



# CHICKEN WITH CILANTRO MOJO SAUCE

*Roasted carrots, kale salad, toasted pepitas*

<b>COOK TIME</b> 30 MIN	<b>SERVINGS</b> 2	<b>CALORIES PER SERVING</b> 730	<b>NET CARBS PER SERVING</b> 24 GRAMS	<b>MENU</b> PALEO // GLUTEN-FREE
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There's so much to love about our signature cilantro mojo sauce. Pineapple and lime juices, aromatic spices, and a bunch of cilantro are blended together to lend sweet, fresh, herby flavors to whatever this sauce touches. Here, juicy roasted chicken breasts are drizzled in said magic mojo, then served alongside a crisp kale salad studded with toasted pepitas.

### INGREDIENTS (9 ITEMS)

- 2 (6 oz) **Chicken breasts\***
- 2 oz **Cilantro mojo sauce**
- 1 tbs **Cuban spice blend**
- 3 whole **Carrots**
- 1 ½ tsp **Sweet & smoky paprika**
- 2 ¾ oz **Green kale**
- 3 ½ oz **Red bell pepper**
- ½ oz **Pepitas**
- 1 whole **Lemon**

### WHAT YOU'LL NEED

- medium sauté pan
- large oven-safe sauté pan
- baking sheet
- mixing bowls
- measuring spoons
- whisk
- peeler
- microplane
- thermometer
- oven mitt
- cooking & olive oils
- 1-2 tsp sweetener
- salt & pepper

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

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

## 1 ROAST CARROTS

- Preheat oven to 400 degrees.
- Cut tops off **carrots** and peel. Slice across at an angle into rounds, about ½ inch thick.
- Place **carrots** in a medium bowl. Drizzle with about 1 tablespoon cooking oil. Season with **sweet and smoky paprika**, about ¼ teaspoon salt, and a pinch of pepper. Stir to coat.
- Spread **carrots** out in a single layer on a lightly oiled, foil-lined baking sheet. Roast 20–24 minutes, or until fork-tender, stirring halfway through.

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 & MAKE DRESSING

- Roughly chop **pepitas**.
- Remove and discard any thick center stems from **green kale**.\* Roughly chop leaves into bite-size pieces.
- Small dice **red bell pepper**\* into pieces, about ¼ inch each.
- Zest half the **lemon** with a microplane (or small holes of a box grater) over a small bowl. Halve **lemon**. Squeeze juice from one **lemon half** over bowl with zest, avoiding seeds (reserve remaining half for another use). Add 1–2 teaspoons sweetener of choice and about 1 tablespoon olive oil. Whisk until thoroughly combined.

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

## 3 TOAST PEPITAS

- Place **pepitas** in a dry medium sauté pan over medium heat. Toast 2–3 minutes, or until fragrant, shaking pan frequently.
- Transfer **pepitas** to a plate.

## 4 SEASON & COOK CHICKEN

- Pat **chicken breasts** dry with paper towels. Place **chicken** on a plate. Season with **Cuban spice blend** and about ¼ teaspoon salt. Drizzle with about 1 tablespoon cooking oil. Rub to coat.
- Heat about 1 ½ tablespoons cooking oil in a large oven-safe sauté pan over medium-high heat. Add **chicken** to hot pan. Sear about 3 minutes on each side.
- Transfer pan to oven. Roast 10–12 minutes, or until chicken is fully cooked.\*

*\*Careful! To keep your hands safe, slide a silicone cover (or pot holder) over the handle of the hot pan once it comes out of the oven.*

## 5 MAKE SALAD

- Add **kale** to a medium bowl. Drizzle with **lemon dressing**. Lightly season with salt. Massage until leaves soften.
- Add **bell pepper** and **pepitas**. Salt and pepper to taste. Toss to combine.

## 6 PLATE YOUR DISH

- Cut **chicken** into 6–8 slices each.
- Divide **Cuban-spiced chicken** between plates. Drizzle with **cilantro mojo sauce** to taste. Serve **roasted carrots** and **kale salad** on the side. Enjoy!



## Nutrition Facts

2 Servings per container

**Serving size** (549g)

Amount per serving

**Calories** 730

	% Daily Value*
<b>Total Fat</b> 48g	62%
Saturated Fat 7g	35%
Trans Fat 0g	
<b>Cholesterol</b> 125mg	42%
<b>Sodium</b> 900mg	39%
<b>Total Carbohydrate</b> 33g	12%
Dietary Fiber 9g	32%
Total Sugars 16g	
Includes 4g Added Sugars	8%
<b>Protein</b> 45g	
Vitamin D 0mcg	0%
Calcium 150mg	10%
Iron 3mg	15%
Potassium 1029mg	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 Breasts** [chicken], **Cuban Spice Blend** [dehydrated vegetables (garlic, onion, green bell pepper, tomato), spices (cumin, black pepper, oregano, coriander), salt, paprika (color), cilantro, and orange peel], **Cilantro Mojo Sauce** (Cilantro, Garlic, Olive Oil, Lime Juice [lime], Pineapple Juice [pineapple juice], Dried Oregano, Ground Cumin, Sea Salt, Black Pepper), **Carrots**, **Sweet & Smoky Paprika** (Sweet Paprika, Smoked Paprika), **Green Kale**, **Pepitas**, **Bell Peppers**, **Lemon**

### Allergen information:

Contains No Allergens

*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.*