



**GREEN  
CHEF**

## BLACKENED CHICKEN THIGHS & “GRITS”

*Creole Dijonnaise, cabbage slaw with tomato*

### COOK TIME

25 MIN

### SERVINGS

2

### CALORIES PER SERVING

980

### NET CARBS PER SERVING

10 GRAMS

### MENU

KETO // GLUTEN-FREE

Our blackening spices bring piquant flavors and savory depth to roasted chicken thighs in tonight’s 25-minute meal. The tender chicken is served over rich and creamy Southern-style “grits”—made here with cauliflower “grits,” cream cheese, sharp cheddar cheese, and butter. A drizzle of our signature Creole Dijonnaise adds a layer of spicy richness to every bite.

### INGREDIENTS (10 ITEMS)

3 ½ oz **Cabbage**  
1 whole **Roma tomato**  
1 oz **Cilantro cider vinaigrette**  
12 oz **Boneless chicken thighs\***  
1 tsp **Blackening spices**  
6 ½ oz **Cauliflower “grits”**  
1 oz **Sharp cheddar cheese** **M**  
1 oz **Cream cheese** **M**  
2 ½ tbsp **Almond flour** **T**  
1 ¼ oz **Creole Dijonnaise with avocado mayo** **E**

### WHAT YOU’LL NEED

medium sauté pan  
medium oven-safe sauté pan  
mixing bowls  
measuring cup & spoons  
thermometer  
oven mitt  
cooking & olive oils  
2 tbsp butter **M**  
salt & pepper

### ALLERGENS

**M** MILK  
**T** TREE NUTS (almonds)  
**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](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
- Preheat oven to 400 degrees.
  - Roughly chop **cabbage\*** 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.

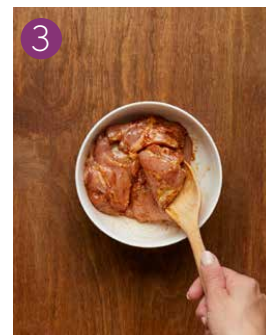
- ## 2 MAKE SLAW
- Place **cabbage** and **tomato** in a medium bowl. Drizzle with **cilantro cider vinaigrette** to taste and about 1 tablespoon olive oil. Salt and pepper to taste. Toss to combine.

- ## 3 SEASON CHICKEN
- Pat **boneless chicken thighs\*** dry with paper towels. Place **chicken** in a second medium bowl. Season with **blackening spices**, salt, and pepper. Drizzle with about 1 ½ tablespoons cooking oil. Stir to coat.
- \*You may receive three to five chicken thighs, depending on the individual weight of each piece.*

- ## 4 SEAR & ROAST CHICKEN
- Heat about 1 ½ tablespoons cooking oil in a medium oven-safe sauté pan over medium-high heat. Add **chicken** to hot pan. Sear about 3 minutes on each side.
  - Transfer pan to oven. Roast 5-6 minutes, or until chicken is fully cooked.\*
- \*To keep your hands safe, slide a silicone cover (or pot holder) over the handle of the hot pan once it comes out of the oven.*

- ## 5 MAKE "GRITS"
- Heat about 1 ½ tablespoons cooking oil in a medium sauté pan over medium heat. Add **cauliflower "grits"** to hot pan. Season with salt and pepper. Cook 2-3 minutes, or until slightly tender, stirring occasionally.
  - Add about ½ cup water. Cook 3-4 minutes, or until liquid is mostly cooked off, stirring occasionally.
  - Remove from heat. Add **sharp cheddar cheese**, **cream cheese**, 2 tablespoons butter, and **almond flour**. Stir until cheddar cheese melts and cream cheese is incorporated. Salt and pepper to taste.

- ## 6 PLATE YOUR DISH
- Halve **chicken thighs** widthwise.
  - Divide **cheesy cauliflower "grits"** between plates. Top with **blackened chicken thighs**. Drizzle with **Creole Dijonnaise with avocado mayo** to taste. Serve **cabbage slaw** on the side. Enjoy!





## Nutrition Facts

2 Servings per container

**Serving size** (478g)

**Amount per serving**

**Calories** 980

	% Daily Value*
<b>Total Fat</b> 85g	109%
Saturated Fat 20g	100%
Trans Fat 0g	
<b>Cholesterol</b> 220mg	73%
<b>Sodium</b> 750mg	33%
<b>Total Carbohydrate</b> 15g	5%
Dietary Fiber 5g	18%
Total Sugars 5g	
Includes 0g Added Sugars	0%
<b>Protein</b> 43g	
Vitamin D 0mcg	0%
Calcium 224mg	15%
Iron 3mg	15%
Potassium 632mg	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 Thighs** [chicken], **Blackening Spices** [paprika (color), dehydrated onion, spices (black pepper, white pepper, red pepper, thyme, oregano), dehydrated garlic, and salt], **Creole Dijonnaise** (Granulated Garlic, Sweet Paprika, Smoked Paprika, Ground Cayenne Pepper, Ground Cumin, Celery Seeds, Dried Basil, Sea Salt, Avocado Oil Mayonnaise [avocado oil, organic certified humane free range egg yolks, water, distilled vinegar, salt, lime juice concentrate, citric acid, lime oil], Dijon Mustard [water, organic mustard seeds, organic vinegar, salt, organic turmeric, organic spices], Apple Cider Vinegar [apple cider vinegar]), **Cauliflower**, **Cream Cheese** [cultured pasteurized skim milk and cream, whey protein, milk proteins, less than 2% salt, inulin (natural dietary fiber), natural acids, xanthan, locust bean and guar gums, potassium sorbate (maintains freshness)], **Almond Flour** [organic almonds], **Sharp Cheddar Cheese** [part-skim milk, cheese cultures, salt, enzymes, anti caking agent (potato starch powdered cellulose, natamycin)], **Roma Tomatoes**, **Green Cabbage**, **Red Cabbage**, **Cilantro** **Cider Vinaigrette** (Cilantro, Apple Cider Vinegar [apple cider vinegar], Garlic, Olive Oil [olive oil], Stone-Grind Mustard [water, organic mustard seeds, organic vinegar, salt, organic spices], Sea Salt)

### Allergen information:

Contains Milk, 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.*