



**GREEN
CHEF**

BOOM BOOM CHICKEN

snap pea slaw, honey-glazed sesame carrots, cashews

COOK TIME

30 MIN

SERVINGS

2

CALORIES PER SERVING

680

NET CARBS PER SERVING

27 GRAMS

MENU

PALEO // GLUTEN-FREE

Our creamy boom boom sauce is sweet and zesty with a touch of heat—perfect for drizzling over tender pan-seared chicken. In tonight's meal, that savory saucy chicken is paired with honey-glazed carrots tossed with crunchy sesame seeds and buttery cashews. Charred scallion adds smoky notes to a snap pea and cabbage slaw that brings a fresh and crunchy contrast to the plate.

INGREDIENTS (10 ITEMS)

| | |
|----------|---------------------------------------|
| 1 whole | Scallion |
| 3½ oz | Cabbage |
| 2 oz | Snap peas |
| 3 whole | Carrots |
| ½ oz | Roasted cashews T |
| 1¼ oz | Ginger-sesame vinaigrette T |
| ½ oz | Honey |
| 1 tsp | Black & white sesame seeds |
| 2 (5 oz) | Chicken cutlets* |
| 1¾ oz | Boom boom sauce E T |

WHAT YOU'LL NEED

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

ALLERGENS

T TREE NUTS (cashews, coconut)
E EGGS



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

1

PREP

- Trim and thinly slice **scallion**.
- Roughly chop **cabbage*** if necessary.
- Remove any fibrous strings from **snap peas****. Cut widthwise at a sharp angle into strips, about ¼ inch wide.
- Trim and peel **carrots**. Slice across at an angle into pieces, about ¼ inch thick.
- Roughly chop **roasted cashews** if necessary.

**The ingredient you received may be a different color.*

***To quickly prep, firmly pinch one end of a pea and pull downward to remove the fibrous string.*

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

CHAR SCALLION

- Place **scallion** in a dry, medium sauté pan over medium-high heat. Cook 2-3 minutes, or until lightly charred, stirring occasionally.
- Transfer **scallion** to a medium bowl. (Carefully wipe out pan.)

3

MAKE SLAW

- Add **cabbage** and **snap peas** to bowl with **scallion**. Drizzle with **ginger-sesame vinaigrette**. Toss to combine. Season with salt and pepper to taste.

4

COOK CARROTS

- Heat about 1½ tablespoons cooking oil in a large sauté pan over medium-high heat. Add **carrots** to hot pan. Season with about ¼ teaspoon salt and a pinch of pepper. Cook 3-4 minutes, or until carrots begin to brown, stirring occasionally.
- Add about ⅓ cup water. Reduce heat to medium. Simmer 5-8 minutes, or until carrots are mostly tender and liquid has mostly reduced, stirring occasionally.
- Drizzle **honey** over **carrots**. Add **cashews** and **black and white sesame seeds** to taste. Cook 3-4 minutes, or until carrots are fork-tender and evenly coated, stirring occasionally. Remove from heat.

5

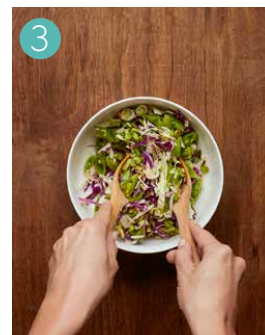
SEASON & COOK CHICKEN

- Pat **chicken cutlets** dry with paper towels. Lightly season with salt and pepper.
- Heat about 1½ tablespoons cooking oil in pan used for scallion 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.

6

PLATE YOUR DISH

- Cut **chicken cutlets** into 5-7 slices each.
- Divide **chicken** between plates. Drizzle with **boom boom sauce** to taste. Serve **honey-glazed sesame carrots** and **snap pea slaw** on the side. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (459g)

Amount per serving

Calories **680**

| | % Daily Value* |
|-------------------------------|----------------|
| Total Fat 45g | 58% |
| Saturated Fat 6g | 30% |
| Trans Fat 0g | |
| Cholesterol 120mg | 40% |
| Sodium 790mg | 34% |
| Total Carbohydrate 34g | 12% |
| Dietary Fiber 7g | 25% |
| Total Sugars 20g | |
| Includes 1g Added Sugars | 2% |
| Protein 39g | |
| Vitamin D 0mcg | 0% |
| Calcium 123mg | 10% |
| Iron 2mg | 10% |
| Potassium 1175mg | 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], **Ginger-Sesame Vinaigrette** (Puréed Ginger [ginger], Garlic, Apple Juice [organic pasteurized juice from fresh pressed organic, seasonal apples], Coconut Aminos [organic coconut nectar, organic pure coconut blossom sap, natural unrefined sea salt], Agave [organic agave syrup], Orange Juice [organic orange juice], Sea Salt, White Pepper, Sesame Oil [refined sesame oil], Olive Oil [olive oil]), **Scallions**, **Cashews** [cashews, canola and/or peanut and/or sunflower oil], **Green Cabbage**, **Red Cabbage**, **Carrots**, **Snap Peas**, **Honey** [honey], **Black & White Sesame Seeds** (White Sesame Seeds [hulled sesame seeds], Black Sesame Seeds [black sesame seeds]), **Boom Boom Sauce** (Avocado Oil Mayonnaise [avocado oil, organic eggs, organic egg yolks, organic vinegar, sea salt, organic rosemary extract], Hot Sauce [water, organic red bell peppers, organic onions, organic tomatoes (organic tomato puree [water, organic tomato paste], citric acid), organic white wine vinegar, sea salt, organic garlic powder, organic cayenne, xanthan gum], Lime Juice [lime], Puréed Ginger [ginger], Garlic, Coconut Aminos [organic coconut nectar, organic pure coconut blossom sap, natural unrefined sea salt], Coconut Nectar [coconut tree sap], Crushed Red Pepper Flakes)

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.