



# BLACKENED CHICKEN THIGHS

*Creamy mushroom pan sauce, sautéed collards with dried apricots*

<b>COOK TIME</b>	<b>SERVINGS</b>	<b>CALORIES PER SERVING</b>	<b>NET CARBS PER SERVING</b>	<b>MENU</b>
35 MIN	2	670	17 GRAMS	KETO // GLUTEN-FREE

Blackening spices bring their rich, peppery, and smoky complexity to this Cajun-inspired dish. Here, they form a flavorful crust for chicken thighs, which roast until the seasoning toasts and darkens for depth of flavor. A velvety mushroom pan sauce, spooned over top, adds creamy texture and another layer of umami. Buttery collard greens with dried apricots round out the meal.

## INGREDIENTS (9 ITEMS)

12 oz	<b>Boneless chicken thighs</b>
1 tsp	<b>Blackening spices</b>
4 ¼ oz	<b>Cremini mushrooms</b>
1 ¼ oz	<b>Smoky chorizo-spiced tomato sauce</b>
2 oz	<b>Cream cheese</b> <small>M</small>
5 ¼ oz	<b>Collard greens</b>
1 whole	<b>Yellow onion</b>
¾ oz	<b>Apple cider vinegar</b>
¾ oz	<b>Dried apricots</b>

## WHAT YOU'LL NEED

medium & large sauté pans  
baking sheet  
small bowl  
measuring cup & spoons  
thermometer  
oven mitt  
cooking & olive oils  
1 tbsp butter M  
salt & pepper

## ALLERGENS

M MILK



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 425 degrees.
- Place **dried apricots**\* in a small bowl. Cover with about ¼ cup water. Let soak at least 5 minutes, or until softened. Roughly chop **dried apricots**. Return to bowl with soaking liquid.
- Cut ends off **yellow onion** and discard peel. Halve lengthwise. Lay one half flat and small dice into pieces, about ¼ inch each (reserve remaining half for another use).
- Remove and discard any thick center stems from **collard greens**. Roughly chop leaves into bite-size pieces.
- Wipe **cremini mushrooms** clean with damp paper towels. Remove stems if desired. Cut into slices, about ¼ inch thick.

*\*Our dried apricots are packaged without preservatives, lending them a darker 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 SEASON CHICKEN

- Pat **boneless chicken thighs**\* dry with paper towels. Season with **blackening spices**, salt, and pepper.

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

## 3 SEAR & ROAST CHICKEN

- Heat about 1 ½ tablespoons cooking oil in a medium sauté pan over medium heat. Add **chicken** to hot pan. Sear about 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.*

## 4 SAUTÉ COLLARDS

- Heat about 1 ½ tablespoons olive oil in a large sauté pan over medium heat. Add **onion** to hot pan. Cook 3-4 minutes, or until lightly browned, stirring occasionally.
- Add **collards**, **dried apricots** (with **soaking liquid**), and **apple cider vinegar**. Cook 4-5 minutes, or until collards are tender and liquid is mostly reduced, stirring occasionally.
- Remove from heat. Add 1 tablespoon butter. Season with about ½ teaspoon salt and a pinch of pepper. Stir until butter is melted.

## 5 MAKE PAN SAUCE

- Heat about 1 ½ tablespoons cooking oil in pan used for chicken over medium heat. Add **mushrooms** to hot pan. Cook 4-5 minutes, or until lightly browned, stirring occasionally.
- Add **smoky chorizo-spiced tomato sauce**, ¼ cup water, and **cream cheese**. Stir to combine. Cook 2-3 minutes, or until sauce has warmed through and cream cheese is incorporated, stirring occasionally.\* Salt and pepper to taste.

*\*Be sure to scrape up any browned bits in the bottom of the pan as you stir — those unassuming specks are full of concentrated flavor and will add additional richness to your pan sauce.*

## 6 PLATE YOUR DISH

- Halve **chicken thighs** widthwise.
- Divide **blackened chicken thighs** between plates. Spoon **creamy mushroom pan sauce** over chicken. Serve **sautéed collards with dried apricots** next to chicken. Enjoy!





## Nutrition Facts

2 Servings per container

**Serving size** (455g)

**Amount per serving**

**Calories** **670**

	% Daily Value*
<b>Total Fat</b> 47g	60%
Saturated Fat 11g	55%
Trans Fat 0g	
<b>Cholesterol</b> 180mg	60%
<b>Sodium</b> 890mg	39%
<b>Total Carbohydrate</b> 22g	8%
Dietary Fiber 5g	18%
Total Sugars 7g	
Includes 0g Added Sugars	0%
<b>Protein</b> 41g	
Vitamin D 0mcg	0%
Calcium 296mg	25%
Iron 3mg	15%
Potassium 704mg	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, Blackening Spices** [paprika, dehydrated onion, spices (black pepper, white pepper, red pepper, thyme, oregano), dehydrated garlic, and salt], **Cremini Mushrooms, Cream Cheese** [cultured pasteurized skim milk and cream, whey protein, milk proteins, less than 2% salt, inulin (natural dietary fiber), natural acids, xanthan, locust bean and guar gums, potassium sorbate (maintains freshness)], **Chorizo-Spiced Tomato Sauce** (Ground Tomatoes [tomatoes, tomato puree, sea salt, citric acid], Sweet Paprika, Smoked Paprika, Dried Oregano, Ground Cumin, Red Wine Vinegar [grape must, wine vinegar], Ancho Chili Powder, Granulated Garlic, Ground Coriander, Ascorbic Acid [ascorbic acid]), **Collard Greens, Dried Apricots, Apple Cider Vinegar** [raw and unfiltered organic apple cider vinegar], **Yellow Onion**

### Allergen information:

Contains Milk

*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.*