



**GREEN
CHEF**

CHICKEN WITH HERB TAHINI SAUCE

cauliflower "tabbouleh" with cabbage & roasted red peppers, feta

COOK TIME

25 MIN

SERVINGS

2

CALORIES PER SERVING

770

NET CARBS PER SERVING

13 GRAMS

MENU

KETO // GLUTEN-FREE

Our garlic-herb tahini sauce lends nutty, tangy complexity to every bite of tonight's Mediterranean-inspired dish. It's made with lemon juice, cilantro, turmeric, and garlic for a guaranteed instant flavor boost to everything it touches. The sauce is drizzled over paprika, garlic, and oregano-seasoned chicken strips, delivering creamy richness to both the chicken and a base of lemony cauliflower "tabbouleh" strewn with cabbage, roasted red peppers, and feta.

INGREDIENTS (8 ITEMS)

1 whole **Lemon**
2¾ oz **Cabbage**
2 tsp **Paprika, garlic & oregano**
10 oz **Chicken strips***
9 oz **Cauliflower "rice"**
2¼ oz **Roasted red peppers**
2 oz **Feta cheese** M
2 oz **Garlic-herb tahini sauce** T

WHAT YOU'LL NEED

medium & large sauté pans
mixing bowls
measuring spoons
whisk
thermometer
cooking & olive oils
salt & pepper

ALLERGENS

M MILK
T TREE NUTS (coconut)



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 and it's no longer pink in the center.

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

- Quarter **lemon**.
- Roughly chop **cabbage***.

**The ingredient you received may be a different color.*

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 DRESSING

- Squeeze juice from two **lemon wedges** over a medium bowl, avoiding seeds. Season with half the **paprika, garlic, and oregano** and a pinch of salt. Add about 2 tablespoons olive oil. Whisk to thoroughly combine.

3

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 remaining **paprika, garlic, and oregano**, salt, and pepper. Drizzle with 1-2 tablespoons olive oil. Stir to evenly coat.
- Heat about 1½ tablespoons cooking oil in a medium sauté pan over medium heat. Add **chicken** to hot pan. Season with salt and pepper. Cook 4-6 minutes, or until chicken is fully cooked, stirring occasionally.

4

MAKE "TABBOULEH"

- Heat about 1½ tablespoons olive oil in a large sauté pan over medium-high heat. Add **cauliflower "rice," cabbage, and roasted red peppers** to hot pan. Season with about ¼ teaspoon salt and a pinch of pepper. Stir to combine. Cook 4-5 minutes, or until veggies are tender, stirring occasionally.
- Remove from heat. Add about half of the **feta cheese**. Drizzle with **lemon dressing**. Stir to combine. Season with salt and pepper to taste.*

**Taste the "tabbouleh" after seasoning it and adjust as needed. Adding salt and pepper throughout the cooking process is key to a delicious final product.*

5

PLATE YOUR DISH

- Divide **cauliflower "tabbouleh"** between plates. Serve **chicken** over top. Drizzle with **garlic-herb tahini sauce** to taste. Garnish with remaining **feta cheese**. Serve remaining **lemon wedges** on the side. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (472g)

Amount per serving

Calories **770**

	% Daily Value*
Total Fat 60g	77%
Saturated Fat 12g	60%
Trans Fat 0g	
Cholesterol 125mg	42%
Sodium 840mg	37%
Total Carbohydrate 19g	7%
Dietary Fiber 6g	21%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 41g	
Vitamin D 0mcg	0%
Calcium 200mg	15%
Iron 3mg	15%
Potassium 668mg	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 Strips [chicken], **Paprika, Garlic & Oregano** (Dried Oregano, Granulated Garlic, Sweet Paprika), **Garlic-Herb Tahini Sauce** (Tahini Sauce [sesame seeds], Garlic, Lemon Juice [lemon], Water, Sea Salt, Cilantro, Turmeric, Black Pepper, Ground Cayenne Pepper, Coconut Nectar [coconut tree sap], Ascorbic Acid [ascorbic acid]), **Cauliflower, Feta Cheese** [pasteurized milk, cheese cultures, salt, enzymes, anti-caking agent (potato starch, powdered cellulose, natamycin)], **Roasted Red Peppers** [bell pepper], **Red Cabbage, Green Cabbage, Lemon**

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.