

# GREEN CHEF

## MEDITERRANEAN CHICKEN SALAD

romaine, roasted artichokes, shallot, feta, pistachios

COOK TIME 15 min

SERVINGS 700

CALORIES PER SERVING

NET CARBS PER SERVING 10 grams

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.

2

#### **INGREDIENTS (8 ITEMS)**

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

#### MENU

KETO // GLUTEN-FREE // MEDITERRANEAN

#### 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

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°.

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

#### MEDITERRANEAN CHICKEN SALAD

#### 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 1/2 inch wide; discard root end.
- Roughly chop **pistachios**.



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.











#### ) SEASON & ROAST VEGGIES

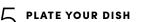
- Place artichokes and shallot on a lightly oiled, foil-lined baking sheet. Drizzle with 1 tablespoon cooking oil. Lightly season with salt and pepper. Stir to evenly coat. Spread out in a single layer.
- Roast 10-12 minutes, or until artichokes are lightly browned, stirring halfway through.

#### SEASON & 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.

#### MAKE SALAD

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



• 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**

Amount per serving

# Calories

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

## (396g)