



**GREEN
CHEF**

PEANUT CHICKEN WITH UDON NOODLES

Honey-sesame roasted carrots, red bell pepper

COOK TIME

30 MIN

SERVINGS

2

CALORIES PER SERVING

940

Peanut noodles are great, but this dish takes that concept to the next level. First of all, we swapped out the traditionally thin pasta for thick and chewy udon noodles. They're tossed in a ginger-lime peanut sauce with sautéed red bell pepper, then topped with roasted honey-sesame carrots. We also added seared chicken on top, then drizzled it with more peanut sauce for a satay-style experience. The dish is finished with a sprinkle of dry-roasted peanuts for satisfying crunch. With all these savory-sweet flavors and contrasting textures, each bite is more craveable than the last. Once you dig in, we guarantee you won't be able to put down your fork.



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.

INGREDIENTS (9 ITEMS)

4 oz **Udon noodles** W
 2 whole **Carrots**
 3 ½ oz **Red bell pepper**
 ½ oz **Dry-roasted peanuts** P
 ½ oz **Honey**
 1 tsp **Crushed red pepper flakes**
 1 tsp **Black & white sesame seeds**
 2 (5 oz) **Chicken cutlets***
 3 ½ oz **Ginger-lime peanut sauce** S P T

WHAT YOU'LL NEED

medium pot
 medium & large sauté pans
 baking sheet
 medium bowl
 measuring spoons
 strainer
 peeler
 thermometer
 oven mitt
 cooking oil
 salt & pepper

ALLERGENS

W WHEAT P PEANUTS
S SOY T TREE NUTS (coconut)

*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 COOK NOODLES

- Preheat oven to 425 degrees.
- Bring a medium pot of lightly salted water to a boil. Add **udon noodles** to boiling water. Stir. Cook 6-8 minutes, or until tender, stirring occasionally.
- Strain **noodles**. Rinse with cold water. Return to pot. Drizzle with 1-2 teaspoons cooking oil. Stir to coat.

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

- Cut tops off **carrots** and peel. Cut widthwise into pieces, about 3 inches long. Cut each piece lengthwise into fries, about ¼ inch thick.
- Cut **red bell pepper*** lengthwise into strips, about ¼ inch thick. Halve strips widthwise.
- Roughly chop **dry-roasted peanuts**.

**The ingredient you received may be a different color.*

3 SEASON & ROAST CARROTS

- Place **carrots** in a medium bowl. Drizzle with about 1 tablespoon cooking oil. Season with 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 about 10 minutes, or until just tender, stirring halfway through.
- Drizzle **honey** over baking sheet with carrots. Sprinkle with **crushed red pepper flakes*** to taste and **black and white sesame seeds**. Stir to evenly coat. (**Careful! Baking sheet is hot!**)
- Return baking sheet to oven. Roast 3-4 minutes, or until carrots are fork-tender.

**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 about 1 ½ tablespoons cooking oil in a medium sauté pan over medium-high heat. Add **chicken** to hot pan. Cook 4-6 minutes on each side, or until chicken is fully cooked.
- Transfer **chicken** to a cutting board.

5 COOK BELL PEPPER & FINISH NOODLES

- Heat about 1 ½ tablespoons cooking oil in a large sauté pan over medium-high heat. Add **bell pepper** to hot pan. Lightly season with salt and pepper. Cook 3-4 minutes, or until tender, stirring occasionally.
- Transfer **noodles** to pan. Add about half of the **ginger-lime peanut sauce**. Salt and pepper to taste. Stir to combine.

6 PLATE YOUR DISH

- Cut **chicken** into 5-6 slices each.
- Divide **peanut udon noodles** between plates. Top with **chicken**. Drizzle with remaining **ginger-lime peanut sauce**. Pile **honey-sesame roasted carrots** on the side. Garnish with **peanuts**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (444g)

Amount per serving

Calories 940

	% Daily Value*
Total Fat 51g	65%
Saturated Fat 9g	45%
Trans Fat 0g	
Cholesterol 130mg	43%
Sodium 1450mg	63%
Total Carbohydrate 72g	26%
Dietary Fiber 7g	25%
Total Sugars 20g	
Includes 0g Added Sugars	0%
Protein 54g	
Vitamin D 2mcg	10%
Calcium 100mg	8%
Iron 5mg	30%
Potassium 1274mg	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], **Udon Noodles** [heirloom wheat and buckwheat flour, sea salt], **Bell Peppers**, **Ginger-Lime Peanut Sauce** (Peanut Butter [peanuts], Coconut Milk [coconut milk, water, xanthan gum], Maple Syrup [100% pure maple syrup], Gluten-Free Tamari Sauce [water, soybeans, salt, sugar, alcohol, vinegar, lactic acid], Sunflower Oil [high oleic sunflower oil], Puréed Ginger [organic ginger], Red Onions, Toasted Sesame Oil [organic 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]), **Carrots**, **Honey** [honey], **Crushed Red Pepper Flakes**, **Black & White Sesame Seeds** (White Sesame Seeds, Black Sesame Seeds), **Peanuts** [peanuts, canola oil]

Allergen information:

Contains Peanuts, Soy, Tree Nuts 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.