



**GREEN
CHEF**

BBQ CHICKEN WITH PINEAPPLE SALSA

Smoky roasted sweet potatoes, bell pepper & pepitas

COOK TIME

30 MIN

SERVINGS

2

CALORIES PER SERVING

590

NET CARBS PER SERVING

35 GRAMS

MENU

PALEO // GLUTEN-FREE

We love the way roasting brings out pineapple's sweetness and gives it golden-brown caramelized edges. For tonight's paleo-friendly dinner, it's paired with fresh scallion to make a salsa garnish for barbecue-glazed chicken cutlets. Roasted sweet potatoes and red bell pepper—dusted with an applewood spice blend and studded with crunchy pepitas—add an earthy, smoky element to the dish.

INGREDIENTS (8 ITEMS)

1 unit **Red bell pepper***
2 ¼ oz **Pineapple**
½ oz **Pepitas**
1 whole **Scallion**
10 ¼ oz **Sweet potatoes**
1 tsp **Smoky applewood spice blend**
2 (5 oz) **Chicken cutlets****
3 oz **Barbecue sauce**

WHAT YOU'LL NEED

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



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.

*Due to the varying nature of organic produce, we may have sent a larger bell pepper than needed.
**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

- Preheat oven to 425 degrees.
- Cut **red bell pepper*** lengthwise into strips, about ¼ inch thick. Halve strips widthwise.
- Roughly chop **pineapple** (reserve any juice in pouch).
- Roughly chop **pepitás**.
- Thinly slice **scallion**; discard root end.

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

**Use enough bell pepper to match the size of a baseball, saving the rest for another day. If you have a food scale, use 3.5 oz bell pepper to stay under 35 grams of net carbs per serving.*

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

START VEGGIES & PINEAPPLE

- Place **sweet potatoes** and **bell pepper** in a large bowl. Drizzle with about 1 ½ tablespoons cooking oil. Season with about half of the **smoky applewood spice blend**, about ¼ teaspoon salt, and a pinch of pepper. Stir to coat.
- Spread **sweet potatoes and bell pepper** out in a single layer on one side of a lightly oiled, foil-lined baking sheet. Roast 10–11 minutes, or until veggies are mostly tender.
- Stir **veggies**. (**Careful! Baking sheet is hot!**) Spread **pineapple** out in a single layer on open side of baking sheet with veggies. Roast 6 minutes. (You'll finish the veggies and pineapple in Step 4.)

3

SEASON & COOK CHICKEN

- Pat **chicken cutlets** dry with paper towels. Season with salt, pepper, and remaining **spice blend**.
- Heat about 1 ½ tablespoons cooking oil in a large sauté pan over medium-high heat. Add **chicken** to hot pan. Cook 4–6 minutes.
- Flip **chicken**. Add **barbecue sauce** and about 3 tablespoons water to pan around chicken. Stir **sauce**. Cook 4–6 minutes more, or until chicken is fully cooked. Transfer **chicken** to a cutting board.

4

FINISH VEGGIES & PINEAPPLE

- Sprinkle **pepitás** over **sweet potatoes and bell pepper**. (**Careful! Baking sheet is hot!**) Roast 3–5 minutes, or until veggies are fork-tender, pineapple is lightly caramelized, and pepitás are lightly toasted.

5

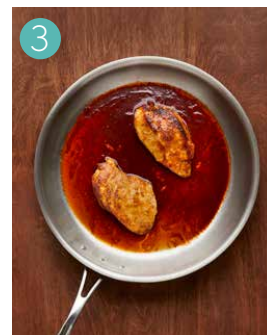
MAKE PINEAPPLE SALSA

- Transfer **pineapple** (with any reserved juice) to a small bowl. Add **scallion**. Season with about ¼ teaspoon salt and a pinch of pepper. Stir to combine.

6

PLATE YOUR DISH

- Cut **chicken** into 5–7 slices each.
- Divide **smoky roasted sweet potatoes and bell pepper** between plates. Fan **barbecue chicken** against veggies. Spoon any remaining **barbecue sauce** from pan over chicken. Top with **pineapple salsa**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (422g)

Amount per serving

Calories 590

	% Daily Value*
Total Fat 29g	37%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 140mg	47%
Sodium 1190mg	52%
Total Carbohydrate 41g	15%
Dietary Fiber 6g	21%
Total Sugars 18g	
Includes 5g Added Sugars	10%
Protein 47g	
Vitamin D 2mcg	10%
Calcium 113mg	8%
Iron 4mg	20%
Potassium 1358mg	30%

* 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], Pineapple [pineapple], Scallions, Pepitas [pumpkin seed kernels], Bell Peppers, Sweet Potatoes, Smoky Applewood Spice Blend (Sweet Paprika, Applewood-Smoked Sea Salt, Granulated Garlic, Dried Mustard, Smoked Paprika, Black Pepper, Dried Thyme), Barbecue Sauce (Garlic, Yellow Onions, Tomato Paste [vine ripened organic tomatoes], Maple Syrup [pure maple syrup], Orange Juice [organic orange juice], Apple Cider Vinegar [apple cider vinegar], Molasses [blackstrap molasses], Dijon Mustard [water, organic mustard seeds, organic vinegar, salt, organic turmeric, organic spices], Sea Salt, Smoked Paprika)

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.