



**GREEN
CHEF**

LEMON-MUSTARD CHICKEN

Roasted garlic potatoes, green peas with roasted red peppers

COOK TIME

30 MIN

SERVINGS

2

CALORIES PER SERVING

830

Sometimes the simplest combinations are the most comforting and satisfying. Here, a bright, tangy lemon-mustard sauce and a generous topping of breadcrumbs add rich flavors and a crispy texture to savory chicken cutlets. Roasted to a juicy finish, the chicken is served with garlicky roasted fingerling potatoes and buttery sautéed peas with roasted red peppers. Grab your favorite beverage, and dig in!

INGREDIENTS (9 ITEMS)

2 (5 oz) **Chicken cutlets**
 ½ cup **Breadcrumbs** W
 2 oz **White-wine lemon vinaigrette**
 1 ¼ oz **Dijon & stone-ground mustard**
 1 oz **Sour cream** M
 11 ¾ oz **Fingerling potatoes***
 4 ½ oz **Peas**
 2 ¼ oz **Roasted red peppers**
 ¼ oz **Garlic**

WHAT YOU'LL NEED

medium sauté pan
 2 baking sheets
 mixing bowls
 measuring spoons
 whisk
 thermometer
 oven mitt
 cooking & olive oils
 1 tbsp butter M
 salt & pepper

ALLERGENS

W WHEAT
M MILK



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

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

*This ingredient may be a different color. Either way, this dish will still be delicious!

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.

1 PREP & ROAST POTATOES

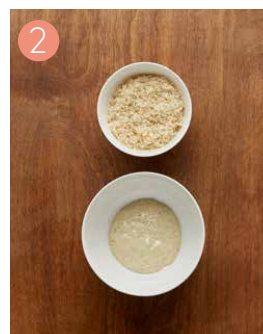
- Preheat oven to 425 degrees.
- Halve or quarter **fingerling potatoes** lengthwise, depending on size.
- Mince **garlic**.
- Place **potatoes** on a foil-lined baking sheet. Drizzle with 1-2 tablespoons cooking oil. Season with salt and pepper. Stir to coat. Spread **potatoes** out in a single layer. Roast 20-22 minutes, or until potatoes are tender, stirring halfway through.

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 LEMON-MUSTARD SAUCE & SEASON BREADCRUMBS

- Place **Dijon and stone-ground mustard, sour cream**, and about 1 tablespoon of the **white-wine lemon vinaigrette** in a medium bowl. Whisk to combine.
- Place **breadcrumbs** in a small bowl. Drizzle with about 1 tablespoon olive oil. Lightly season with salt and pepper. Stir to combine.



3 BREAD CHICKEN

- Pat **chicken cutlets** dry with paper towels. Add **chicken** to bowl with **lemon-mustard sauce**. Drizzle with 1-2 teaspoons cooking oil. Season with salt and pepper. Turn to coat.
- Place **chicken** on a second lightly oiled, foil-lined baking sheet. Spoon **seasoned breadcrumbs** over tops of **chicken**. * Press to adhere.

**If some of the breading falls onto the baking sheet, scoop up the excess and press it back onto the chicken. The thicker the crust, the better!*



4 ROAST CHICKEN

- Transfer baking sheet with chicken to oven. Roast 12-15 minutes, or until chicken is fully cooked.*

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

5 COOK VEGGIES

- Heat 1-2 teaspoons olive oil in a medium sauté pan over medium heat. Add **peas** and **roasted red peppers** to hot pan. Cook 2-3 minutes, or until peas are warmed through, stirring occasionally.
- Remove from heat. Add 1 tablespoon butter. Stir until butter melts. Add 1-2 tablespoons of the remaining **vinaigrette**. Stir to coat.



6 FINISH POTATOES

- Sprinkle **garlic** over **potatoes**. Stir to combine. (**Careful! Baking sheet is hot!**) Return baking sheet to oven. Roast 3-4 minutes, or until potatoes are fork tender and garlic is fragrant.

7 PLATE YOUR DISH

- Cut **chicken** into 4-6 slices each.
- Divide **lemon-mustard chicken** between plates. Drizzle with remaining **vinaigrette** to taste. Pile **roasted fingerling potatoes with garlic** next to chicken. Serve **peas with roasted red peppers** on the side. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (524g)

Amount per serving

Calories 870

	% Daily Value*
Total Fat 47g	60%
Saturated Fat 10g	50%
Trans Fat 0g	
Cholesterol 125mg	42%
Sodium 720mg	31%
Total Carbohydrate 63g	23%
Dietary Fiber 9g	32%
Total Sugars 9g	
Includes 2g Added Sugars	4%
Protein 44g	
Vitamin D 0mcg	0%
Calcium 62mg	4%
Iron 6mg	35%
Potassium 156mg	4%

* 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, Mustard** (Dijon Mustard [grain vinegar, water, mustard seed, salt, spices], Stone-Ground Mustard [grain vinegar, water, mustard seed, salt, spices]), **Breadcrumbs** [bleached wheat flour, yeast, sugar, salt], **Peas, Roasted Red Peppers** [roasted red pepper, water, citric acid, sea salt], **Garlic, Fingerling Potatoes, Lemon Vinaigrette** (Lemon Juice [lemon], Agave [blue agave nectar], White Wine Vinegar [white wine vinegar], Sea Salt, Black Pepper, Sunflower Oil, Dijon Mustard [grain vinegar, water, mustard seed, salt, spices]), **Sour Cream** [cultured cream]

Allergen information:
Contains Milk And Wheat

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.