



HONEY-MUSTARD CHICKEN SALAD

romaine, rainbow carrots, cabbage, apple, candied pecans

COOK TIME

25 MIN

SERVINGS

2

CALORIES PER SERVING

660

MENU

GLUTEN-FREE // FAST & FIT

Honey mustard and chicken are a match made in heaven. For this hearty dinner salad, we drizzle the tangy-sweet dressing over sliced chicken cutlets that are nestled into a bed of crisp romaine, rainbow carrots, cabbage, and apple. Quick homemade candied pecans (in all of their toasty, crunchy glory) add another irresistibly sweet note to the bowls.

INGREDIENTS (8 ITEMS)

1 oz **Pecans** ^T
 5¼ oz **Romaine lettuce**
 3½ oz **Rainbow carrots & cabbage**
 1 whole **Gala apple**
 2 (5 oz) **Chicken cutlets***
 1 tsp **Bavarian spice blend**
 1¾ oz **Orange cider vinaigrette**
 1½ oz **Honey-mustard dressing** ^E

WHAT YOU'LL NEED

medium sauté pan
 medium nonstick pan
 mixing bowls
 measuring cup & spoons
 thermometer
 cooking oil
 2 tsp sugar
 salt & pepper

ALLERGENS

^T TREE NUTS (pecans)
^E EGGS



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

1

PREP

- Roughly chop **pecans** if necessary.
- Halve **romaine lettuce** lengthwise. Lay flat and slice across into ribbons, about ½ inch wide; discard root end.
- Roughly chop **rainbow carrots*** and **cabbage*** if necessary.
- Stand **Gala apple** upright and cut off sides around core; discard core. Lay sides flat and cut lengthwise into slices, about ¼ inch thick each.

**The ingredient you received may be a different color.*

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

CANDY PECANS

- Heat a dry medium nonstick pan over medium-high heat. Add **pecans**, ¼ cup water, and 2 teaspoons sugar to hot pan. Cook 3-5 minutes, or until liquid has cooked off and pecans are evenly coated and lightly toasted, stirring frequently.
- Transfer **pecans** to a small bowl.

3

SEASON & COOK CHICKEN

- Pat **chicken cutlets** dry with paper towels. Season with **Bavarian spice blend**, salt, and pepper.
- Heat 1½ 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 fully cooked.
- Transfer **chicken** to a cutting board.

4

MAKE SALAD

- Place **lettuce**, **carrots and cabbage**, and **apple** in a large bowl. Drizzle with **orange cider vinaigrette** to taste. Toss to combine. Season with salt and pepper to taste.

5

PLATE YOUR DISH

- Cut **chicken cutlets** into 5-7 slices each.
- Divide **salad** between bowls. Top with **chicken**. Drizzle with **honey-mustard dressing** to taste. Garnish with **candied pecans**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (406g)

Amount per serving

Calories **660**

	% Daily Value*
Total Fat 44g	56%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 145g	48%
Sodium 350mg	15%
Total Carbohydrate 28g	10%
Dietary Fiber 5g	18%
Total Sugars 20g	
Includes 9g Added Sugars	18%
Protein 45g	
Vitamin D 2mcg	10%
Calcium 102mg	8%
Iron 2mg	10%
Potassium 1079mg	25%

* 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], **Bavarian Spice Blend** (Ground Bay Leaves, Dried Sage, Granulated Garlic, Onion Powder, Dried Mustard, Ground Rosemary, Dried Thyme), **Romaine Lettuce**, **Gala Apple**, **Red Cabbage**, **Rainbow Carrots**, **Orange Cider Vinaigrette** (Apple Cider Vinegar [apple cider vinegar], Orange Juice [organic orange juice], Lemon Juice [lemon], Agave [organic agave syrup], Sea Salt, Black Pepper, Sunflower Oil [high oleic sunflower oil]), **Pecans** [pecans, canola and/or peanut and/or sunflower oil], **Honey Mustard Dressing** [canola oil, filtered water, distilled vinegar, sugar, honey, mustard seed, egg yolk, sea salt, salt, natural flavor, xanthan gum, garlic, paprika, spice, turmeric]

Allergen information:

Contains Egg And 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.