



**GREEN
CHEF**

HONEY-CITRUS GRILLED CHICKEN THIGHS

with sautéed red bell pepper, green beans, cabbage & carrots

COOK TIME

25 MIN

SERVINGS

2

CALORIES PER SERVING

560

NET CARBS PER SERVING

20 GRAMS

MENU

KETO // PALEO // GLUTEN-FREE

Want to take your dinner up a notch? A hot grill or grill pan does the trick! Here, we give marinated chicken thighs the grilling treatment, searing them until a crispy, flavorful crust forms. Perfectly juicy and tender, the chicken is served over bell pepper, green beans, cabbage, and carrots, all sautéed with toasted sesame oil for nutty, aromatic depth. Black and white sesame seeds make a striking finish.

INGREDIENTS (9 ITEMS)

12 oz **Boneless chicken thighs**
2 ¾ oz **Honey-citrus glaze**
1 whole **Red bell pepper***
6 oz **Green beans**
5 ½ oz **Cabbage* & carrots**
2 oz **Yellow onions**
1 tsp **Black & white sesame seeds**
¾ oz **Coconut aminos** T
¾ oz **Toasted sesame oil**

WHAT YOU'LL NEED

grill or grill pan
small & large sauté pans
medium bowl
measuring spoons
thermometer
oven mitt
cooking oil
salt & pepper

ALLERGENS

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

1 PREP

- Preheat a well-oiled grill (or grill pan) to medium-high.
- Cut sides off **red bell pepper**. Discard seed pod and stem. Cut lengthwise into strips, about ¼ inch thick. Halve strips widthwise.
- Trim stem ends off **green beans**. Cut into pieces, about 2 inches long.

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 MAKE MARINADE & MARINATE CHICKEN

- Place **coconut aminos** and **honey-citrus glaze** in a medium bowl. Stir to combine.
- Pat **boneless chicken thighs*** dry with paper towels. Add **chicken** to bowl with **marinade**. Season with about ¼ teaspoon salt and a pinch of pepper. Turn to coat. Marinate about 5 minutes, turning occasionally.

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

3 COOK VEGGIES

- Heat **toasted sesame oil** and about 1 tablespoon cooking oil in a large sauté pan over medium-high heat. Add **bell pepper**, **green beans**, and **yellow onions** to hot pan. Cook 3-4 minutes, or until onions are lightly browned, stirring occasionally.
- Add **cabbage and carrots**. Season with about ½ teaspoon salt and about ¼ teaspoon pepper. Cook 3-4 minutes, or until veggies are tender, stirring occasionally.

4 GRILL CHICKEN

- Place **chicken** on hot grill or grill pan (reserve marinade for Step 5). Grill 4-5 minutes on each side, or until chicken is fully cooked.* Transfer **chicken** to a cutting board.

*Alternatively, heat about 1 ½ tablespoons cooking oil in a medium nonstick pan over medium-high heat. Add chicken to hot pan (reserve marinade for Step 5). Cook 4-5 minutes on each side, or until chicken is fully cooked.**

**Chicken is fully cooked when internal temperature reaches 165 degrees.*

5 FINISH GLAZE

- Pour reserved **marinade** into a small sauté pan over medium-high heat. Bring to a boil, then reduce heat to medium-low. Simmer 2-3 minutes, or until marinade slightly thickens to a glaze-like consistency, stirring frequently.

6 PLATE YOUR DISH

- Halve **chicken thighs** widthwise.
- Divide **sautéed veggies** between plates. Top with **grilled chicken thighs**. Spoon **honey-citrus glaze** over chicken. Garnish with **black and white sesame seeds**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (509g)

Amount per serving

Calories 560

	% Daily Value*
Total Fat 35g	45%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 150mg	50%
Sodium 1280mg	56%
Total Carbohydrate 27g	10%
Dietary Fiber 7g	25%
Total Sugars 17g	
Includes 4g Added Sugars	8%
Protein 36g	
Vitamin D 0mcg	0%
Calcium 78mg	6%
Iron 3mg	15%
Potassium 600mg	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 Thighs [chicken], **Honey-Citrus Glaze** (Orange Juice [organic orange juice], Pineapple Juice [pineapple juice], Lime Juice [lime], Honey [honey], Cilantro, Granulated Garlic, Puréed Ginger [ginger], Apple Cider Vinegar [apple cider vinegar]), **Coconut Aminos** [organic coconut tree sap, sea salt], **Yellow Onions, Carrots, Green Cabbage, Green Beans, Bell Peppers, Toasted Sesame Oil** [toasted sesame oil], **Black & White Sesame Seeds** (White Sesame Seeds, Black Sesame Seeds [black sesame seeds])

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.