



# CRISPY SOUTHERN CHICKEN

*Creole Dijonnaise, mashed potatoes, green beans with tomato*

**COOK TIME**  
30 MIN

**SERVINGS**  
2

**CALORIES PER SERVING**  
850

Winner, winner! A truly craveable Southern-style chicken dinner is on tonight's menu. Here, chicken cutlets—coated in a Creole Dijonnaise, crunchy breadcrumbs, and sharp cheddar cheese—are roasted until a crispy, cheesy crust has formed. Buttery mashed potatoes and tender green beans studded with diced tomato and toasted walnuts complete the savory 30-minute meal.

- INGREDIENTS (8 ITEMS)**
- 9½ oz **Red potatoes**
  - 6 oz **Green beans**
  - ½ oz **Walnuts** T
  - 1 whole **Roma tomato**
  - ½ cup **Breadcrumbs** W
  - 1 oz **Sharp cheddar cheese** M
  - 2 (5 oz) **Chicken cutlets\***
  - ¼ oz **Creole Dijonnaise** E S

- WHAT YOU'LL NEED**
- medium pot
  - medium sauté pan
  - baking sheet
  - small bowl
  - measuring cup & spoons
  - strainer
  - potato masher
  - thermometer
  - oven mitt
  - cooking & olive oils
  - 2 tbsp butter M
  - salt & pepper

- ALLERGENS**
- T TREE NUTS (walnuts) W WHEAT
  - M MILK E EGGS
  - S SOY

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

\*Chicken is fully cooked when internal temperature reaches 165 degrees.

**GREEN CHEF IS PROUD** to be a USDA Certified Organic company. All produce and eggs are organic unless otherwise labeled.

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](http://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.
- Medium dice **red potatoes**\* into pieces, about ½ inch each.
- Trim stem ends off **green beans**. Halve widthwise.
- Roughly chop **walnuts** if necessary.
- Small dice **Roma tomato** into pieces, about ¼ inch each.

\*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 COOK POTATOES

- Place **potatoes** in a medium pot. Cover with at least 2 inches cold, lightly salted water. Bring to a boil. Cook 8-10 minutes, or until fork-tender.
- Reserve about ¼ cup cooking water. Strain **potatoes**. Return to pot. (You'll finish the potatoes in Step 6.)

# 3 MAKE BREADING

- Place **breadcrumbs** and **sharp cheddar cheese** in a small bowl. Drizzle with 2-3 teaspoons olive oil. Lightly season with salt and pepper. Stir to combine.

# 4 SEASON & BREAD CHICKEN

- Pat **chicken cutlets** dry with paper towels. Season with salt and pepper.
- Place **chicken** on a lightly oiled, foil-lined baking sheet. Spread **Creole Dijonnaise** over tops of chicken. Spoon **breading** over tops of chicken.\* Press to adhere.

\*If some of the breading falls onto the baking sheet, scoop up the excess and press it back onto the chicken. The thicker the crust, the better!

# 5 ROAST CHICKEN

- Transfer baking sheet with **chicken** to oven. Roast 14-16 minutes, or until fully cooked.

# 6 MASH POTATOES

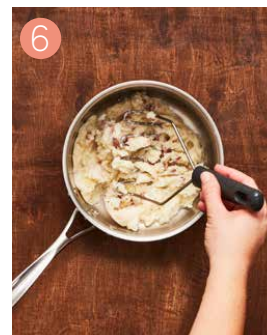
- Add 2 tablespoons butter and reserved **potato cooking water** to pot with **potatoes**. Season with about ½ teaspoon salt and a pinch of pepper. Mash **potatoes** with a potato masher (or fork) into a smooth consistency.

# 7 COOK VEGGIES

- Heat about 1½ tablespoons cooking oil in a medium sauté pan over medium-high heat. Add **green beans** to hot pan. Season with about ¼ teaspoon salt and a pinch of pepper. Stir to combine. Cook 3-4 minutes, or until green beans begin to soften, stirring occasionally.
- Add **walnuts**. Cook 1-2 minutes, or until walnuts are lightly toasted, stirring occasionally.
- Remove from heat. Add **tomato**. Stir to combine.

# 8 PLATE YOUR DISH

- Divide **crispy Southern chicken** between plates. Serve **mashed potatoes** and **green beans with tomato and walnuts** on the side. Enjoy!





## Nutrition Facts

2 Servings per container

**Serving size** (508g)

Amount per serving

**Calories** 850

|                               | % Daily Value* |
|-------------------------------|----------------|
| <b>Total Fat</b> 53g          | 68%            |
| Saturated Fat 15g             | 75%            |
| Trans Fat 0g                  |                |
| <b>Cholesterol</b> 165mg      | 55%            |
| <b>Sodium</b> 1310mg          | 57%            |
| <b>Total Carbohydrate</b> 49g | 18%            |
| Dietary Fiber 7g              | 25%            |
| Total Sugars 8g               |                |
| Includes 0g Added Sugars      | 0%             |
| <b>Protein</b> 45g            |                |
| Vitamin D 0mcg                | 0%             |
| Calcium 171mg                 | 15%            |
| Iron 2mg                      | 10%            |
| Potassium 1475mg              | 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], **Creole Dijonnaise** (Granulated Garlic, Sweet Paprika, Smoked Paprika, Ground Cayenne Pepper, Ground Cumin, Celery Seeds, Dried Basil, Sea Salt, Mayonnaise [organic expeller pressed soybean oil, water, organic egg yolks, organic whole eggs, organic distilled white vinegar, salt, organic white mustard (organic distilled vinegar, water, organic mustard seeds, salt, organic spices), organic lemon juice concentrate], Dijon Mustard [water, organic mustard seeds, organic vinegar, salt, organic turmeric, organic spices], Apple Cider Vinegar [apple cider vinegar]), **Sharp Cheddar Cheese** [part-skim milk, cheese cultures, salt, enzymes, annatto, anti caking agent (potato starch powdered cellulose, natamycin)], **Red Potatoes**, **Breadcrumbs** [bleached wheat flour, yeast, sugar, salt], **Roma Tomatoes**, **Green Beans**, **Walnuts** [walnuts]

### Allergen information:

Contains Wheat, Tree Nuts, Milk, Egg And Soy

*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.*