



**GREEN
CHEF**

ANCHO CHICKEN WITH CHERRY BBQ SAUCE

Mashed potato, slaw with carrots, almonds & creamy chimichurri

COOK TIME

30 MIN

SERVINGS

2

CALORIES PER SERVING

770

MENU

GLUTEN-FREE

Tonight's cherry barbecue sauce lends sweet and savory flavors to this hearty dinner. The crave-worthy pan sauce is spooned over juicy roasted chicken breasts, dusted with an ancho-cumin spice blend for a hint of heat. Buttery, scallion-flecked mashed potato and a cabbage, carrot, and almond slaw — drizzled with our herby, creamy chimichurri sauce — complete the 30-minute meal.

INGREDIENTS (9 ITEMS)

2 (6 oz) **Chicken breasts**
 ½ tsp **Ancho-cumin spice blend**
 1 oz **Dried cherries**
 4 oz **Mild barbecue sauce**
 1 whole **Russet potato**
 1 whole **Scallion**
 4 ¼ oz **Cabbage***
 & 2 oz **& carrots**
 ½ oz **Sliced almonds** T
 1 ¾ oz **Creamy parsley & cilantro chimichurri** E S

WHAT YOU'LL NEED

medium pot
 medium sauté pan
 baking sheet
 mixing bowls
 measuring cup & spoons
 strainer
 potato masher
 thermometer
 oven mitt
 cooking oil
 2 tbsp butter M
 salt & pepper

ALLERGENS

T TREE NUTS (almonds) E EGGS
S SOY M MILK

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



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.

1 PREP

- Preheat oven to 400 degrees.
- Peel **russet potato** if desired. Medium dice into pieces, about ½ inch each.
- Roughly chop **cabbage and carrots** if necessary.
- Place **dried cherries** in a small bowl. Cover with about ¼ cup water. Let soak at least 5 minutes, or until softened. Once softened, roughly chop **cherries**. Return to bowl with soaking liquid.
- Thinly slice **scallion**; discard root end.

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 COOK POTATO

- Place **potato** in a medium pot. Cover with about 2 inches cold, lightly salted water. Bring to a boil. Cook 12-15 minutes, or until fork tender.
- Reserve about ¼ cup cooking water. Strain **potato**; shake off excess water. Return to pot.

3 MAKE SLAW

- Place **cabbage and carrots** and **sliced almonds** in a medium bowl. Drizzle with **creamy parsley and cilantro chimichurri** to taste. Season with about ¼ teaspoon salt and a pinch of pepper. Toss to combine.

4 SEASON & COOK CHICKEN

- Pat **chicken breasts** dry with paper towels. Season with **ancho-cumin spice blend**, salt, and pepper.
- Heat about 1 ½ tablespoons cooking oil in a medium sauté pan over medium-high heat. Add **chicken** to hot pan. Sear about 3 minutes on each side.
- Transfer **chicken** to a lightly oiled, foil-lined baking sheet. Roast 10-12 minutes, or until chicken is fully cooked.* Transfer **chicken** to a cutting board.

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

5 MAKE BBQ SAUCE

- Return pan used for chicken to stovetop over medium heat. Add **mild barbecue sauce** and **cherries** (with **soaking liquid**) to hot pan. Stir to combine. Simmer 1-2 minutes, or until sauce is slightly reduced, stirring frequently. Remove from heat.

6 MASH POTATO

- Add **scallion** to pot with **potato**. Mash with a potato masher (or fork) until mostly smooth.* Add 2 tablespoons butter. Salt and pepper to taste. Stir to combine.

**If the mashed potato is too thick, add reserved potato cooking water a tablespoon at a time until desired consistency is reached.*

7 PLATE YOUR DISH

- Cut **chicken** into 5-7 slices each.
- Divide **ancho-spiced chicken** between plates. Spoon **cherry barbecue sauce** over top. Serve **mashed potato with scallion** and **cabbage and carrot slaw** on the side. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (603g)

Amount per serving

Calories **770**

	% Daily Value*
Total Fat 29g	37%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 100mg	33%
Sodium 1090mg	47%
Total Carbohydrate 84g	31%
Dietary Fiber 6g	21%
Total Sugars 37g	
Includes 0g Added Sugars	0%
Protein 47g	
Vitamin D 0mcg	0%
Calcium 104mg	8%
Iron 4mg	20%
Potassium 1325mg	30%

* 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, Ancho-cumin spice blend (ancho chili powder, smoked paprika, ground cinnamon, ground cumin, orange peel granules, granulated garlic, sweet paprika, dried oregano), **Dried cherries, Mild barbecue sauce** (tomato puree (filtered water, tomato paste), sugar, white vinegar, molasses, natural hickory smoke flavor, salt, corn starch, Worcestershire sauce (white vinegar, molasses, filtered water, sugar, sea salt, caramel color, garlic powder, spices, cayenne pepper, black pepper, xanthan gum), caramel color, onion powder, garlic powder, ground red peppers, xanthan gum), **Cabbage & carrots, Sliced almonds, Creamy parsley & cilantro chimichurri** (yellow onion, parsley, cilantro, garlic, dried oregano, sea salt, black pepper, crushed red pepper flakes, apple cider vinegar [raw and unfiltered organic apple cider vinegar], sunflower oil, mayonnaise [organic expeller pressed soybean oil, water, organic egg yolks, organic whole eggs, organic distilled white vinegar, salt, organic white mustard (organic distilled vinegar, water, organic mustard seeds, salt, organic spices), organic lemon juice concentrate], lemon juice), **Russet potato, Scallion**

Allergen information:

Contains Tree Nuts, Egg And Soy

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.