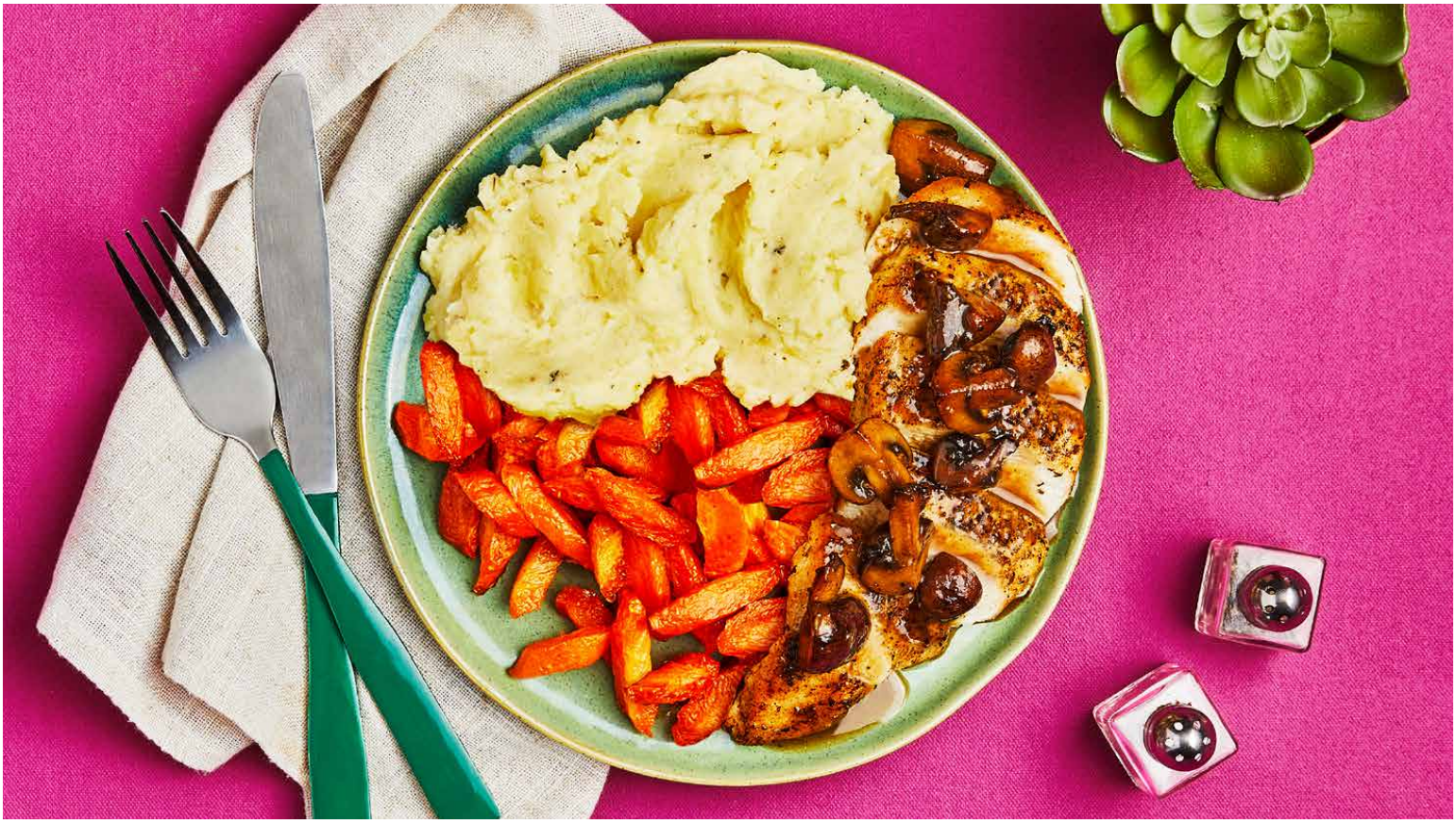


GREEN CHEF

CHICKEN WITH MUSHROOM SAUCE

Creamy mashed potato, roasted carrots

COOK TIME
30 MIN

SERVINGS
2

CALORIES PER SERVING
900

MENU
GLUTEN-FREE

You'll want to savor every bite of this comforting winter dish, thanks to our secret for making a truly restaurant-worthy pan sauce. Here, we've seared Italian-seasoned chicken cutlets before scraping up the flavorful browned bits left behind in the pan to create a decadent mushroom sauce. Creamy mashed potato and a side of roasted carrots round out the meal.

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

Certified Gluten-Free GF Food Service Certified gluten-free by the Gluten Intolerance Group's Gluten-Free Food Service (GFFS) program.

