



HARISSA-SPICED CHICKEN

rice with schug sauce, sautéed peas & radishes, mint

COOK TIME
30 MIN

SERVINGS
2

CALORIES PER SERVING
810

MENU
GLUTEN-FREE

We took all the bold, spicy notes of harissa, an aromatic chili paste widely used in Middle Eastern and North African cooking, and turned it into a spice blend for tender pan-seared chicken cutlets. The chicken is served atop sautéed radishes and peas on a fluffy bed of jasmine rice that's seasoned with schug, a garlicky hot sauce. A sprinkle of mint adds a refreshing finishing touch.

- INGREDIENTS (11 ITEMS)**
- ½ cup **Jasmine rice**
 - 1¼ oz **Schug sauce**
 - 2 oz **Radishes**
 - ⅞ oz **Mint**
 - ¾ oz **Rice wine vinegar**
 - ½ oz **Honey**
 - ½ tsp **Granulated garlic**
 - 2 (5 oz) **Chicken cutlets***
 - ½ tsp **Harissa seasoning**
 - 2½ oz **Peas**
 - 2 oz **Yellow onions**
 - & ¼ oz **& ginger**

- WHAT YOU'LL NEED**
- small pot with lid
 - medium & large sauté pans
 - medium bowl
 - measuring cup & spoons
 - whisk
 - thermometer
 - cooking & olive oils
 - salt & pepper

COOKING TIP
4 If you ordered the 4-serving version of this meal, refer to the guidelines in Step 1.

Validate
Certified gluten-free by the Gluten Intolerance Group's Gluten-Free Safe Spot Program.

GREEN CHEF IS PROUD to be a USDA Certified Organic company. All produce and eggs are organic unless otherwise labeled.

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

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 greenchef.com/faq 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, then reduce heat to medium low and cover pot with lid. Simmer 16-18 minutes, or until rice is tender and water has absorbed.
- Remove from heat. Let rest, covered, 3 minutes. Fluff with a fork. Add **schug sauce*** to taste. Stir to combine. Season with salt and pepper to taste.

**If heat sensitive, use schug sauce sparingly, or omit entirely.*

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

- Trim ends off **radishes**. Quarter lengthwise. Lay flat and slice across into quarter-moons, about ¼ inch thick.
- De-stem **mint**; finely chop leaves.

3 MAKE VINAIGRETTE

- Place **rice wine vinegar**, **honey**, and about 2 tablespoons olive oil in a medium bowl. Season with **granulated garlic**, about ¼ teaspoon salt, and a pinch of pepper. Whisk to combine.

4 SEASON & COOK CHICKEN

- Pat **chicken cutlets** dry with paper towels. Season with **harissa seasoning***, salt, and pepper.
- Heat about 1½ tablespoons cooking oil in a large sauté pan over medium-high heat. Add **chicken** to hot pan. Cook 4-6 minutes on each side, or until fully cooked.
- Transfer **chicken** to a cutting board.

**If heat sensitive, use harissa seasoning sparingly.*

5 COOK VEGGIES

- Heat about 1 tablespoon cooking oil in a medium sauté pan over medium-high heat. Add **radishes**, **peas**, and **yellow onions and ginger** to hot pan. Season with about ¼ teaspoon salt and a pinch of pepper. Stir to combine. Cook 4-6 minutes, or until peas are warmed through and radishes are tender, stirring occasionally.

6 PLATE YOUR DISH

- Cut **chicken cutlets** into 5-6 slices each.
- Divide **rice with schug sauce** between plates. Top with **sautéed peas and radishes**. Shingle **harissa-spiced chicken** over veggies. Drizzle with **rice wine vinaigrette** to taste. Garnish with **mint**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (371g)

Amount per serving

Calories **810**

	% Daily Value*
Total Fat 44g	56%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 140mg	47%
Sodium 1370mg	60%
Total Carbohydrate 61g	22%
Dietary Fiber 3g	11%
Total Sugars 12g	
Includes 4g Added Sugars	8%
Protein 48g	
Vitamin D 2mcg	10%
Calcium 88mg	6%
Iron 3mg	15%
Potassium 928mg	20%

* 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 [chicken], **Mint**, **Honey** [honey], **Rice Wine Vinegar** [rice vinegar diluted with water to 4.3% acidity], **Granulated Garlic**, **Jasmine Rice** [jasmine rice], **Yellow Onions**, **Ginger** [organic ginger, water, citric acid, salt], **Peas** [peas], **Radishes**, **Harissa Seasoning** [caraway, cumin, coriander, black pepper, fennel, red pepper, cinnamon, ginger, peppermint, chili pepper, smoked paprika (color & flavor), dehydrated garlic, organic lemon peel], **Schug** (Cilantro, Parsley, Sunflower Oil [high oleic sunflower oil], Granulated Garlic, Lemon Juice [lemon], Ground Coriander, Ground Cumin, Ground Cardamom, Sea Salt, Black Pepper, Water, Agave [organic agave syrup], Crushed Red Pepper Flakes)

Allergen information:

Contains No Allergens

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.