



# MEDITERRANEAN CHICKEN SALAD

*romaine, roasted artichokes, shallot, feta, pistachios*

<b>COOK TIME</b>	<b>SERVINGS</b>	<b>CALORIES PER SERVING</b>	<b>NET CARBS PER SERVING</b>	<b>MENU</b>
15 MIN	2	700	10 GRAMS	KETO // GLUTEN-FREE // MEDITERRANEAN

Fresh, light Mediterranean flavors are on the dinner table in just 15 minutes! Chicken strips are dusted with aromatic spices, then pan-seared until tender and juicy. They're paired with roasted artichokes and shallot, and served atop a crisp bed of fresh romaine lettuce. It's all tossed with a bright lemon-basil caper sauce and garnished with crunchy pistachios.

## INGREDIENTS (8 ITEMS)

3 oz	<b>Artichoke hearts</b>
1 whole	<b>Shallot</b>
5¼ oz	<b>Romaine lettuce</b>
½ oz	<b>Pistachios</b> <small>T</small>
10 oz	<b>Chicken strips*</b>
1¼ tsp	<b>Rosemary, basil &amp; sage blend</b>
2 oz	<b>Feta cheese</b> <small>M</small>
2¾ oz	<b>Lemon-basil caper sauce</b>

## WHAT YOU'LL NEED

medium sauté pan  
baking sheet  
mixing bowls  
measuring spoons  
thermometer  
oven mitt  
cooking oil  
salt & pepper

## ALLERGENS

- T TREE NUTS (pistachios)
- M MILK

**COOKING FOR 4** If you ordered the 4-serving version of this meal, refer to the guidelines in Step 1.

**Validated**  
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°.

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

- Preheat oven to 425 degrees.
- Halve **artichoke hearts** lengthwise.
- Cut ends off **shallot** and discard peel. Halve lengthwise. Lay flat and cut lengthwise into strips, about ¼ inch thick.
- Halve **romaine lettuce** lengthwise. Lay flat and slice across into ribbons, about ½ inch wide; discard root end.
- Roughly chop **pistachios**.

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 &amp; ROAST VEGGIES

- Place **artichokes** and **shallot** on a lightly oiled, foil-lined baking sheet. Drizzle with 1 tablespoon cooking oil. Lightly season with salt and pepper. Stir to evenly coat. Spread out in a single layer.
- Roast 10-12 minutes, or until artichokes are lightly browned, stirring halfway through.

3

## SEASON &amp; COOK CHICKEN

- Pat **chicken strips** dry with paper towels. Cut any larger strips in half lengthwise. Place in a medium bowl. Season with **rosemary, basil, and sage blend**, ¼ teaspoon salt, and a pinch of pepper. Drizzle with 1 tablespoon cooking oil. Stir to evenly coat.
- Heat 1½ tablespoons cooking oil in a medium sauté pan over medium heat. Add **chicken** to hot pan. Cook 4-6 minutes, or until fully cooked, stirring occasionally. Remove from heat.

4

## MAKE SALAD

- Place **lettuce** and **feta cheese** in a large bowl. Drizzle with about 2 tablespoons **lemon-basil caper sauce**. Toss to combine.

5

## PLATE YOUR DISH

- Divide **salad** between bowls. Pile **roasted artichokes and shallot** and **chicken** over top. Drizzle with remaining **caper sauce** to taste. Garnish with **pistachios**. Enjoy!



## Nutrition Facts

2 Servings per container

**Serving size** (396g)

**Amount per serving**

**Calories** **700**

	% Daily Value*
<b>Total Fat</b> 54g	69%
Saturated Fat 11g	55%
Trans Fat 0g	
<b>Cholesterol</b> 125mg	42%
<b>Sodium</b> 1000mg	43%
<b>Total Carbohydrate</b> 15g	5%
Dietary Fiber 5g	18%
Total Sugars 5g	
Includes 0g Added Sugars	0%
<b>Protein</b> 40g	
Vitamin D 0mcg	0%
Calcium 235mg	20%
Iron 4mg	20%
Potassium 941mg	20%

\* 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], **Rosemary, Basil & Sage Blend** (Ground Rosemary, Dried Sage, Italian Seasoning [basil, rosemary, marjoram, oregano, thyme], Dried Basil, Granulated Garlic, Onion Powder), **Artichoke Hearts** [hearts of artichokes, water, salt, citric acid], **Shallot**, **Romaine Lettuce**, **Pistachios** [pistachio], **Feta Cheese** [pasteurized milk, cheese cultures, salt, enzymes, anti-caking agent (potato starch, powdered cellulose, natamycin)], **Lemon-Basil Caper Sauce** (Lemon Juice [lemon], White Balsamic Vinegar [aged white wine vinegar and must of white grapes], Basil, Capers [capers, water, vinegar, salt], Olive Oil [olive oil])

### 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.*