



**GREEN
CHEF**

CHICKEN SOUVLAKI

homemade flatbreads, cucumber & tomato salad, tzatziki sauce

COOK TIME

30 MIN

SERVINGS

2

CALORIES PER SERVING

960

NET CARBS PER SERVING

28 GRAMS

MENU

PALEO // GLUTEN-FREE

These souvlaki platters are a Greek feast. A blend of paprika, oregano, and parsley lends gyro-inspired flavor to pan-seared chicken bites and browned onion. Warm, golden flatbreads (made with paleo-friendly almond flour), a fresh cucumber and tomato salad, and dill-streaked tzatziki round out the spread. Grab some napkins and dig in!

INGREDIENTS (8 ITEMS)

1 whole **Cucumber**
1 whole **Roma tomato**
1 whole **Red onion**
¾ oz **White wine vinegar**
¼ cup **Almond flour**
& ⅓ cup **& tapioca starch** ^T
2¾ oz **Dairy-free tzatziki sauce** ^E
1¼ tsp **Gyro-style seasoning**
2 (5 oz) **Chicken cutlets***

WHAT YOU'LL NEED

medium sauté pan
large nonstick pan
mixing bowls
measuring cup & spoons
whisk
thermometer
cooking & olive oils
salt & pepper

ALLERGENS

^T TREE NUTS (almonds)
^E EGGS



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

- Cut ends off **cucumber**. Peel if desired. Halve lengthwise. Scrape seeds out with a spoon. Lay flat and small dice into pieces, about ¼ inch each.
- Small dice **Roma tomato** into pieces, about ¼ inch each.
- Cut ends off **red onion** and discard peel. Halve lengthwise; save one half for another use. Cut remaining half lengthwise into strips, about ¼ inch thick. Small dice a few strips until you have about 2 tablespoons.

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 **cucumber**, **tomato**, and **diced onion** in a medium bowl. Drizzle with about 1 tablespoon olive oil and **white wine vinegar** to taste. Season with about ¼ teaspoon salt and a pinch of pepper. Toss to combine.

3 MAKE BATTER

- Place **almond flour and tapioca starch** in a large bowl. Add about half of the **dairy-free tzatziki sauce**, about 1 tablespoon olive oil, and ¼ cup water. Season with about half of the **gyro-style seasoning**, about ¼ teaspoon salt, and a pinch of pepper. Whisk to combine.

4 COOK CHICKEN & ONION

- Pat **chicken cutlets** dry with paper towels. Cut **chicken** into bite-size pieces.
- Place **chicken** in a second medium bowl. Season with remaining **seasoning**, about ¼ teaspoon salt, and a pinch of pepper. Drizzle with about 1 tablespoon cooking oil. Stir to evenly coat.
- Heat about 1½ tablespoons cooking oil in a medium sauté pan over medium-high heat. Add **onion strips** to hot pan. Lightly season with salt and pepper. Cook 2–3 minutes, or until onion begins to soften, stirring occasionally.
- Add **chicken**. Cook 5–6 minutes, or until chicken is fully cooked and onion is tender, stirring occasionally.

5 MAKE FLATBREADS

- Heat about 1 tablespoon cooking oil in a large nonstick pan over medium heat. Add 3–4 large spoonfuls of **batter** (about 3 tablespoons each) to hot pan. Cook 4–5 minutes, or until evenly browned.
- Flip **flatbreads**. Cook 3–4 minutes, or until evenly browned.
- Transfer **flatbreads** to a paper towel-lined plate. Cover with a kitchen towel to keep warm.
- Repeat process with remaining **batter** if necessary.*

*If the pan seems dry while cooking, add another tablespoon cooking oil.

6 PLATE YOUR DISH

- Halve or quarter **flatbreads** if desired.
- Divide **chicken souvlaki** and **homemade flatbreads** between plates. Serve **cucumber and tomato salad** on the side. Dollop remaining **tzatziki sauce** in the center of each plate. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (480g)

Amount per serving

Calories 960

	% Daily Value*
Total Fat 75g	96%
Saturated Fat 10g	50%
Trans Fat 0g	
Cholesterol 175mg	58%
Sodium 1240mg	54%
Total Carbohydrate 33g	12%
Dietary Fiber 5g	18%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 47g	
Vitamin D 2mcg	10%
Calcium 148mg	10%
Iron 3mg	15%
Potassium 1108mg	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 Cutlets [chicken], **Gyro-Style Seasoning** (Dried Oregano, Onion Powder, Granulated Garlic, Black Pepper, Dried Parsley, Dried Thyme, Sweet Paprika, Cinnamon, Nutmeg), **Dairy-Free Tzatziki** (Avocado Oil Mayonnaise [avocado oil, organic certified humane free range egg yolks, water, distilled vinegar, salt, lime juice concentrate, citric acid, lime oil], Nutritional Yeast [dried yeast, niacin, pyridoxine hydrochloride (B6), riboflavin (B2), thiamin hydrochloride (B1), folic acid, vitamin B12], Lemon Juice [lemon], White Wine Vinegar [aged white wine vinegar], Granulated Garlic, Dijon Mustard [water, organic mustard seeds, organic vinegar, salt, organic turmeric, organic spices], Black Pepper, Dried Dill), **Tapioca Flour** [organic cassava or manioc root], **Almond Flour** [organic almonds], **Red Onion**, **Cucumber**, **Roma Tomatoes**, **White Wine Vinegar** [aged white wine vinegar]

Allergen information:

Contains Tree Nuts And Egg

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.

