



**GREEN
CHEF**

JAMAICAN CHICKEN FRIED “RICE”

with cauliflower “rice,” carrots, pineapple, mint & cashews

COOK TIME

20 MIN

SERVINGS

2

CALORIES PER SERVING

610

NET CARBS PER SERVING

17 GRAMS

MENU

KETO // PALEO // GLUTEN-FREE

This vibrant dinner has all the savoriness of Jamaican fried rice — minus the carbs! Our secret? We’ve subbed in nutrient-rich cauliflower “rice” in lieu of the traditional white rice. It’s sautéed with earthy-sweet carrots, juicy pineapple, and peppery ginger, then topped with tender jerk-spiced chicken strips. A sprinkle of fresh mint lends the dish bright flavors, while cashews add a light crunch to every bite.

INGREDIENTS (9 ITEMS)

10 oz **Chicken strips**
 1 ½ tsp **Jerk spice blend** T
 1 ½ cups **Cauliflower “rice”**
 4 oz **Carrots**
 2 ½ oz **Pineapple**
 2 oz **Yellow onions**
 & ½ oz **& ginger**
 ⅓ oz **Mint**
 ½ oz **Dry-roasted cashews** T
 1 ¾ oz **Creamy pineapple dressing**

WHAT YOU’LL NEED

medium & large sauté pans
 medium bowl
 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.

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

- Roughly chop **pineapple** (reserve any juice in pouch).
- De-stem **mint**; roughly chop leaves.
- 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 CHICKEN

- Pat **chicken strips** dry with paper towels. Cut any larger strips in half lengthwise. Place in a medium bowl. Season with **jerk spice blend** and about ¼ teaspoon salt. Drizzle with about 1 tablespoon cooking oil. Stir to coat.



3 MAKE FRIED "RICE"

- Heat about 1 ½ tablespoons cooking oil in a large sauté pan over medium heat. Add **cauliflower "rice"** and **carrots** to hot pan. Cook 3-4 minutes, or until cauliflower is lightly browned, stirring occasionally.
- Add **pineapple** (with any reserved **juice**) and **yellow onions and ginger**. Cook 3-4 minutes, or until onions begin to soften and carrots are tender, stirring occasionally. Salt and pepper to taste. Stir to combine.



4 COOK CHICKEN

- Heat about 1 ½ tablespoons cooking oil in a medium sauté pan over medium heat. Add **chicken** to hot pan. Cook 4-6 minutes, or until chicken is fully cooked, stirring occasionally.*

*Chicken is fully cooked when internal temperature reaches 165 degrees and it's no longer pink in the center.



5 PLATE YOUR DISH

- Divide **fried "rice"** between bowls. Pile **jerk-spiced chicken** over top. Drizzle with **creamy pineapple dressing** to taste. Garnish with **mint** and **cashews**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (432g)

Amount per serving

Calories 610

	% Daily Value*
Total Fat 42g	54%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 80mg	27%
Sodium 560mg	24%
Total Carbohydrate 23g	8%
Dietary Fiber 6g	21%
Total Sugars 10g	
Includes 1g Added Sugars	2%
Protein 38g	
Vitamin D 0mcg	0%
Calcium 71mg	6%
Iron 3mg	15%
Potassium 655mg	15%

* 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 Strips, Jerk Spice Blend (Allspice, Nutmeg, Black Pepper, Dried Thyme, Ground Cayenne Pepper, Sweet Paprika, Coconut Sugar [granulated coconut flower blossom nectar], Granulated Garlic, Dried Ginger), **Cauliflower, Pineapple, Yellow Onions, Ginger** [organic ginger, organic rice vinegar, citric acid], **Carrots, Mint, Cashews** [cashews, canola oil], **Pineapple Vinaigrette** (Granulated Garlic, Pineapple Juice [pineapple juice], Sunflower Seeds, Dried Oregano, Sweet Paprika, White Balsamic Vinegar [white wine vinegar, concentrated grape must], Sea Salt, Black Pepper, Olive Oil, Water, Ascorbic Acid [ascorbic acid])

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.