



MEDITERRANEAN-STYLE CHICKEN SALAD

kale, yellow squash, roasted pepper & almond gremolata

COOK TIME 25 MIN	SERVINGS 2	CALORIES PER SERVING 790	NET CARBS PER SERVING 12 GRAMS	MENU KETO // PALEO // GLUTEN-FREE // MEDITERRANEAN
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We love a nourishing and bountiful main-course salad that comes together in one big bowl for a quick, flavorful, and filling dinner! This version gets a Mediterranean-inspired punch thanks to a fresh and tangy gremolata made with roasted red peppers, capers, white balsamic vinegar, and toasted almonds. It's spooned over tender pan-seared chicken nestled on a bed of leafy kale for sweet-briny complexity.

- INGREDIENTS (10 ITEMS)**
- 2¾ oz **Green kale**
 - 1 whole **Yellow squash**
 - 1 whole **Shallot**
 - ½ oz **Capers**
 - ½ oz **Sliced almonds** T
 - 1¾ oz **Dairy-free lemon aioli** E
 - 2 (5 oz) **Chicken cutlets***
 - ¾ tsp **Italian herb & red pepper blend**
 - 2¼ oz **Roasted red peppers**
 - ¾ oz **White balsamic vinegar**

- WHAT YOU'LL NEED**
- medium & large sauté pans
 - medium bowl
 - measuring spoons
 - thermometer
 - cooking & olive oils
 - salt & pepper


- ALLERGENS**
- T TREE NUTS (almonds)
 - E EGGS


 **CUSTOM CHEF**
If you chose to modify your meal, follow the Custom Chef instructions on the flip side of this card.

 **2 (5 oz) Organic chicken cutlets***
Calories: 790 Net Carbs: 12 grams

*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.

 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.

1 PREP

- Remove and discard any thick center stems from **green kale***. Roughly chop leaves into bite-size pieces.
- Trim ends from **yellow squash***. Quarter lengthwise. Lay flat and slice across into quarter-moons, about ¼ inch thick.
- Cut ends off **shallot** and discard peel. Halve lengthwise. Lay flat and medium dice into pieces, about ½ inch each.
- Roughly chop **capers**.
- Roughly chop **sliced almonds**.

*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 START SALAD

- Place **kale** in a medium bowl. Drizzle with 1 tablespoon **dairy-free lemon aioli**. Lightly season with salt and pepper. Massage until leaves soften.

3 SAUTÉ VEGGIES & FINISH SALAD

- Heat 1½ tablespoons cooking oil in a medium sauté pan over medium-high heat. Add **squash** and **shallot** to hot pan. Season with ¼ teaspoon salt and a pinch of pepper. Cook 3-4 minutes, or until veggies begin to soften, stirring occasionally.
- Transfer **veggies** to bowl with **kale**. Toss to combine.

4 SEASON & COOK CHICKEN

- Pat **chicken cutlets** dry with paper towels. Season with **Italian herb and red pepper blend**, salt, and pepper.
- Heat 1½ tablespoons cooking oil in a large 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.

🔄 Swap in **organic chicken cutlets** for chicken cutlets.

5 MAKE GREMOLATA

- Heat 1 tablespoon olive oil in pan used for chicken over medium heat. Add **roasted red peppers**, **capers**, and **almonds** to hot pan. Cook about 1 minute, or until roasted red peppers are warmed through, stirring frequently.
- Remove from heat. Add **white balsamic vinegar** and 2 tablespoons olive oil. Stir to combine. Season with salt and pepper to taste.

6 PLATE YOUR DISH

- Cut **chicken cutlets** into 5-7 slices each.
- Divide **salad** between bowls. Drizzle with remaining **lemon aioli** to taste. Serve **chicken** over top. Spoon **roasted pepper and almond gremolata** over chicken. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (430g)

Amount per serving

Calories **790**

	% Daily Value*
Total Fat 65g	83%
Saturated Fat 9g	45%
Trans Fat 0g	
Cholesterol 130mg	43%
Sodium 730mg	32%
Total Carbohydrate 17g	6%
Dietary Fiber 5g	18%
Total Sugars 9g	
Includes 0g Added Sugars	0%
Protein 39g	
Vitamin D 0mcg	0%
Calcium 116mg	8%
Iron 2mg	10%
Potassium 1120mg	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], **White Balsamic Vinegar** [aged white wine vinegar and must of white grapes], **Capers** [capers, water, vinegar, salt], **Roasted Red Peppers** [bell pepper], **Yellow Squash, Shallot, Dairy-Free Lemon Aioli** (Avocado Oil Mayonnaise [avocado oil, organic eggs, organic egg yolks, organic vinegar, sea salt, organic rosemary extract], Granulated Garlic, Lemon Juice [lemon], Stone-Ground Mustard [water, organic mustard seeds, organic vinegar, salt, organic spices]), **Italian Herb & Red Pepper Blend** (Granulated Garlic, Italian Seasoning [basil, rosemary, marjoram, oregano, thyme], Dried Parsley, Crushed Red Pepper Flakes, Onion Powder), **Almonds** [almonds], **Green Kale**

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.