



MEDITERRANEAN CHICKEN THIGHS

Roasted red pepper gremolata, kale, Brussels sprouts, lemon aioli

COOK TIME 40 MIN	SERVINGS 2	CALORIES PER SERVING 810	NET CARBS PER SERVING 13 GRAMS	MENU KETO // PALEO // GLUTEN-FREE
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Gremolata is an Italian-style garnish, prepared here by combining savory roasted red peppers and briny capers with the nutty richness of almonds. In tonight's Mediterranean-style dinner, we spoon it over tender chicken thighs for bold flavors and satisfying texture in every bite. Sautéed Brussels sprouts and crisp kale, tossed with a luxurious dairy-free lemon aioli, adds a nourishing complement on the side.

INGREDIENTS (10 ITEMS)

12 oz	Boneless chicken thighs
1 tsp	Garlic-herb seasoning
2 ¼ oz	Roasted red peppers
½ oz	Capers
½ oz	Sliced almonds T
2 ¾ oz	Red kale
4 oz	Brussels sprouts
1 whole	Yellow onion
1 ¾ oz	Dairy-free lemon aioli E
¾ oz	White balsamic vinegar

WHAT YOU'LL NEED

medium & large sauté pans
medium bowl
measuring spoons
thermometer
cooking & olive oils
salt & pepper

ALLERGENS

- T TREE NUTS (almonds)
- 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 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

- Remove thick center stems from **red kale**.^{*} Slice **stems** into pieces, about ¼ inch each. Roughly chop **leaves** into bite-size pieces.
- Halve **Brussels sprouts** lengthwise. Lay flat and cut across into strips, about ¼ inch wide; discard stem ends.
- 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).
- Roughly chop **capers**.
- Roughly chop **sliced almonds**.

^{}Your kale 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

MESSAGE KALE

- Place **kale leaves** in a medium bowl. Drizzle with about 1 tablespoon of the **dairy-free lemon aioli**. Lightly season with salt and pepper. Massage until leaves soften.

3

SEASON & COOK CHICKEN

- Pat **boneless chicken thighs**^{*} dry with paper towels. Season with **garlic-herb seasoning**, salt, and pepper.
- Heat about 1 ½ tablespoons cooking oil in a large sauté pan over medium-high heat. Add **chicken** to hot pan. Sear 3-5 minutes on each side, or until chicken is fully cooked. (Chicken is fully cooked when internal temperature reaches 165 degrees.) Transfer **chicken** to a cutting board.

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

4

SAUTÉ BRUSSELS SPROUTS

- Heat about 1 ½ tablespoons cooking oil in a medium sauté pan over medium-high heat. Add **Brussels sprouts**, **kale stems**, and **onion** to hot pan. Season with salt and pepper. Cook 3-4 minutes, or until veggies begin to soften, stirring occasionally.

5

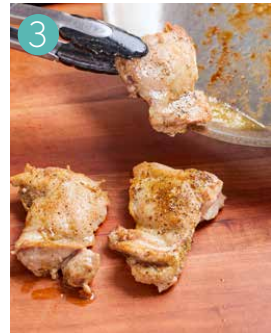
MAKE GREMOLATA

- Heat about 1 tablespoon olive oil in pan used for chicken over medium heat. Add **roasted red peppers**, **capers**, and **almonds** to hot pan. Stir to combine. Cook about 1 minute, or until roasted red peppers are warmed through, stirring frequently.
- Remove from heat. Add **white balsamic vinegar** and about 2 tablespoons olive oil. Salt and pepper to taste. Stir to combine.

6

PLATE YOUR DISH

- Divide **garlic-herb chicken thighs** between plates. Spoon **gremolata** over top. Pile **kale** next to chicken and top with **sautéed Brussels sprouts**. Drizzle remaining **aioli** over veggies. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (422g)

Amount per serving

Calories 810

	% Daily Value*
Total Fat 66g	85%
Saturated Fat 9g	45%
Trans Fat 0g	
Cholesterol 170mg	57%
Sodium 520mg	23%
Total Carbohydrate 19g	7%
Dietary Fiber 6g	21%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 37g	
Vitamin D 0mcg	0%
Calcium 113mg	8%
Iron 3mg	15%
Potassium 575mg	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 Thighs [chicken], **Roasted Red Peppers** [roasted red pepper, water, citric acid, sea salt], **Red Kale, Brussels Sprouts, White Balsamic Vinegar** [white wine vinegar, concentrated grape must], **Almonds** [almonds], **Garlic-Herb Seasoning** (Ground Rosemary, Granulated Garlic, Black Pepper, Italian Seasoning [spices (basil, rosemary, marjoram, oregano, thyme)]), **Dairy-Free Lemon Aioli** (Avocado Oil Mayonnaise [avocado oil, organic certified humane free range egg yolks, water, distilled vinegar, salt, lime juice concentrate, citric acid, lime oil], Granulated Garlic, Lemon Juice [lemon], Stone-Ground Mustard [grain vinegar, water, mustard seed, salt, spices]), **Yellow Onion, Capers** [capers, water, vinegar, salt]

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.