



CAJUN-STYLE BLACKENED CHICKEN

dirty rice with corn, tomato, scallion, rémoulade, pecans

COOK TIME
25 MIN

SERVINGS
2

CALORIES PER SERVING
850

MENU
GLUTEN-FREE

Blackening spices are a signature ingredient in Southern cooking thanks to their blend of bold peppercorns, earthy-sweet paprika, and flavorful herbs. Here, they're used to season chicken cutlets, which are then pan-seared until golden brown. The chicken is served atop dirty rice strewn with corn, tomato, and celery, then drizzled in our rich rémoulade (a French mayo-based sauce) laced with zingy horseradish.

INGREDIENTS (11 ITEMS)

- ½ cup **Jasmine rice**
- 1¾ oz **Celery**
- 1 whole **Yellow onion**
- 1 whole **Roma tomato**
- 1 whole **Scallion**
- 1 whole **Lime**
- ½ oz **Pecans** T
- 2 (5 oz) **Chicken cutlets***
- 1 tsp **Blackening spices**
- 2¾ oz **Corn**
- 2 oz **Rémoulade with horseradish** E S

WHAT YOU'LL NEED

- small pot with lid
- medium & large sauté pans
- small bowl
- measuring cup & spoons
- microplane
- thermometer
- cooking oil
- salt & pepper

ALLERGENS

- T TREE NUTS (pecans)
- E EGGS
- S SOY



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 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 about 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. (You'll finish the rice in Step 5.)

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

- Small dice **celery** into pieces, about ¼ inch each.
- Cut ends off **yellow onion** and discard peel. Halve lengthwise; save one half for another use. Small dice remaining half into pieces, about ¼ inch each.
- Small dice **Roma tomato** into pieces, about ¼ inch each.
- Thinly slice **scallion** at an angle; discard root end.
- Zest whole **lime** with a microplane (or on small holes of a box grater) over a small bowl. Quarter **lime**.
- Roughly chop **pecans** if necessary.

3 SEASON & COOK CHICKEN

- Pat **chicken cutlets** dry with paper towels. Season with **blackening spices*** and salt.
- Heat about 1½ 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 fully cooked.
- Transfer **chicken** to a cutting board.

**If heat sensitive, use blackening spices sparingly.*

4 COOK VEGGIES

- Heat about 1½ tablespoons cooking oil in a large sauté pan over medium heat. Add **corn**, **celery**, and **onion** to hot pan. Season with about ¼ teaspoon salt and a pinch of pepper. Cook 3-4 minutes, or until corn and onion are lightly browned, stirring occasionally.
- Add **tomato** and about half of the **scallion**. Cook 2-3 minutes, or until celery is tender, stirring occasionally.

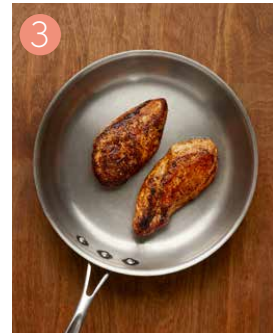
5 MAKE DIRTY RICE

- Transfer **rice** to pan with **veggies**. Add **lime zest**. Stir to combine. Season with salt and pepper to taste.*

**Taste the dirty rice after seasoning and adjust as needed. Adding salt and pepper throughout the cooking process is key to a delicious final product.*

6 PLATE YOUR DISH

- Cut **chicken cutlets** into 5-7 slices each.
- Divide **dirty rice** between plates. Serve **Cajun-style blackened chicken** over top. Drizzle with **rémoulade with horseradish** to taste. Sprinkle with **pecans** and remaining **scallion**. Serve **lime wedges** on the side. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (457g)

Amount per serving

Calories **850**

	% Daily Value*
Total Fat 48g	62%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 150mg	50%
Sodium 960mg	42%
Total Carbohydrate 63g	23%
Dietary Fiber 5g	18%
Total Sugars 9g	
Includes 0g Added Sugars	0%
Protein 49g	
Vitamin D 2mcg	10%
Calcium 91mg	8%
Iron 2mg	10%
Potassium 1009mg	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], **Blackening Spices** [paprika (color), dehydrated onion, spices (black pepper, white pepper, red pepper, thyme, oregano), dehydrated garlic, and salt], **Jasmine Rice** [jasmine rice], **Corn** [corn], **Scallions**, **Yellow Onion**, **Roma Tomatoes**, **Lime**, **Celery**, **Pecans** [pecans, canola and/or peanut and/or sunflower oil], **Horseradish Rémoulade** (Mayonnaise [organic expeller pressed soybean oil, water, organic egg yolks, organic whole eggs, organic distilled white vinegar, salt, organic white mustard (organic distilled vinegar, water, organic mustard seeds, salt, organic spices), organic lemon juice concentrate], Capers [capers, water, vinegar, salt], Lemon Juice [lemon], Sweet Paprika, Horseradish [horseradish, water, white vinegar (gluten-free), sugar, salt, natural mustard oil], Dijon Mustard [water, organic mustard seeds, organic vinegar, salt, organic turmeric, organic spices], Black Pepper)

Allergen information:

Contains Egg, 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.

