



**GREEN  
CHEF**

# CHICKEN WITH MAPLE-DIJON SAUCE

*Sweet potato hash with chard, roasted apple & pecans*

## COOK TIME

35 MIN

## SERVINGS

2

## CALORIES PER SERVING

650

## NET CARBS PER SERVING

35 GRAMS

## MENU

PALEO // GLUTEN-FREE

Craving comfort food? This paleo-friendly dish is as cozy as they come. Sweet potatoes and apple are roasted until tender and lightly caramelized, then tossed with sautéed chard and crunchy pecans. Juicy pan-seared chicken cutlets (seasoned with our paprika, basil, and oregano blend) are fanned over top. A drizzle of maple-Dijon pan sauce delivers a rich, tangy-sweet finale.

## INGREDIENTS (9 ITEMS)

2 (5 oz) **Chicken cutlets**  
1 oz **Maple glaze**  
¼ oz **Dijon mustard**  
10 ¼ oz **Sweet potatoes**  
3 ½ oz **Green chard\***  
1 whole **Gala apple**  
½ oz **Pecans** T  
¼ oz **Garlic**  
1 ¼ tsp **Paprika, basil & oregano blend**

## WHAT YOU'LL NEED

medium & large sauté pans  
baking sheet  
mixing bowls  
measuring spoons  
whisk  
thermometer  
oven mitt  
cooking oil  
salt & pepper

## ALLERGENS

T TREE NUTS (pecans)



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 Food Service (GFFS) program.

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

\*This ingredient may be a different color. Either way, this dish will still be delicious!

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 [help.greenchef.com](http://help.greenchef.com) 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.
- Stand **Gala apple** upright and cut off sides around core; discard core. Medium dice into pieces, about ½ inch each.
- Remove thick center stems from **green chard**. Slice **stems** into pieces, about ½ inch each. Roughly chop **leaves** into bite-size pieces.
- Mince **garlic**.
- Roughly chop **pecans** if necessary.

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 ROAST SWEET POTATOES &amp; APPLE

- Place **sweet potatoes** and **apple** in a large bowl. Drizzle with about 2 tablespoons cooking oil. Season with about half of the **paprika, basil, and oregano blend**, about ¼ teaspoon salt, and a pinch of pepper. Stir to coat.
- Spread **sweet potatoes and apple** out in a single layer on a lightly oiled, foil-lined baking sheet. Roast 20–24 minutes, or until sweet potatoes are fork tender, stirring halfway through.

## 3 SEASON &amp; COOK CHICKEN

- Pat **chicken cutlets** dry with paper towels. Season with salt, pepper, and remaining **paprika, basil, and oregano blend**.
- Heat about 1 ½ 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 chicken is fully cooked.\* Transfer **chicken** to a cutting board.

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

## 4 MAKE HASH

- Heat about 1 tablespoon cooking oil in a large sauté pan over medium heat. Add **chard stems** to hot pan. Cook 2–3 minutes, or until softened, stirring occasionally.
- Add **garlic**. Cook about 30 seconds, or until fragrant, stirring occasionally.
- Add **chard leaves** and 1 tablespoon water. Cook 2–3 minutes, or until leaves are wilted, stirring occasionally.
- Remove from heat. Transfer **sweet potatoes and apple** to pan. Add **pecans**. Season with about ¼ teaspoon salt and a pinch of pepper. Stir to combine.

## 5 MAKE MAPLE-DIJON SAUCE

- Place **maple glaze** and 3 tablespoons water in a small bowl. Whisk to combine.
- Return pan used for chicken to stovetop over medium heat. Add **maple glaze** to hot pan. Cook 2–3 minutes, or until sauce is slightly reduced, stirring occasionally.\*
- Remove from heat. Add about half of the **Dijon mustard**.\*\* Salt and pepper to taste. Whisk to combine.

\*Be sure to scrape up any browned bits in the bottom of the pan as you stir — those unassuming specks are full of concentrated flavor and will add additional richness to your sauce.

\*\*Dijon mustard can be spicy! Add more to taste or reserve remaining for another use.

## 6 PLATE YOUR DISH

- Cut **chicken** into 5–7 slices each.
- Divide **sweet potato hash** between plates. Fan **chicken** over top. Drizzle with **maple-Dijon sauce**. Enjoy!



## Nutrition Facts

2 Servings per container

**Serving size** (410g)

**Amount per serving**

**Calories** 650

	% Daily Value*
<b>Total Fat</b> 38g	49%
Saturated Fat 4.5g	23%
Trans Fat 0g	
<b>Cholesterol</b> 100mg	33%
<b>Sodium</b> 940mg	41%
<b>Total Carbohydrate</b> 41g	15%
Dietary Fiber 6g	21%
Total Sugars 18g	
Includes 7g Added Sugars	14%
<b>Protein</b> 38g	
Vitamin D 0mcg	0%
Calcium 96mg	8%
Iron 5mg	30%
Potassium 698mg	15%

\* 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], **Dijon Mustard** [water, mustard seeds, vinegar, salt, citric acid, sulphur dioxide], **Maple-Lemon Glaze** (Maple Syrup [100% pure maple syrup], Lemon Juice [lemon]), **Green Chard**, **Gala Apple**, **Pecans** [pecans, canola and/or peanut and/or sunflower oil], **Sweet Potatoes**, **Garlic**, **Paprika**, **Basil & Oregano Blend** (Ground Rosemary, Granulated Garlic, Sweet Paprika, Onion Powder, Dried Oregano, Dried Basil)

### Allergen information:

Contains 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.*