



**GREEN  
CHEF**

## THAI CHICKEN & VEGGIE CURRY

*with bell pepper, cabbage, carrots, cashews & coconut curry sauce*

### COOK TIME

25 MIN

### SERVINGS

2

### CALORIES PER SERVING

640

### NET CARBS PER SERVING

17 GRAMS

### MENU

KETO // PALEO // GLUTEN-FREE

Creamy coconut milk and vibrant red curry paste are the foundation of many classic Thai dishes. For this 25-minute meal, they're used to create a rich, bold curry sauce with sautéed green bell pepper, cabbage, carrots, and roasted red peppers. Savory pan-seared chicken cutlets are sliced and fanned over top, and a sprinkle of crunchy cashews garnishes it all.

### INGREDIENTS (7 ITEMS)

2 (5 oz) **Chicken cutlets**  
 5 oz **Coconut milk** T  
 1 ¼ oz **Red curry paste with lime juice**  
 3 ½ oz **Green bell pepper\***  
 4 oz **Cabbage\***  
 & 2 oz **& carrots**  
 2 ¼ oz **Roasted red peppers**  
 ½ oz **Dry-roasted cashews** T

### WHAT YOU'LL NEED

medium & large sauté pans  
 measuring spoons  
 thermometer  
 cooking oil  
 salt & pepper

### ALLERGENS

T TREE NUTS (cashews, coconut)



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.

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

## 1 PREP

- Cut **green bell pepper** lengthwise into strips, about ¼ inch thick. Halve strips widthwise.
- Roughly chop **cabbage and carrots** if necessary.
- Roughly chop **dry-roasted cashews** if necessary.

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 SEASON &amp; COOK CHICKEN

- Pat **chicken cutlets** dry with paper towels. Season with about ¼ teaspoon salt and about ¼ teaspoon pepper.
- Heat about 1 ½ tablespoons cooking oil in a medium 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.

## 3 START VEGGIES

- Heat about 1 ½ tablespoons cooking oil in a large sauté pan over medium-high heat. Add **bell pepper, cabbage and carrots**, and **roasted red peppers** to hot pan. Season with about ¼ teaspoon salt and a pinch of pepper. Stir to combine. Cook 3–4 minutes, or until bell pepper is lightly browned, stirring occasionally.

## 4 FINISH VEGGIES

- Add **coconut milk** and **red curry paste with lime juice** to pan with veggies. Stir to combine. Cook 2–3 minutes, or until veggies are tender, stirring occasionally. Salt and pepper to taste.

## 5 PLATE YOUR DISH

- Cut **chicken** into 5–7 slices each.
- Divide **veggies with coconut curry** between bowls. Shingle **chicken** over veggies. Garnish with **cashews**. Enjoy!



# Nutrition Facts

2 Servings per container

Serving size (433g)

Amount per serving

Calories 640

	% Daily Value*
Total Fat 46g	59%
Saturated Fat 17g	85%
Trans Fat 0g	
Cholesterol 80mg	27%
Sodium 1470mg	64%
Total Carbohydrate 21g	8%
Dietary Fiber 4g	14%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 39g	
Vitamin D 0mcg	0%
Calcium 58mg	4%
Iron 2mg	10%
Potassium 363mg	8%

\* 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, Coconut Milk [coconut extract, water, citric acid, sodium metabisulfite], Bell Peppers, Roasted Red Peppers [roasted red pepper, water, citric acid, sea salt], Green Cabbage, Red Cabbage, Carrots, Cashews [cashews, canola oil], Red Curry Paste With Lime Juice (Red Curry Paste [red chili, garlic, lemongrass, thai ginger, salt, onion, kaffir lime, coriander, pepper], Lime Juice)

Allergen information:  
Contains 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.