



# CAJUN CHICKEN WITH DIJONNAISE

*sautéed squash, bell pepper, tomato & celery, toasted pecans*

<b>COOK TIME</b> 30 MIN	<b>SERVINGS</b> 2	<b>CALORIES PER SERVING</b> 690	<b>NET CARBS PER SERVING</b> 9 GRAMS	<b>MENU</b> KETO // PALEO // GLUTEN-FREE
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With a few Cajun-inspired touches, our chefs kicked this carb-conscious dish up a notch. Chicken cutlets are coated in a vibrant spice blend (think paprika, red pepper, and dried herbs), then pan-seared until juicy. They're drizzled in a creamy avocado mayo-based Dijonnaise for a rich finish. On the side, the holy trinity of Creole cooking—bell pepper, celery, and onion—forms the base for smoky sautéed yellow squash with tomato and pecans.

## INGREDIENTS (10 ITEMS)

- 1 whole **Yellow squash**
- 1 unit **Green bell pepper**
- 1¾ oz **Celery**
- 1 whole **Red onion**
- 1 whole **Roma tomato**
- ½ oz **Pecans** T
- 2 (5 oz) **Chicken cutlets\***
- 1 tsp **Cajun spice blend**
- 1¼ tsp **Smoky mustard-celery blend**
- 1¾ oz **Creole Dijonnaise with avocado mayo** E

## WHAT YOU'LL NEED

- large sauté pan
- medium bowl
- measuring spoons
- thermometer
- cooking oil
- salt & pepper

## ALLERGENS

- T TREE NUTS (pecans)
- E EGGS

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

**Validated**  
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**

- Trim ends off **yellow squash\***; discard. Halve lengthwise. Lay flat and slice across into half-moons, about ½ inch thick.
- Medium dice **green bell pepper\*** into pieces, about ½ inch each.
- Slice **celery** across at an angle into pieces, about ¼ inch thick.
- Cut ends off **red onion** and discard peel. Halve lengthwise; save one half for another use. Medium dice remaining half into pieces, about ½ inch each.
- Medium dice **Roma tomato** into pieces, about ½ 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

**TOAST PECANS**

- Roughly chop **pecans** if necessary.
- Place **pecans** in a dry large sauté pan over medium heat. Toast 2–3 minutes, or until fragrant, shaking pan frequently. Transfer **pecans** to a plate.

3

**SEASON & COOK CHICKEN**

- Pat **chicken cutlets** dry with paper towels. Place **chicken** in a medium bowl. Season with **Cajun spice blend**, salt, and pepper. Drizzle with about 1½ tablespoons cooking oil. Turn to coat.
- Heat about 1½ tablespoons cooking oil in pan used for pecans over medium-high heat. Add **chicken** to hot pan. Cook 3–5 minutes on each side, or until chicken is fully cooked.
- Transfer **chicken** to a cutting board.

4

**SAUTÉ VEGGIES**

- Heat about 1 tablespoon cooking oil in pan used for chicken over medium-high heat. Add **squash**, **bell pepper**, **celery**, and **onion** to hot pan. Season with **smoky mustard-celery blend**, about ¼ teaspoon salt, and a pinch of pepper. Cook 5–7 minutes, or until squash is fork-tender, stirring frequently.\*
- Remove from heat. Add **tomato**. Stir to combine.

*\*If the pan seems dry while cooking, add another tablespoon cooking oil.*

5

**PLATE YOUR DISH**

- Cut **chicken** into 5–7 slices each.
- Divide **Cajun-spiced chicken** between plates. Drizzle with **Creole Dijonnaise with avocado mayo** to taste. Pile **sautéed veggies** next to chicken. Garnish with **toasted pecans**. Enjoy!



## Nutrition Facts

2 Servings per container

**Serving size** (468g)

**Amount per serving**

**Calories** 690

	% Daily Value*
<b>Total Fat</b> 54g	69%
Saturated Fat 7g	35%
Trans Fat 0g	
<b>Cholesterol</b> 160mg	53%
<b>Sodium</b> 1020mg	44%
<b>Total Carbohydrate</b> 14g	5%
Dietary Fiber 5g	18%
Total Sugars 7g	
Includes 0g Added Sugars	0%
<b>Protein</b> 46g	
Vitamin D 2mcg	10%
Calcium 100mg	8%
Iron 2mg	10%
Potassium 1277mg	25%

\* 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], **Cajun Spice Blend** [paprika (color), spices (white pepper, black pepper, thyme, oregano, basil, red pepper), dehydrated onion, 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]), **Pecans** [pecans, canola and/or peanut and/or sunflower oil], **Roma Tomatoes**, **Yellow Squash**, **Red Onion**, **Celery**, **Smoky Mustard-Celery Blend** (Sweet Paprika, Granulated Garlic, Onion Powder, Ground Coriander, Celery Seeds, Dried Mustard, Applewood-Smoked Sea Salt), **Bell Peppers**

### Allergen information:

Contains 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.*

