



# DUKKAH-SPICED CHICKEN WITH TAHINI

*Cauliflower "rice" with bell pepper, chard & feta*

<b>COOK TIME</b> 25 MIN	<b>SERVINGS</b> 2	<b>CALORIES PER SERVING</b> 670	<b>NET CARBS PER SERVING</b> 9 GRAMS	<b>MENU</b> KETO // GLUTEN-FREE
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This vibrant dish takes your classic chicken-and-veggies to new heights thanks to North African flavors, plus a variety of tiny-but-mighty seeds. Here, chicken strips are seared, then coated in earthy dukkah, an Egyptian seed-and-spice blend featuring sesame, cumin, coriander, and fennel. To finish the 25-minute meal, they're served over za'atar-spiced tahini cauliflower "rice."

### INGREDIENTS (7 ITEMS)

- 3 ½ oz **Red bell pepper**
- 2 ¾ oz **Green chard**
- 10 oz **Chicken strips\***
- 2 tsp **Dukkah spice blend**
- 1 ¾ oz **Za'atar-spiced tahini sauce with olive oil** T
- 9 oz **Cauliflower "rice"**
- 2 oz **Feta cheese** M

### WHAT YOU'LL NEED

- medium & large sauté pans
- measuring spoons
- thermometer
- cooking oil
- salt & pepper

### ALLERGENS

- T TREE NUTS (coconut)
- M MILK

**COOKING TIP**  
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 and it's no longer pink in the center.

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

- Medium dice **red bell pepper**\* into pieces, about ½ inch each.
- Remove and discard any thick center stems from **green chard**.\* Roughly chop leaves into bite-size pieces.

\*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 strips** dry with paper towels. Cut any larger strips in half lengthwise.
- Heat about 1 ½ tablespoons cooking oil in a large sauté pan over medium-high heat. Add **chicken** to hot pan. Season with about ¼ teaspoon salt and a pinch of pepper. Cook 5-7 minutes, or until chicken is fully cooked, stirring occasionally.
- Remove from heat. Season with **dukkah spice blend**. Stir to combine.

3 COOK CAULIFLOWER

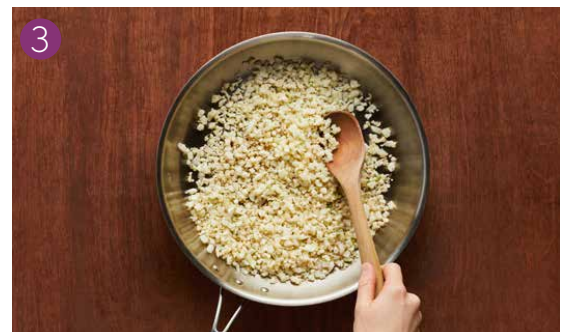
- Heat about 1 ½ tablespoons cooking oil in pan used for chicken over medium-high heat. Add **cauliflower “rice”** and 2 tablespoons water to hot pan. Season with about ¼ teaspoon salt and a pinch of pepper. Stir to combine. Cook 4-6 minutes, or until cauliflower “rice” begins to soften, stirring occasionally.
- Remove from heat. Add about half of the **za’atar-spiced tahini sauce with olive oil** and about 1 tablespoon water. Salt and pepper to taste. Stir to combine.

4 COOK BELL PEPPER & CHARD

- Heat about 1 ½ tablespoons cooking oil in a medium sauté pan over medium-high heat. Add **bell pepper** to hot pan. Season with about ¼ teaspoon salt and a pinch of pepper. Cook 2-3 minutes, or until bell pepper begins to soften, stirring occasionally.
- Add **chard** to hot pan. Cook 2-3 minutes or until chard is just wilted, stirring occasionally.
- Remove from heat. Add about half of the **feta cheese**. Stir to combine.

5 PLATE YOUR DISH

- Divide **za’atar-spiced tahini cauliflower “rice”** between plates. Top with **dukkah-spiced chicken**. Spoon remaining **tahini sauce** over chicken. Serve **sautéed bell pepper and chard** on the side. Sprinkle with remaining **feta**. Enjoy!



## Nutrition Facts

2 Servings per container

**Serving size** (448g)

Amount per serving

**Calories** **670**

	% Daily Value*
<b>Total Fat</b> 50g	64%
Saturated Fat 10g	50%
Trans Fat 0g	
<b>Cholesterol</b> 125mg	42%
<b>Sodium</b> 1480mg	64%
<b>Total Carbohydrate</b> 15g	5%
Dietary Fiber 6g	21%
Total Sugars 5g	
Includes 0g Added Sugars	0%
<b>Protein</b> 41g	
Vitamin D 0mcg	0%
Calcium 213mg	15%
Iron 3mg	15%
Potassium 736mg	15%

\* 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 Strips** [chicken], **Dukkah Spice Blend** (White Sesame Seeds, Ground Coriander, Ground Cumin, Ground Fennel, Black Pepper, Dried Oregano, Crushed Red Pepper Flakes), **Cauliflower**, **Green Chard**, **Bell Peppers**, **Za'atar Tahini Sauce** (Tahini Sauce [sesame seeds], Lemon Juice [lemon], Red Wine Vinegar [aged red wine vinegar], Olive Oil [olive oil], Garlic, Za'atar Seasoning [hulled sesame seed, ground sumac, sea salt, thyme, summer savory, marjoram], Sea Salt, Water, Coconut Aminos [organic coconut tree sap, sea salt], Ascorbic Acid [ascorbic acid]), **Feta Cheese** [pasteurized milk, cheese cultures, salt, enzymes, anti-caking agent (potato starch, powdered cellulose, natamycin)]

### Allergen information:

Contains Milk 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.*