



**GREEN
CHEF**

THAI CHICKEN SALAD

with kale, red bell pepper & coconut, almond-flour flatbreads

COOK TIME

30 MIN

SERVINGS

2

CALORIES PER SERVING

690

NET CARBS PER SERVING

33 GRAMS

MENU

PALEO // GLUTEN-FREE

Homemade savory flatbreads (flecked with scallion and made gluten-free with almond flour) are the perfect vessels for scooping up slices of spiced chicken in this Thai-inspired meal. The flatbreads accompany a bountiful kale salad tossed with crunchy cabbage, colorful carrots, sweet bell pepper, and a lively ginger-sesame vinaigrette. Dig in!

INGREDIENTS (10 ITEMS)

2 (5 oz) **Chicken cutlets**
 1 ¼ tsp **Chili & ginger spice rub**
 3 ½ oz **Green kale**
 3 ½ oz **Cabbage & carrots**
 3 ½ oz **Red bell pepper**
 1 whole **Scallion**
 1 oz **Shredded coconut** T
 2 ¾ oz **Ginger-sesame vinaigrette** T
 3 oz **Ginger-lime coconut sauce** T
 ¼ cup **Almond flour & tapioca starch** T

WHAT YOU'LL NEED

large sauté pan
 large nonstick pan
 baking sheet
 mixing bowls
 measuring spoons
 whisk
 thermometer
 oven mitt
 cooking oil
 salt & pepper

ALLERGENS

T TREE NUTS (almonds, 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 [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

- Preheat oven to 400 degrees.
- Remove and discard any thick center stems from **green kale**.^{*} Roughly chop leaves into bite-size pieces.
- Roughly chop **cabbage**^{*} and **carrots** if necessary.
- Cut **red bell pepper**^{*} lengthwise into strips, about ¼ inch thick.
- Thinly slice **scallion**; discard root end.

^{}Your kale, cabbage, and bell pepper may be a different color. Either way, this dish will still be delicious!*

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 SALAD

- Place **kale** in a large bowl. Drizzle with about 1 tablespoon of the **ginger-sesame vinaigrette**. Lightly season with salt. Massage until leaves soften.
- Add **cabbage and carrots** and **bell pepper**. Drizzle with remaining **vinaigrette** to taste. Salt and pepper to taste. Toss to combine.

3

SEASON & COOK CHICKEN

- Pat **chicken cutlets** dry with paper towels. Season with **chili and ginger spice rub**.^{*}
- Heat about 1 ½ tablespoons cooking oil in a large sauté pan over medium-high heat. Add **chicken** to hot pan. Sear 2-3 minutes on each side.
- Transfer **chicken** to a lightly oiled, foil-lined baking sheet. Roast 5-7 minutes, or until chicken is fully cooked. (Chicken is fully cooked when internal temperature reaches 165 degrees.)

^{}If heat sensitive, use chili and ginger spice rub sparingly, or omit entirely.*

4

MAKE BATTER

- Place **ginger-lime coconut sauce**, **almond flour and tapioca starch**, and 2 tablespoons water in a medium bowl. Add **scallion**. Season with about ¼ teaspoon salt and about ¼ teaspoon pepper. Whisk to form a thin batter.

5

MAKE FLATBREADS

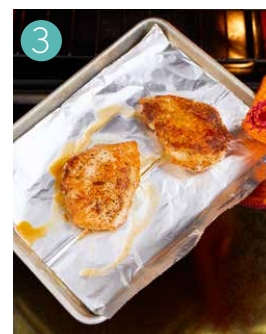
- Heat 1-2 teaspoons cooking oil in a large nonstick pan over medium heat. Once pan is hot, add two large spoonfuls of **batter** (about 1 ½ tablespoons each). Cook 4-5 minutes.
- Flip **flatbreads**. Cook 3-4 minutes, or until evenly browned.
- Transfer **flatbreads** to a plate. Cover **flatbreads** with a clean kitchen towel to keep warm.
- Repeat process with remaining **batter**,^{*} making six flatbreads total.

^{}If the pan seems dry while cooking, add another tablespoon of oil.*

6

PLATE YOUR DISH

- Cut **chicken** into 6-8 slices each.
- Divide **kale salad** between plates. Fan **chili-ginger chicken** over top. Garnish with **shredded coconut**. Serve **flatbreads** on the side. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (424g)

Amount per serving

Calories 690

	% Daily Value*
Total Fat 43g	55%
Saturated Fat 12g	60%
Trans Fat 0g	
Cholesterol 100mg	33%
Sodium 1070mg	47%
Total Carbohydrate 39g	14%
Dietary Fiber 6g	21%
Total Sugars 9g	
Includes 1g Added Sugars	2%
Protein 40g	
Vitamin D 0mcg	0%
Calcium 143mg	10%
Iron 5mg	30%
Potassium 483mg	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 Cutlets, Shredded Coconut [coconuts], **Bell Peppers, Carrots, Scallions, Red Cabbage, Chili & Ginger Spice Rub** (Dried Ginger, Chili Powder, Sea Salt, Black Pepper), **Ginger-Sesame Vinaigrette** (Puréed Ginger [organic ginger], Garlic, Apple Juice, Coconut Aminos [organic coconut nectar, organic pure coconut blossom sap, natural unrefined sea salt], Agave [blue agave nectar], Orange Juice, Sea Salt, White Pepper, Sesame Oil [organic sesame seed oil], Olive Oil), **Green Kale, Tapioca Flour** [tapiocas], **Almond Flour** [100% fresh shelled processed almonds], **Creamy Coconut Sauce** (Coconut Milk [coconut milk, water, xanthan gum], Ground Cumin, Ground Coriander, Dried Ginger, Smoked Paprika, Lime Juice [lime])

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.