



**GREEN
CHEF**

LEMON-MUSTARD CHICKEN

garlicky fingerling potatoes, green peas, roasted red peppers

COOK TIME

30 MIN

SERVINGS

2

CALORIES PER SERVING

910

Sometimes the simplest combinations are the most satisfying. Here, a bright, tangy lemon-mustard sauce and a generous topping of breadcrumbs add rich flavors and a crispy texture to chicken cutlets. Roasted to a juicy finish, the cutlets are served with garlicky roasted fingerling potatoes and buttery sautéed peas with roasted red peppers. This dish is simple enough for a weeknight dinner, yet sophisticated enough to make for a special night in!

INGREDIENTS (9 ITEMS)

11¾ oz **Fingerling potatoes**
¼ oz **Garlic**
¼ oz **Dijon mustard**
1 oz **Sour cream** M
2 oz **White-wine lemon vinaigrette**
½ cup **Breadcrumbs** W
2 (5 oz) **Chicken cutlets***
4½ oz **Peas**
2¼ oz **Roasted red peppers**

WHAT YOU'LL NEED

medium sauté pan
2 baking sheets
mixing bowls
measuring spoons
whisk
thermometer
oven mitt
cooking & olive oils
2 tbsp butter M
salt & pepper

ALLERGENS

M MILK

W WHEAT



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

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 & ROAST POTATOES

- Preheat oven to 425 degrees.
- Halve or quarter **fingerling potatoes*** lengthwise, depending on size.
- Mince **garlic**.
- Place **potatoes** on a foil-lined baking sheet. Drizzle with 1-2 tablespoons cooking oil. Season with salt and pepper. Stir to coat. Spread **potatoes** out in a single layer. Transfer baking sheet to oven. Roast 15-20 minutes, or until tender, stirring halfway through. (You'll finish the potatoes in Step 6.)

**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 MAKE SAUCE & BREADING

- Place **Dijon mustard**, **sour cream**, and about 1 tablespoon of the **white-wine lemon vinaigrette** in a small bowl. Whisk to combine.
- Melt 1 tablespoon butter in a medium sauté pan over medium-high heat. Add 1 tablespoon olive oil and **breadcrumbs** to pan. Season with salt and pepper. Cook 3-4 minutes, until golden brown and toasted, stirring occasionally.
- Remove from heat. Transfer **breading** to a medium bowl. Carefully wipe out pan.

3 BREAD CHICKEN

- Pat **chicken cutlets** dry with paper towels. Season with salt and pepper.
- Place **chicken** on a second lightly oiled, foil-lined baking sheet. Spread **lemon-mustard sauce** over tops of **chicken**. Spoon **breading** over tops of **chicken**.* Press to adhere.

**If some of the breading falls onto the baking sheet, scoop up the excess and press it back onto the chicken. The thicker the crust, the better!*

4 ROAST CHICKEN

- Transfer baking sheet with **chicken** to oven. Roast 12-16 minutes, or until chicken is fully cooked.

5 COOK VEGGIES

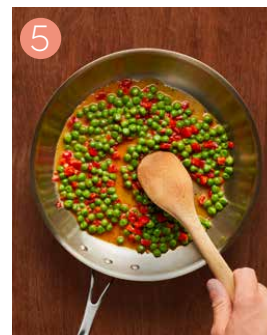
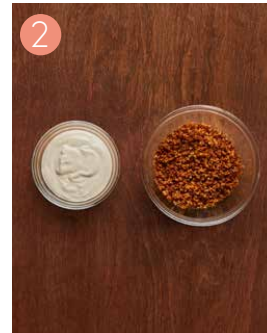
- Heat 1-2 teaspoons olive oil in pan used for breadcrumbs over medium heat. Add **peas** and **roasted red peppers** to hot pan. Cook 2-3 minutes, or until peas are warmed through, stirring occasionally.
- Remove from heat. Add 1 tablespoon butter. Stir until butter melts. Add 1-2 tablespoons of the remaining **vinaigrette**. Stir to coat.

6 FINISH POTATOES

- Sprinkle **garlic** over **potatoes**. Stir to combine. (**Careful! Baking sheet is hot!**) Return baking sheet to oven. Roast 3-4 minutes more, or until potatoes are fork-tender and garlic is fragrant.

7 PLATE YOUR DISH

- Cut **chicken** into 4-6 slices each.
- Divide **lemon-mustard chicken** between plates. Drizzle with remaining **vinaigrette** to taste. Pile **garlicky fingerling potatoes** next to chicken. Serve **peas and roasted red peppers** on the side. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (522g)

Amount per serving

Calories **910**

	% Daily Value*
Total Fat 53g	68%
Saturated Fat 14g	70%
Trans Fat 0.5g	
Cholesterol 180mg	60%
Sodium 440mg	19%
Total Carbohydrate 59g	21%
Dietary Fiber 8g	29%
Total Sugars 8g	
Includes 2g Added Sugars	4%
Protein 50g	
Vitamin D 2mcg	10%
Calcium 117mg	10%
Iron 4mg	20%
Potassium 842mg	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], **Dijon Mustard** [water, mustard seeds, vinegar, salt, citric acid, sulphur dioxide], **Breadcrumbs** [bleached wheat flour, yeast, sugar, salt], **Peas** [peas], **Roasted Red Peppers** [bell pepper], **Garlic**, **Fingerling Potatoes**, **Lemon Vinaigrette** (Lemon Juice [lemon], Agave [organic agave syrup], White Wine Vinegar [aged white wine vinegar], Sea Salt, Black Pepper, Sunflower Oil [high oleic sunflower oil], Dijon Mustard [water, organic mustard seeds, organic vinegar, salt, organic turmeric, organic spices]), **Sour Cream** [cultured cream]

Allergen information:

Contains Milk And Wheat

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.