



PERUVIAN CHICKEN WITH AJÍ VERDE

jasmine rice with roasted red bell pepper, carrot & corn

COOK TIME	SERVINGS	CALORIES PER SERVING	MENU
35 MIN	2	860	GLUTEN-FREE

If Peru's on your bucket list, you can temporarily scratch that travel itch with tonight's spicy, creamy chicken dish. This wanderlust-inspired meal features aji verde sauce—our bright and creamy twist on a Peruvian staple with cilantro, lemon, garlic, and mayo. (Typically, aji verde packs a spicy punch, so feel free to finish your dish with red pepper flakes from your spice drawer if desired.) It's drizzled over lemony, skillet-seared chicken cutlets and served atop rice with peppery, earthy, Peruvian-spiced veggies.

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

Validated
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.

INGREDIENTS (9 ITEMS)

- ½ cup **Jasmine rice**
- 1 unit **Red bell pepper**
- 1 whole **Carrot**
- 1 whole **Shallot**
- 1 whole **Lemon**
- 2¾ oz **Corn**
- 1¼ tsp **Peruvian-style spices**
- 2 (5 oz) **Chicken cutlets***
- 2¼ oz **Creamy aji verde sauce** **E S**

WHAT YOU'LL NEED

- small pot with lid
- medium sauté pan
- baking sheet
- mixing bowls
- measuring cup & spoons
- peeler
- microplane
- thermometer
- oven mitt
- cooking oil
- salt & pepper

ALLERGENS

- E** EGGS
- S** SOY

*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 COOK RICE

- Preheat oven to 425 degrees.
- 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. (You'll finish the rice in Step 5.)

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

- Cut **red bell pepper*** lengthwise into strips, about ¼ inch thick. Halve strips widthwise.
- Cut top off **carrot** and peel. Slice across into rounds, about ¼ inch thick.
- Cut ends off **shallot** and discard peel. Halve lengthwise. Lay flat and cut lengthwise into strips, about ¼ inch thick.
- Zest whole **lemon** with a microplane (or on small holes of a box grater) over a medium bowl. Quarter **lemon**.

*The ingredient you received may be a different color.

3 SEASON & ROAST VEGGIES

- Place **bell pepper**, **carrot**, **corn**, and **shallot** in a large bowl. Drizzle with about 1 tablespoon cooking oil. Season with **Peruvian-style spices**, about ¼ teaspoon salt, and a pinch of pepper. Stir to coat.
- Spread out in a single layer on a lightly oiled, foil-lined baking sheet. (Wipe out bowl.) Roast 10-12 minutes, or until tender, stirring halfway through.

4 SEASON & COOK CHICKEN

- Pat **chicken cutlets** dry with paper towels. Add **chicken** to bowl with **lemon zest**. Season with salt and pepper. Squeeze juice from 1-2 **lemon wedges** over bowl, removing any seeds. Drizzle with about 1 tablespoon cooking oil. Turn to coat.
- Heat about 1½ tablespoons cooking oil in a medium sauté pan over medium-high heat. Add **chicken** to hot pan. Sear 4-6 minutes on each side, or until fully cooked.
- Transfer **chicken** to a cutting board.

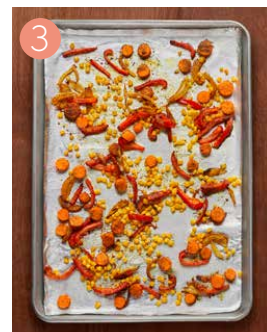
5 FINISH RICE

- Transfer **rice** and **veggies** to bowl used for veggies. Drizzle with about 1 tablespoon of the **creamy ají verde sauce**. Stir to combine. Season with salt and pepper to taste.*

*Taste the rice after seasoning and adjust as needed. Adding salt and pepper throughout the cooking process is key to a delicious final product.

6 PLATE YOUR DISH

- Cut **chicken cutlets** into 6-7 slices each.
- Divide **rice with roasted veggies** between plates. Fan **Peruvian chicken** over top. Drizzle with remaining **creamy ají verde sauce**. Serve with remaining **lemon wedges**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (434g)

Amount per serving

Calories 860

	% Daily Value*
Total Fat 49g	63%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 130mg	43%
Sodium 950mg	41%
Total Carbohydrate 65g	24%
Dietary Fiber 4g	14%
Total Sugars 10g	
Includes 0g Added Sugars	0%
Protein 40g	
Vitamin D 0mcg	0%
Calcium 50mg	4%
Iron 1mg	6%
Potassium 906mg	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], **Lemon**, **Jasmine Rice** [jasmine rice], **Shallot**, **Bell Peppers**, **Carrots**, **Corn** [corn], **Peruvian-Style Spices** (Ancho Chili Powder, Ground Cumin, Turmeric, Sweet Paprika, Granulated Garlic, Smoked Paprika, Dried Orange Peel), **Creamy Aji Verde** (Mayonnaise [organic expeller pressed soybean oil, water, organic egg yolks, organic whole eggs, organic distilled white vinegar, salt, organic white mustard (organic distilled vinegar, water, organic mustard seeds, salt, organic spices), organic lemon juice concentrate], Cilantro, Onion Powder, Granulated Garlic, Sea Salt, Red Wine Vinegar [aged red wine vinegar], Lemon Juice [lemon])

Allergen information:

Contains Egg And Soy

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.