



**GREEN
CHEF**

CAJUN BLACKENED CHICKEN

Creole Dijonnaise, squash, tomato, green bean salad, pecans

COOK TIME

35 MIN

SERVINGS

2

CALORIES PER SERVING

730

NET CARBS PER SERVING

10 GRAMS

MENU

KETO // PALEO // GLUTEN-FREE

Our blackening spice blend is packed with pepper, paprika, and herbs, making it the perfect shortcut to flavorful chicken cutlets. Seared to form that characteristically Cajun-style crust, the chicken is topped with creamy Dijonnaise. Sautéed yellow squash with tomato and a salad of snappy blanched green beans with toasted pecans kick up the meal's fresh factor.

INGREDIENTS (8 ITEMS)

6 oz **Green beans**
 ½ oz **Pecans** ^T
 1 whole **Yellow squash**
 1 whole **Roma tomato**
 2 (5 oz) **Chicken cutlets***
 1 tsp **Blackening spices**
 1 oz **Maple-mustard vinaigrette**
 ¼ oz **Creole Dijonnaise with avocado mayo** ^E

WHAT YOU'LL NEED

small pot
 medium sauté pan
 medium bowl
 measuring spoons
 strainer
 thermometer
 cooking oil
 salt & pepper

ALLERGENS

^T TREE NUTS (pecans)
^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

- Trim stem ends off **green beans**. Halve widthwise.
- Roughly chop **pecans** if necessary.
- Trim ends from **yellow squash***. Halve lengthwise. Lay flat and slice across into half-moons, about ½ inch thick.
- Medium dice **Roma tomato** into pieces, about ½ inch thick.

**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 BLANCH GREEN BEANS

- Bring a small pot of lightly salted water to a boil. Add **green beans** to boiling water. Cook 3–5 minutes, or until crisp-tender.
- Strain **green beans**. Rinse for about 1 minute with cold water. Shake off excess water. (You'll finish the green beans in Step 6.)

3 TOAST PECANS

- Place **pecans** in a dry, medium sauté pan over medium heat. Toast 1–2 minutes, or until fragrant, shaking pan frequently.
- Transfer **pecans** to a plate.

4 SEASON & COOK CHICKEN

- Pat **chicken cutlets** dry with paper towels. Place on a plate. Season with **blackening spices**, salt, and pepper. Drizzle with about 1½ tablespoons cooking oil. Turn to coat.
- Heat about 1½ tablespoons cooking oil in pan used for pecans over medium-high heat. Add **chicken** to hot pan. Cook 4–6 minutes on each side, or until fully cooked.
- Transfer **chicken** to a cutting board.

5 SAUTÉ SQUASH

- Heat about 1½ tablespoons cooking oil in pan used for chicken over medium-high heat. Add **squash** to hot pan. Season with salt and pepper. Cook 3–4 minutes, or until tender, stirring occasionally.
- Remove from heat. Add **tomato**. Stir to combine.

6 MAKE SALAD

- Transfer **green beans** to a medium bowl. Add about half the **pecans**. Drizzle with **maple-mustard vinaigrette** to taste. Toss to combine. Season with salt and pepper to taste.

7 PLATE YOUR DISH

- Cut **chicken cutlets** into 5–7 slices each.
- Divide **Cajun blackened chicken** between plates. Drizzle with **Creole Dijonnaise with avocado mayo** to taste. Serve **sautéed squash and tomato** and **green bean salad** on the side. Garnish with remaining **pecans**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (445g)

Amount per serving

Calories **730**

	% Daily Value*
Total Fat 60g	77%
Saturated Fat 8g	40%
Trans Fat 0g	
Cholesterol 125mg	42%
Sodium 450mg	20%
Total Carbohydrate 15g	5%
Dietary Fiber 5g	18%
Total Sugars 8g	
Includes 2g Added Sugars	4%
Protein 38g	
Vitamin D 0mcg	0%
Calcium 71mg	6%
Iron 2mg	10%
Potassium 1094mg	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], **Blackening Spices** [paprika (color), dehydrated onion, spices (black pepper, white pepper, red pepper, thyme, oregano), dehydrated garlic, and salt], **Roma Tomatoes**, **Creole Dijonnaise** (Granulated Garlic, Sweet Paprika, Smoked Paprika, Ground Cayenne Pepper, Ground Cumin, Celery Seeds, Dried Basil, Sea Salt, Avocado Oil Mayonnaise [avocado oil, organic eggs, organic egg yolks, organic vinegar, sea salt, organic rosemary extract], Dijon Mustard [water, organic mustard seeds, organic vinegar, salt, organic turmeric, organic spices], Apple Cider Vinegar [apple cider vinegar]), **Yellow Squash**, **Pecans** [pecans, canola and/or peanut and/or sunflower oil], **Maple-Mustard Vinaigrette** (Olive Oil [olive oil], Red Wine Vinegar [aged red wine vinegar], Dijon Mustard [water, organic mustard seeds, organic vinegar, salt, organic turmeric, organic spices], Maple Syrup [pure maple syrup], Sea Salt, Black Pepper, Dried Mustard), **Green Beans**

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.

