



SOUTHWEST CHICKEN

kale salad with roasted sweet potatoes, mushrooms & tomato

COOK TIME
30 MIN

SERVINGS
2

CALORIES PER SERVING
820

NET CARBS PER SERVING
33 GRAMS

MENU
PALEO // GLUTEN-FREE

This savory 30-minute dish is served with Southwestern flair. Chicken cutlets are seasoned with a lively orange-chili spice blend (think ancho chili powder, chipotle powder, and dried orange peel), then pan-seared. They're paired with a hearty kale salad tossed with roasted sweet potatoes, mushrooms, and tomato. A cilantro cider vinaigrette finishes the dish with a tangy kick.

INGREDIENTS (7 ITEMS)

- 4 oz **Cremini mushrooms**
- 2¾ oz **Lacinato kale**
- 1 whole **Roma tomato**
- 9¾ oz **Sweet potatoes**
- 2 (5 oz) **Chicken cutlets***
- 1½ tsp **Orange-chili spice blend**
- 3½ oz **Cilantro cider vinaigrette with olive oil**

WHAT YOU'LL NEED

- large sauté pan
- baking sheet
- mixing bowls
- measuring spoons
- thermometer
- oven mitt
- cooking & olive oils
- salt & pepper

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

Validate
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 the 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 for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

1 PREP

- Preheat oven to 400 degrees.
- Wipe **cremini mushrooms** clean with damp paper towels. Remove stems if desired. Halve or quarter **mushrooms**, depending on size.
- Remove and discard any thick center stems from **lacinato kale**. Roll leaves into a large “cigar” and slice across into ribbons, about ¼ inch wide.
- Small dice **Roma tomato** into pieces, about ¼ inch each.

4 COOKING FOR

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 & MUSHROOMS

- Place **sweet potatoes** and **mushrooms** in a medium bowl. Drizzle with 1-2 tablespoons cooking oil. Season with about ½ teaspoon salt and a pinch of pepper. Stir to coat.
- Spread **sweet potatoes and mushrooms** out in a single layer on a lightly oiled, foil-lined baking sheet. Roast 18–20 minutes, or until sweet potatoes are fork-tender and lightly browned, stirring halfway through.

3 SEASON & COOK CHICKEN

- Pat **chicken cutlets** dry with paper towels. Place in bowl used for sweet potatoes and mushrooms. Season with **orange-chili spice blend**, salt, and pepper. Drizzle with about 1 tablespoon cooking oil. Turn to coat.
- Heat about 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 chicken is fully cooked.
- Transfer **chicken** to a cutting board.

4 MAKE SALAD

- Place **kale** in a second medium bowl. Drizzle with 1–2 teaspoons olive oil. Lightly season with salt. Massage until leaves soften.
- Transfer **sweet potatoes and mushrooms** to bowl with kale. Add **tomato**. Drizzle with about half of the **cilantro cider vinaigrette with olive oil**. Toss to combine. Season with salt and pepper to taste.

5 PLATE YOUR DISH

- Cut **chicken** into 6–8 slices each.
- Divide **kale salad with roasted sweet potato and mushrooms** between plates. Fan **Southwest chicken** over top. Drizzle with remaining **vinaigrette** to taste. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (495g)

Amount per serving

Calories 820

	% Daily Value*
Total Fat 56g	72%
Saturated Fat 8g	40%
Trans Fat 0g	
Cholesterol 140mg	47%
Sodium 960mg	42%
Total Carbohydrate 40g	15%
Dietary Fiber 7g	25%
Total Sugars 12g	
Includes 3g Added Sugars	6%
Protein 48g	
Vitamin D 2mcg	10%
Calcium 148mg	10%
Iron 3mg	15%
Potassium 1631mg	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], **Orange-Chili Spice Blend** (Sweet Paprika, Onion Powder, Granulated Garlic, Dried Orange Peel, Ground Chipotle Pepper, Ancho Chili Powder, Chili Powder, Dried Oregano), **Sweet Potatoes**, **Cremini Mushrooms**, **Cilantro Cider Vinaigrette** (Cilantro, Apple Cider Vinegar [apple cider vinegar], Garlic, Olive Oil [olive oil], Agave [organic agave syrup], Sea Salt), **Roma Tomatoes**, **Lacinato Kale**

Allergen information:

Contains No Allergens

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.