



**GREEN  
CHEF**

## SPICY CHICKEN & VEGGIE STIR-FRY

*broccoli, bell pepper, cashews, ginger-lime aioli*

### COOK TIME

20 MIN

### SERVINGS

2

### CALORIES PER SERVING

600

### NET CARBS PER SERVING

9 GRAMS

### MENU

KETO // PALEO // GLUTEN-FREE

This 20-minute dish showcases what a great stir-fry can and should be. It's quick, uncomplicated, and super-satisfying. First, chili-and-ginger-spiced chicken cutlets are seared to juicy perfection. While the chicken rests, you'll be sautéing broccoli, bell pepper, and cabbage with more of the chili and ginger spice rub until tender. Finally, the veggies are tossed with cashews, topped with the seared chicken, and drizzled with spicy ginger-lime aioli. If you're craving even more spice, feel free to utilize your pantry! A drizzle of chili sauce or a sprinkle of red pepper flakes will add major heat.

### INGREDIENTS (7 ITEMS)

6 oz **Broccoli**  
1 unit **Red bell pepper**  
3 oz **Cabbage**  
½ oz **Roasted cashews** <sup>T</sup>  
2 (5 oz) **Chicken cutlets\***  
1 tsp **Chili & ginger spice rub**  
1¾ oz **Spicy ginger-lime aioli** <sup>E</sup>

### WHAT YOU'LL NEED

2 large sauté pans  
measuring spoons  
thermometer  
cooking oil  
salt & pepper

### ALLERGENS

<sup>T</sup> TREE NUTS (cashews)

<sup>E</sup> 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 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](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

- Cut **broccoli** into bite-size pieces if necessary.
- Cut **red bell pepper\*** lengthwise into strips, about ¼ inch thick. Halve strips widthwise.
- Roughly chop **cabbage\*** if necessary.
- Roughly chop **roasted cashews** if necessary.

*\*The ingredient you received may be a different 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 & COOK CHICKEN

- Pat **chicken cutlets** dry with paper towels. Season with salt and about half of the **chili and ginger spice rub**.
- Heat about 1½ tablespoons cooking oil in a 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.

3

## STIR-FRY VEGGIES

- Heat about 2 tablespoons cooking oil in a second large sauté pan over medium heat. Add **broccoli** and **bell pepper** to hot pan. Season with remaining **chili and ginger spice rub** and about ¼ teaspoon salt. Cook 3–4 minutes, or until just tender, stirring occasionally.
- Add **cabbage**. Cook 3–4 minutes, or until broccoli is fork-tender, stirring occasionally.
- Add **cashews**. Stir to combine. Season with salt and pepper to taste.

4

## SLICE CHICKEN

- Cut **chicken cutlets** into 5–7 slices each.

5

## PLATE YOUR DISH

- Divide **veggie stir-fry** between bowls. Fan **spicy chicken** over top. Drizzle with **spicy ginger-lime aioli** to taste. Enjoy!





# Nutrition Facts

2 Servings per container

Serving size (382g)

Amount per serving

Calories 600

	% Daily Value*
<b>Total Fat</b> 43g	55%
Saturated Fat 6g	30%
Trans Fat 0g	
<b>Cholesterol</b> 150mg	50%
<b>Sodium</b> 840mg	37%
<b>Total Carbohydrate</b> 13g	5%
Dietary Fiber 4g	14%
Total Sugars 5g	
Includes 0g Added Sugars	0%
<b>Protein</b> 47g	
Vitamin D 2mcg	10%
Calcium 105mg	8%
Iron 3mg	15%
Potassium 1146mg	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], **Cashews** [cashews, canola and/or peanut and/or sunflower oil], **Broccoli, Bell Peppers, Green Cabbage, Spicy Ginger-Lime Aioli** (Avocado Oil Mayonnaise [avocado oil, organic certificated humane free range egg yolks, water, distilled vinegar, salt, lime juice concentrate, citric acid, lime oil], Hot Sauce [water, organic red bell peppers, organic onions, organic tomatoes (organic tomato puree [water, organic tomato paste], citric acid), organic white wine vinegar, sea salt, organic garlic powder, organic cayenne, xanthan gum], Lime Juice [lime], Puréed Ginger [ginger], Garlic), **Chili & Ginger Spice Rub** (Dried Ginger, Chili Powder, Sea Salt, Black Pepper)

**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.