



**GREEN
CHEF**

THAI SWEET CHILI CHICKEN THIGHS

with jasmine rice, broccoli, bell pepper, cashews & sesame seeds

COOK TIME
30 MIN

SERVINGS
2

CALORIES PER SERVING
700

MENU
GLUTEN-FREE

The Thai-inspired chili sauce in tonight's 30-minute dish features savory-sweet flavors with a touch of heat. Here, the sauce (made with tamari, rice wine vinegar, honey, and red pepper flakes) is drizzled over tender, pan-seared chicken thighs for a bold finish. Sautéed broccoli and red bell pepper, studded with cashews, makes a colorful side, while a sprinkle of black and white sesame seeds adds a subtle, nutty crunch throughout.

INGREDIENTS (8 ITEMS)

12 oz **Boneless chicken thighs**
2 ½ oz **Sweet chili-garlic tamari sauce** ^S
½ oz **Honey**
½ cup **Jasmine rice**
6 oz **Broccoli**
3 ½ oz **Red bell pepper***
½ oz **Dry-roasted cashews** ^T
1 tsp **Black & white sesame seeds**

WHAT YOU'LL NEED

small pot with lid
medium & large sauté pans
measuring cup & spoons
thermometer
cooking oil
salt & pepper

ALLERGENS

^S SOY
^T TREE NUTS (cashews)



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

1 COOK RICE

- 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. Fluff with a fork.

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

- Thinly slice **broccoli** lengthwise.
- Medium dice **red bell pepper** into pieces, about ½ inch each.
- Roughly chop **dry-roasted cashews** if necessary.

3 SEASON & START CHICKEN

- Pat **boneless chicken thighs*** dry with paper towels. Season with about ¼ teaspoon salt and about ¼ teaspoon pepper.
- Heat about 1 ½ tablespoons cooking oil in a large sauté pan over medium heat. Add **chicken** to hot pan. Sear 3-5 minutes on each side, or until chicken is fully cooked. (Chicken is fully cooked when internal temperature reaches 165 degrees.)

**You may receive three to five chicken thighs, depending on the individual weight of each piece.*

4 FINISH CHICKEN

- Add **sweet chili-garlic tamari sauce**,* about 2 tablespoons water, and **honey** to pan with chicken. Stir to coat. Cook 2-3 minutes, or until sauce is warmed through, stirring occasionally. Remove from heat.

**If heat sensitive, use sweet chili sauce sparingly.*

5 SAUTÉ VEGGIES

- Heat about 1 tablespoon cooking oil in a medium sauté pan over medium-high heat. Add **broccoli**, **bell pepper**, and **cashews** to hot pan. Season with about ¼ teaspoon salt and a pinch of pepper. Cook 6-8 minutes, or until broccoli is lightly browned and bell pepper is tender, stirring occasionally.

6 PLATE YOUR DISH

- Cut **chicken thighs** into 4-5 slices each.
- Divide **rice** between plates. Fan **sweet chili chicken thighs** over rice. Spoon any remaining **sauce from pan** over top. Pile **sautéed broccoli, bell pepper, and cashews** on the side. Garnish with **black and white sesame seeds**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (424g)

Amount per serving

Calories 700

	% Daily Value*
Total Fat 29g	37%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 150mg	50%
Sodium 1430mg	62%
Total Carbohydrate 70g	25%
Dietary Fiber 3g	11%
Total Sugars 20g	
Includes 13g Added Sugars	26%
Protein 42g	
Vitamin D 0mcg	0%
Calcium 82mg	6%
Iron 3mg	15%
Potassium 503mg	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 Thighs, Sweet Chili Sauce (Gluten-Free Tamari Sauce [water, soybeans, salt, alcohol (to preserve freshness)], Rice Wine Vinegar [rice vinegar (water, rice), salt], Crushed Red Pepper Flakes, Garlic, Honey, Ascorbic Acid [ascorbic acid]), Broccoli, Jasmine Rice [jasmine rice], Bell Peppers, Cashews [cashews, canola oil], Black & White Sesame Seeds (White Sesame Seeds, Black Sesame Seeds), Honey

Allergen information:
Contains Tree Nuts And Soy

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.