



CHICKEN WITH PEANUT SAUCE

chili-lime green beans & cabbage, jasmine rice, peanuts

COOK TIME
25 MIN

SERVINGS
2

CALORIES PER SERVING
680

MENU
GLUTEN-FREE // FAST & FIT

Long-grain jasmine rice is prized in Thai cuisine for its pillowy, subtly sticky texture and lush fragrance. Here, we use it as a sop for tender, pan-seared chicken drizzled in our crave-worthy ginger-lime peanut sauce. A side of sautéed green beans and cabbage is showered in chopped peanuts for another toasty, nutty element that ties the whole 25-minute meal together.

- INGREDIENTS (9 ITEMS)**
- ½ cup **Jasmine rice**
 - 6 oz **Green beans**
 - ¼ oz **Garlic**
 - 1 whole **Lime**
 - ½ oz **Roasted peanuts** P
 - 1¼ oz **Cabbage**
 - ½ tsp **Crushed red pepper flakes**
 - 2 (5 oz) **Chicken cutlets***
 - 2¼ oz **Ginger-lime peanut sauce** P S T

- WHAT YOU'LL NEED**
- small pot with lid
 - 2 large sauté pans
 - measuring cup & spoons
 - thermometer
 - cooking oil
 - salt & pepper

- ALLERGENS**
- P PEANUTS
 - S SOY
 - T TREE NUTS (coconut)

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.

*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 for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

1 COOK RICE

- Bring **jasmine rice**, 1 cup water, and 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.

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

- Trim stem ends off **green beans**. Halve widthwise.
- Mince **garlic**.
- Quarter **lime**.
- Roughly chop **roasted peanuts**.

3 COOK VEGGIES

- Heat 1 tablespoon cooking oil in a large sauté pan over medium-high heat. Add **green beans** to hot pan. Cook 2-3 minutes, or until green beans begin to blister, stirring occasionally.
- Add **cabbage*** and **garlic**. Cook 2-3 minutes, or until green beans are tender, stirring occasionally.
- Remove from heat. Squeeze juice from two **lime wedges** over veggies. Season with **crushed red pepper flakes****, ¼ teaspoon salt, and a pinch of pepper. Stir to combine.

*The ingredient you received may be a different color.

**If heat sensitive, use crushed red pepper flakes sparingly, or omit entirely.

4 SEASON & COOK CHICKEN

- Pat **chicken cutlets** dry with paper towels. Season with salt and pepper.
- Heat 1 tablespoon cooking oil in a second large sauté pan over medium-high heat. Add **chicken** to hot pan. Cook 4-6 minutes on each side, or until fully cooked.
- Transfer **chicken** to a cutting board.

5 WARM SAUCE

- Heat pan used for chicken over medium heat. Carefully add ¼ cup water and **ginger-lime peanut sauce** to hot pan. Cook 1-2 minutes, or until sauce is warmed through, stirring occasionally.*

*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 give additional richness to your sauce.

6 PLATE YOUR DISH

- Cut **chicken cutlets** into 5-7 slices each.
- Divide **jasmine rice** between plates. Top with **chicken**. Drizzle **peanut sauce** over chicken. Serve **chili-lime veggies** on the side. Sprinkle with **peanuts**. Serve with remaining **lime wedges**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (396g)

Amount per serving

Calories **680**

	% Daily Value*
Total Fat 29g	37%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 140mg	47%
Sodium 790mg	34%
Total Carbohydrate 61g	22%
Dietary Fiber 5g	18%
Total Sugars 9g	
Includes 3g Added Sugars	6%
Protein 52g	
Vitamin D 2mcg	10%
Calcium 107mg	8%
Iron 3mg	15%
Potassium 1081mg	25%

* 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], **Jasmine Rice** [jasmine rice], **Ginger-Lime Peanut Sauce** (Peanut Butter [peanuts], Coconut Milk [organic coconut, coconut extract, water, organic guar gum], Maple Syrup [pure maple syrup], Gluten-Free Tamari Sauce [water, soybeans, salt, sugar, alcohol, vinegar, lactic acid], Sunflower Oil [high oleic sunflower oil], Puréed Ginger [ginger], Red Onions, Toasted Sesame Oil [toasted sesame oil], Granulated Garlic, Sriracha Sauce [organic jalapeno peppers, water, organic sugar, organic distilled vinegar, salt, organic garlic powder, xanthan gum], Lime Juice [lime], Ascorbic Acid [ascorbic acid]), **Green Beans**, **Red Cabbage**, **Lime**, **Garlic**, **Peanuts** [peanuts, canola and/or peanut oil], **Crushed Red Pepper Flakes**

Allergen information:

Contains Peanuts, Soy 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.