



**GREEN
CHEF**

SOUTHERN CHICKEN WITH DIJONNAISE

Cheesy sautéed broccoli, jasmine rice with tomato

COOK TIME

35 MIN

SERVINGS

2

CALORIES PER SERVING

890

MENU

GLUTEN-FREE

This down-home chicken dinner is big on Southern flavors. Coated in our Memphis-style barbecue spices (think paprika, celery seeds, cumin, chili powder, and coconut sugar), the chicken is pan-seared and roasted to a juicy finish. It's served over tomato-studded jasmine rice and drizzled in a creamy Creole Dijonnaise for tangy richness. A side of irresistibly cheesy sautéed broccoli rounds out the satisfying meal.



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 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 (6 oz) **Chicken breasts**
2 oz **Creole Dijonnaise** E S
1 ½ tsp **Memphis-style barbecue spices** T
6 oz **Broccoli**
1 oz **Sharp cheddar cheese** M
½ cup **Jasmine rice**
1 whole **Roma tomato**

WHAT YOU'LL NEED

small pot with lid
medium oven-safe sauté pan
large sauté pan with lid
measuring cup & spoons
thermometer
oven mitt
cooking oil
salt & pepper

ALLERGENS

E EGGS
S SOY
T TREE NUTS (coconut)
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.

1 COOK RICE

- Preheat oven to 400 degrees.
- Bring **jasmine rice**, 1 cup water, and about ¼ teaspoon salt to a boil in a small pot. Stir. Reduce heat to medium-low and cover pot with lid. Simmer 16-18 minutes, or until rice is tender and water is absorbed.
- Remove from heat. Let rest, covered, 3 minutes.

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 PREP

- Cut **broccoli** into bite-size pieces if necessary.
- Small dice **Roma tomato** into pieces, about ¼ inch each.

3 SEASON & COOK CHICKEN

- Pat **chicken breasts** dry with paper towels. Place on a plate. Season with salt, pepper, and about half of the **Memphis-style barbecue spices**. Drizzle with about 1 tablespoon cooking oil. Rub to coat.
- Heat about 1 ½ tablespoons cooking oil in a medium oven-safe sauté pan over medium-high heat. Add **chicken** to hot pan. Sear about 3 minutes on each side.
- Transfer pan to oven. Roast 8-12 minutes, or until chicken is fully cooked.* (Chicken is fully cooked when internal temperature reaches 165 degrees.)
- Transfer **chicken** to a cutting board. Let rest at least 3 minutes.

**Careful! To keep your hands safe, slide a silicone cover (or pot holder) over the handle of the hot pan once it comes out of the oven.*

4 COOK BROCCOLI

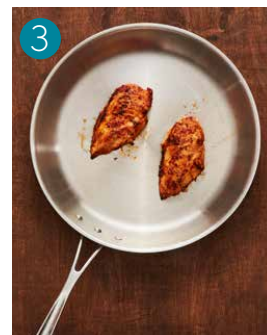
- Heat about 2 tablespoons cooking oil in a large sauté pan over medium heat. Add **broccoli** to hot pan. Season with about ¼ teaspoon salt and a pinch of pepper. Cook 6-8 minutes, or until broccoli is tender, stirring occasionally.
- Remove from heat. Sprinkle **sharp cheddar cheese** over **broccoli**. Cover pan with lid. Let sit 2-3 minutes, or until cheese is melted.

5 FINISH RICE

- Fluff **rice** with a fork. Add **tomato** and remaining **barbecue spices**. Salt and pepper to taste. Stir to combine.

6 PLATE YOUR DISH

- Cut **chicken** into 5-6 slices each.
- Divide **jasmine rice with tomato** between plates. Fan **roasted chicken** over top. Drizzle with **Creole Dijonnaise** to taste. Serve **cheesy sautéed broccoli** on the side. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (425g)

Amount per serving

Calories 890

	% Daily Value*
Total Fat 56g	72%
Saturated Fat 9g	45%
Trans Fat 0g	
Cholesterol 130mg	43%
Sodium 800mg	35%
Total Carbohydrate 48g	17%
Dietary Fiber 3g	11%
Total Sugars 4g	
Includes 1g Added Sugars	2%
Protein 49g	
Vitamin D 0mcg	0%
Calcium 158mg	10%
Iron 4mg	20%
Potassium 442mg	10%

* 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 breasts, **Memphis-style barbecue spices** (sweet paprika, granulated garlic, onion powder, celery seed, dried oregano, dried mustard, ground cumin, ground coriander, ground chili powder, ground allspice, coconut sugar [granulated coconut flower blossom nectar]), **Creole Dijonnaise** (granulated garlic, sweet paprika, smoked paprika, cayenne pepper, ground cumin, celery seed, dried basil, sea salt, mayonnaise [organic expeller pressed soybean oil, water, organic egg yolks, organic whole eggs, organic distilled white vinegar, salt, organic white mustard (organic distilled vinegar, water, organic mustard seeds, salt, organic spices), organic lemon juice concentrate], dijon mustard [grain vinegar, water, mustard seed, salt, spices], apple cider vinegar [raw and unfiltered organic apple cider vinegar]), **Jasmine rice**, **Roma tomato**, **Broccoli**, **Cheddar cheese** (Part-Skim Milk, Cheese Cultures, Salt, Enzymes, Anti Caking Agent (potato starch powdered cellulose, natamycin))

Allergen information:

Contains Milk, Egg, Soy And Tree Nuts

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.

