINGS

2

CALORIES PER SERVING

580

NET CARBS PER SERVING

11 GRAMS

MENU

KETO // GLUTEN-FREE //
MEDITERRANEAN // FAST & FIT

Chicken strips, sprinkled with an herby lemon pepper blend, are pan-seared to a juicy finish in this Mediterranean-inspired dish. They're served over a bed of romaine lettuce tossed with a lemon-Dijon vinaigrette for a dose of bright crunch. Sun-dried tomatoes, artichokes, and feta add even more tanginess, while a drizzle of tzatziki-style sauce adds creamy notes.

INGREDIENTS (9 ITEMS)

5¼ oz **Romaine lettuce**
¼ oz **Sun-dried tomatoes**
1¼ oz **Artichoke hearts**
1¼ oz **Lemon-Dijon vinaigrette with olive oil**
½ oz **Pistachios** T
2 oz **Feta cheese** M
10 oz **Chicken strips***
1 tsp **Lemon pepper & herb seasoning**
1¼ oz **Tzatziki-style sauce** M

WHAT YOU'LL NEED

medium sauté pan
mixing bowls
measuring spoons
thermometer
cooking oil
salt & pepper

ALLERGENS

T TREE NUTS (pistachios)
M MILK



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 Safe Spot Program.

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

*Chicken is fully cooked when internal temperature reaches 165 degrees.

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 [greenchef.com/faq](https://www.greenchef.com/faq) for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

1

PREP

- Halve **romaine lettuce** lengthwise. Lay flat and slice across into ribbons, about ½ inch wide; discard root end.
- Place **sun-dried tomatoes** in a small bowl. Cover with water. Let soak about 5 minutes, or until softened. Roughly chop **tomatoes** (discard soaking liquid).
- Roughly chop **artichoke hearts**.

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

MAKE SALAD

- Place **lettuce** in a large bowl. Drizzle with **lemon-Dijon vinaigrette with olive oil** to taste. Toss to combine.

3

TOAST PISTACHIOS

- Place **pistachios** in a dry, medium sauté pan over medium heat. Toast 2–3 minutes, or until fragrant, shaking pan frequently.
- Transfer **pistachios** to cutting board and allow to cool. (Reserve pan.) Roughly chop.

4

MAKE TOPPING

- Place **tomatoes**, **artichokes**, and about half the **feta cheese** in a medium bowl. Stir to combine.

5

SEASON & COOK CHICKEN

- Pat **chicken strips** dry with paper towels. Cut any larger strips in half lengthwise.
- Place **chicken** in a second medium bowl. Season with **lemon pepper and herb seasoning**, ¼ teaspoon salt, and a pinch of pepper. Drizzle with 1 tablespoon cooking oil. Stir to evenly coat.
- Heat 1 tablespoon cooking oil in pan used for pistachios over medium-high heat. Add **chicken** to hot pan. Cook 4–6 minutes, or until fully cooked, stirring occasionally.

6

PLATE YOUR DISH

- Divide **salad** between bowls. Top with **chicken**. Drizzle with **tzatziki-style sauce** to taste. Top with **sun-dried tomato, artichoke, and feta topping**. Garnish with **pistachios** and remaining **feta**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (343g)

Amount per serving

Calories **580**

	% Daily Value*
Total Fat 40g	51%
Saturated Fat 10g	50%
Trans Fat 0g	
Cholesterol 135mg	45%
Sodium 1110mg	48%
Total Carbohydrate 15g	5%
Dietary Fiber 4g	14%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 42g	
Vitamin D 0mcg	0%
Calcium 218mg	15%
Iron 3mg	15%
Potassium 1127mg	25%

* 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 Strips [chicken], **Lemon Pepper & Herb Seasoning** (Granulated Garlic, Lemon-Pepper Herb Blend [lemon peel, black pepper, garlic, onion], Dried Oregano, Dried Parsley, Ground Cumin, Sea Salt), **Lemon-Dijon Vinaigrette** (Lemon Juice [lemon], White Balsamic Vinegar [aged white wine vinegar and must of white grapes], Dijon Mustard [water, organic mustard seeds, organic vinegar, salt, organic turmeric, organic spices], Sea Salt, Black Pepper, Olive Oil [olive oil]), **Romaine Lettuce**, **Sun-Dried Tomatoes** [organic dried tomatoes], **Feta Cheese** [pasteurized milk, cheese cultures, salt, enzymes, anti-caking agent (potato starch, powdered cellulose, natamycin)], **Artichoke Hearts** [hearts of artichokes, water, salt, citric acid], **Pistachios** [pistachio], **Tzatziki-Style Sauce** (Granulated Garlic, Greek Yogurt [pasteurized organic whole milk, organic sweet cream buttermilk, living yogurt cultures: L. acidophilous, L. bulgaricus, S. thermophilus, and Bifidobacterium lactis], Sea Salt, Black Pepper, Lemon Juice [lemon], Dried Dill, Ascorbic Acid [ascorbic acid])

Allergen information:

Contains Milk And 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.

