



**GREEN  
CHEF**

## TERIYAKI CHICKEN “RICE” BOWLS

*cauliflower “rice,” broccoli, carrots, peas & ginger*

### COOK TIME

25 MIN

### SERVINGS

2

### CALORIES PER SERVING

620

### NET CARBS PER SERVING

24 GRAMS

### MENU

PALEO // GLUTEN-FREE

This “rice” bowl has a secret: It’s paleo friendly! In lieu of the grain, a bed of cauliflower “rice”—tossed with sautéed broccoli, carrots, peas, and ginger—forms a nourishing base. Pan-seared chicken cutlets are drizzled with our teriyaki-style sauce for umami-rich flavors, then sprinkled with crushed red pepper flakes for a touch of heat to go on top. Break out the chopsticks!

### INGREDIENTS (9 ITEMS)

6 oz **Broccoli**  
2 (5 oz) **Chicken cutlets\***  
2¼ oz **Teriyaki-style coconut amino sauce** **T**  
½ tsp **Crushed red pepper flakes**  
¾ oz **Toasted sesame oil**  
4 oz **Carrots**  
6½ oz **Cauliflower “rice”**  
2½ oz **Peas**  
2 oz **Yellow onions**  
& ½ oz **& ginger**

### WHAT YOU’LL NEED

medium & large sauté pans  
measuring spoons  
thermometer  
cooking oil  
salt & pepper

### ALLERGENS

**T** TREE NUTS (coconut)



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

- Thinly slice **broccoli** lengthwise.

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.

1

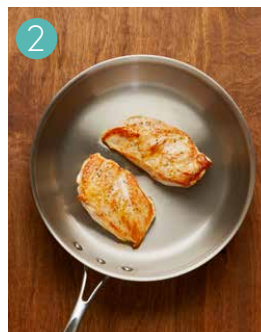


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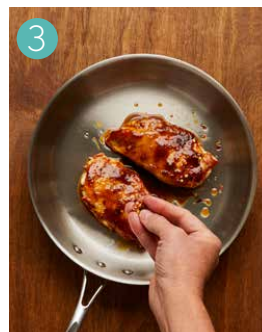
## SEASON & COOK CHICKEN

- Pat **chicken cutlets** dry with paper towels. Lightly 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 chicken is fully cooked. Remove from heat.

2



3



3

## FINISH CHICKEN

- Drizzle about half of the **teriyaki-style coconut amino sauce** over pan with chicken. Season with **crushed red pepper flakes**\* to taste. Turn to coat.

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

4



4

## START VEGGIE "RICE"

- Heat **toasted sesame oil** and about 1½ tablespoons cooking oil in a large sauté pan over medium-high heat. Add **broccoli** and **carrots** to hot pan. Season with about ¼ teaspoon salt and ¼ teaspoon pepper. Cook 4–5 minutes, or until broccoli is lightly browned, stirring occasionally.

5



5

## FINISH VEGGIE "RICE"

- Add **cauliflower "rice,"** **peas,** and **yellow onions and ginger** to pan with veggies. Cook 3–4 minutes, or until onions are translucent, stirring occasionally. Season with salt and pepper to taste.\*

*\*Taste the veggie "rice" after seasoning and adjust as needed. Adding salt and pepper throughout the cooking process is key to a delicious final product.*

6



6

## PLATE YOUR DISH

- Cut **chicken** into 5–6 slices each.
- Divide **veggie "rice"** between bowls. Serve **teriyaki chicken** over top. Drizzle with remaining **coconut amino sauce** to taste. Enjoy!

# Nutrition Facts

2 Servings per container

Serving size (519g)

Amount per serving

Calories 620

	% Daily Value*
Total Fat 36g	46%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 140mg	47%
Sodium 810mg	35%
Total Carbohydrate 32g	12%
Dietary Fiber 8g	29%
Total Sugars 13g	
Includes 0g Added Sugars	0%
Protein 49g	
Vitamin D 2mcg	10%
Calcium 151mg	10%
Iron 3mg	15%
Potassium 1592mg	35%

\* 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], Crushed Red Pepper Flakes, Teriyaki-Style Coconut Amino Sauce (Coconut Aminos [organic coconut tree sap, sea salt], Date Paste [organic dates], Pineapple Juice [pineapple juice], Orange Juice [organic orange juice], Puréed Ginger [ginger], Garlic, Apple Cider Vinegar [apple cider vinegar]), Toasted Sesame Oil [toasted sesame oil], Cauliflower, Broccoli, Carrots, Yellow Onions, Ginger [organic ginger, water, citric acid, salt], Peas [peas]

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.