

GREEN CHEF

SMOKY CHICKEN & KALE BOWLS

cauliflower "rice," dates, toasted walnuts, Parmesan cheese

COOK TIME	SERVINGS	CALORIES PER SERVING	NET CARBS PER SERVING	MENU
25 MIN	2	830	18 GRAMS	KETO // GLUTEN-FREE

Our custom paprika and onion blend adds warm, smoky depth to every forkful of these savory "rice" bowls. Here, the aromatic spices are used to season chicken strips and red onion before a quick sear the hot pan. It's all nestled atop sautéed red kale tossed with cauliflower "rice," dates, buttery walnuts, and Parmesan cheese. For a tangy-sweet finishing touch, a drizzle of balsamic vinaigrette does the trick.

INGREDIENTS (9 ITEMS)

½ oz	**Walnuts** (T)
1 whole	**Red onion**
4¼ oz	**Red kale**
¾ oz	**Dates**
6½ oz	**Cauliflower "rice"**
1½ tsp	**Smoky paprika & onion blend**
10 oz	**Chicken strips***
2 oz	**Parmesan cheese** (M)
2¼ oz	**Balsamic vinaigrette with olive oil**

WHAT YOU'LL NEED

large sauté pan
baking sheet
medium bowl
measuring spoons
thermometer
oven mitt
cooking oil
1 tbsp butter (M)
salt & pepper

ALLERGENS

(T) TREE NUTS (walnuts)
(M) MILK

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

Validated Gluten Free Safe Spot 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.

SMOKY CHICKEN & KALE BOWLS

1 PREP

- Preheat oven to 400 degrees.
- Roughly chop **walnuts** if necessary.
- Cut ends off **red onion** and discard peel. Halve lengthwise; save one half for another use. Cut remaining half lengthwise into strips, about ¼ inch thick.
- Remove and discard any thick center stems from **red kale***. Roughly chop leaves into bite-size pieces.
- Roughly chop **dates**.

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

COOKING FOR 4

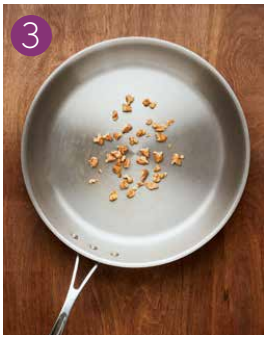
If you ordered the 4-serving version of this meal, modify this recipe by doubling the measurements (where it makes sense) and using bigger pots, pans, and bowls.



2 SEASON & ROAST CAULIFLOWER "RICE"

- Place **cauliflower "rice"** in a medium bowl. Drizzle with about 1 tablespoon cooking oil. Season with about half of the **smoky paprika and onion blend**, about ¼ teaspoon salt, and a pinch of pepper. Stir to coat.
- Spread **cauliflower** out in a single layer on a lightly oiled, foil-lined baking sheet. Roast 10-15 minutes, or until lightly browned, stirring halfway through.





3 TOAST WALNUTS

- Place **walnuts** in a dry large sauté pan over medium heat. Toast 2-3 minutes, or until fragrant, shaking pan frequently.
- Transfer **walnuts** to a plate.



4 COOK CHICKEN & ONION

- Pat **chicken strips** dry with paper towels. Cut any larger strips in half lengthwise.
- Heat about 1½ tablespoons cooking oil in pan used for walnuts over medium-high heat. Add **onion** to hot pan. Cook 2-3 minutes, or until translucent, stirring occasionally.
- Add **chicken**. Season with about ¼ teaspoon salt and remaining **spice blend**. Cook 4-6 minutes, or until chicken is fully cooked, stirring occasionally.
- Transfer **chicken and onion** to a plate.



5 COOK VEGGIES

- Heat about 1 tablespoon cooking oil in pan used for chicken over medium heat. Add **kale** to hot pan. Cook 2-3 minutes, or until wilted, stirring occasionally. Remove from heat.
- Transfer **cauliflower** to pan. Add **dates**, about half of the **walnuts**, about half of the **Parmesan cheese**, about 1 tablespoon of the **balsamic vinaigrette with olive oil**, and 1 tablespoon butter. Stir until butter is melted. Season with salt and pepper to taste.



6 PLATE YOUR DISH

- Divide **kale with cauliflower and dates** between bowls. Top with **smoky chicken and onion**. Drizzle with remaining **balsamic vinaigrette** to taste. Garnish with remaining **toasted walnuts** and remaining **Parmesan cheese**. Enjoy!

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Nutrition Facts

2 Servings per container

Serving size **(421g)**

Amount per serving

Calories 830

	% Daily Value*
Total Fat 64g	82%
Saturated Fat 17g	85%
Trans Fat 0g	
Cholesterol 145mg	48%
Sodium 1280mg	56%
Total Carbohydrate 23g	8%
Dietary Fiber 5g	18%
Total Sugars 13g	
Includes 1g Added Sugars	2%
Protein 45g	
Vitamin D 0mcg	0%
Calcium 410mg	30%
Iron 2mg	10%
Potassium 644mg	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 Strips [chicken], **Red Onion**, **Parmesan Cheese** [pasteurized milk, cheese cultures, salt, enzymes], **Cauliflower**, **Balsamic Vinaigrette** (Balsamic Vinegar [wine vinegar, concentrated grape must], Dijon Mustard [water, organic mustard seeds, organic vinegar, salt, organic turmeric, organic spices], Olive Oil [olive oil], Sea Salt, Black Pepper), **Dates**, **Smoky Paprika & Onion Blend** (Smoked Paprika, Onion Powder, Sweet Paprika, Black Pepper), **Red Kale**, **Walnuts** [walnuts]

Allergen information:
Contains Tree Nuts And Milk

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.