GREEN CHEF IS PROUD to be a USDA Certified Organic company. All produce and eggs are organic unless otherwise labeled.

INGREDIENTS (7 ITEMS)

2 (5 oz)	**Chicken cutlets**
½ tsp	**Italian seasoning**
4 ¼ oz	**Cremini mushrooms**
1 whole	**Russet potato**
2 whole	**Carrots**
1 oz	**Cream cheese** (M)
1 whole	**Chicken stock concentrate**

WHAT YOU'LL NEED

medium pot
large sauté pan
baking sheet
medium bowl
measuring cup & spoons
strainer
peeler
potato masher
thermometer
oven mitt
cooking & olive oils
3 tbsp butter (M)
salt & pepper

ALLERGENS

(M) MILK

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

CHICKEN WITH MUSHROOM SAUCE

1 START PREP & COOK POTATO

- Preheat oven to 425 degrees.
- Peel **russet potato** if desired. Large dice into pieces, about ¾ inch each.
- Place **potato** in a medium pot. Cover with at least 2 inches cold, lightly salted water. Bring to a boil. Cook 12-15 minutes, or until potato is fork tender.
- Reserve about ½ cup cooking water. Strain **potato**; shake off excess water. Return to pot. Add 2 tablespoons butter. Stir until butter melts.

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 FINISH PREP

- Cut tops off **carrots** and peel. Halve lengthwise. Lay flat and slice across at an angle into half-moons, about ½ inch thick.
- Wipe **cremini mushrooms** clean with damp paper towels. Remove stems if desired. Halve or quarter **mushrooms**, depending on size.



3 SEASON & ROAST CARROTS

- Place **carrots** in a medium bowl. Drizzle with about 1 tablespoon cooking oil. Season with about ½ teaspoon salt and about ¼ teaspoon pepper. Stir to coat.
- Spread **carrots** out in a single layer on a lightly oiled, foil-lined baking sheet. Roast 16-20 minutes, or until fork tender, stirring halfway through.



4 SEASON & COOK CHICKEN

- Pat **chicken cutlets** dry with paper towels. Season with salt, pepper, and about half of the **Italian seasoning**.
- 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 on each side, or until chicken is fully cooked.* Transfer **chicken** to a cutting board.

**Chicken is fully cooked when internal temperature reaches 165 degrees.*



5 MAKE MUSHROOM SAUCE

- Heat about 1 ½ tablespoons cooking oil in pan used for chicken over medium-high heat. Add **mushrooms** to hot pan. Cook 2-3 minutes, or until mushrooms are tender, stirring occasionally.
- Add ¼ cup water and **chicken stock concentrate**. Stir to combine. Bring to a boil, then reduce heat to medium-low. Cook 2-4 minutes, or until sauce thickens, stirring occasionally.
- Remove from heat. Add 1 tablespoon butter. Season with about ¼ teaspoon salt and a pinch of pepper. Stir until butter melts.



6 MASH POTATO

- Mash **potato** with a potato masher (or fork) until smooth. Add **cream cheese** and about 1 ½ tablespoons olive oil. Season with remaining **Italian seasoning**, about ¼ teaspoon salt, and a pinch of pepper. Stir to combine.*

**If the mashed potato is too thick, add reserved cooking water a tablespoon at a time until the desired consistency is reached.*



7 PLATE YOUR DISH

- Cut **chicken** into 5-7 slices each.
- Divide **Italian-seasoned chicken** between plates. Spoon **mushroom sauce** over chicken. Pile **creamy mashed potato** and **roasted carrots** on the side. Enjoy!



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Nutrition Facts

2 Servings per container

Serving size **(602g)**

Amount per serving

Calories 900

	% Daily Value*
Total Fat 59g	76%
Saturated Fat 17g	85%
Trans Fat 0.5g	
Cholesterol 135mg	45%
Sodium 1490mg	65%
Total Carbohydrate 56g	20%
Dietary Fiber 6g	21%
Total Sugars 8g	
Includes 1g Added Sugars	2%
Protein 42g	
Vitamin D 0mcg	0%
Calcium 123mg	10%
Iron 3mg	15%
Potassium 1559mg	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, **Russet potato**, **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).), **Carrots**, **Italian seasoning** (spices (basil, rosemary, marjoram, oregano, thyme)), **Chicken stock conentrate** (Reduced Wine, Vegetable Juice Concentrates (Tomato, Onion, Carrot, Celery), Maltodextrin, Sugar, Chicken Stock, Natural Flavor, Salt, Butter, Yeast Extract, and Chicken fat.), **Cremini mushrooms**

Allergen information:
Contains 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.