



**GREEN
CHEF**

PEANUT CHICKEN WITH UDON NOODLES

red bell pepper, honey-sesame roasted carrots, scallion

COOK TIME

30 MIN

SERVINGS

2

CALORIES PER SERVING

950

Peanuts and chicken are one of those unlikely pairings that we just can't get enough of! Here, we drizzle our ginger-lime peanut sauce over pan-seared chicken for a surprisingly tangy combination of flavors. The cutlets are served alongside tender udon noodles and honey-sesame roasted carrots for extra caramelized sweetness. Chopped roasted peanuts offer a satisfying crunch in every bite.

INGREDIENTS (10 ITEMS)

4 oz **Udon noodles** W
 2 whole **Carrots**
 1 unit **Red bell pepper**
 1 whole **Scallion**
 ½ oz **Roasted peanuts** P
 ½ oz **Honey**
 1 tsp **Black & white sesame seeds**
 ½ tsp **Crushed red pepper flakes**
 2 (5 oz) **Chicken cutlets***
 3½ oz **Ginger-lime peanut sauce** P S T

WHAT YOU'LL NEED

medium pot
 medium & large sauté pans
 baking sheet
 medium bowl
 measuring spoons
 strainer
 peeler
 thermometer
 oven mitt
 cooking oil
 salt & pepper

ALLERGENS

W WHEAT P PEANUTS
S SOY T TREE NUTS (coconut)



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

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 COOK NOODLES

- Preheat oven to 425 degrees.
- Bring a medium pot of lightly salted water to a boil. Once boiling, stir in **udon noodles**. Cook 6–8 minutes, or until tender, stirring occasionally.
- Strain **noodles**. Rinse with cold water. Shake off excess water. Return to pot. Drizzle with 1–2 teaspoons cooking oil. Stir to coat. (You'll finish the noodles in Step 5.)

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 PREP

- Cut tops off **carrots** and peel. Cut widthwise into pieces, about 3 inches long. Cut each piece lengthwise into fries, about ¼ inch thick.
- Cut **red bell pepper*** lengthwise into strips, about ¼ inch thick. Halve strips widthwise.
- Thinly slice **scallion**; discard root end.
- Roughly chop **roasted peanuts**.

**The ingredient you received may be a different color.*

3 SEASON & ROAST CARROTS

- Place **carrots** in a medium bowl. Drizzle with about 1 tablespoon cooking oil. Season with about ¼ teaspoon salt and a pinch of pepper. Stir to coat.
- Spread **carrots** out in a single layer on a lightly oiled, foil-lined baking sheet. Roast about 10 minutes, or until just tender, stirring halfway through.
- Drizzle **honey** over **carrots**. Sprinkle with **black and white sesame seeds** and **crushed red pepper flakes*** to taste. Stir to evenly coat. (**Careful! Baking sheet is hot!**) Return baking sheet to oven. Roast 3–4 minutes, or until fork-tender.

**If heat sensitive, use crushed red pepper flakes sparingly, or omit entirely.*

4 SEASON & COOK CHICKEN

- Pat **chicken cutlets** dry with paper towels. Season with salt and pepper.
- Heat about 1½ tablespoons cooking oil in a medium sauté pan 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 COOK VEGGIES & FINISH NOODLES

- Heat about 1½ tablespoons cooking oil in a large sauté pan over medium-high heat. Add **bell pepper** and about half of the **scallion** to hot pan. Lightly season with salt and pepper. Cook 3–4 minutes, or until bell pepper is tender, stirring occasionally.
- Transfer **noodles** to pan. Add about half of the **ginger-lime peanut sauce**. Stir to combine. Season with salt and pepper to taste.

6 PLATE YOUR DISH

- Cut **chicken cutlets** into 5–7 slices each.
- Divide **peanut udon noodles** between bowls. Top with **chicken**. Drizzle with remaining **ginger-lime peanut sauce** to taste. Pile **honey-sesame roasted carrots** on the side. Garnish with **peanuts** and remaining **scallion**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (454g)

Amount per serving

Calories **950**

	% Daily Value*
Total Fat 52g	67%
Saturated Fat 9g	45%
Trans Fat 0g	
Cholesterol 140mg	47%
Sodium 840mg	37%
Total Carbohydrate 72g	26%
Dietary Fiber 7g	25%
Total Sugars 20g	
Includes 4g Added Sugars	8%
Protein 56g	
Vitamin D 2mcg	10%
Calcium 99mg	8%
Iron 4mg	20%
Potassium 1344mg	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 Cutlets [chicken], **Udon Noodles** [heirloom wheat and buckwheat flour, sea salt], **Scallions**, **Bell Peppers**, **Ginger-Lime Peanut Sauce** (Peanut Butter [peanuts], Coconut Milk [organic coconut, coconut extract, water, organic guar gum], Maple Syrup [pure maple syrup], Gluten-Free Tamari Sauce [water, soybeans, salt, sugar, alcohol, vinegar, lactic acid], Sunflower Oil [high oleic sunflower oil], Puréed Ginger [ginger], Red Onions, Toasted Sesame Oil [toasted sesame oil], Granulated Garlic, Sriracha Sauce [organic jalapeno peppers, water, organic sugar, organic distilled vinegar, salt, organic garlic powder, xanthan gum], Lime Juice [lime], Ascorbic Acid [ascorbic acid]), **Carrots**, **Honey** [honey], **Crushed Red Pepper Flakes**, **Black & White Sesame Seeds** (White Sesame Seeds [hulled sesame seeds], Black Sesame Seeds [black sesame seeds]), **Peanuts** [peanuts, canola and/or peanut oil]

Allergen information:

Contains Peanuts, Soy, Tree Nuts And Wheat

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.

