



**GREEN
CHEF**

CHICKEN WITH CRANBERRY SAUCE

Roasted vegetables, almonds

COOK TIME

30 MIN

SERVINGS

2

CALORIES PER SERVING

610

NET CARBS PER SERVING

33 GRAMS

MENU

PALEO // GLUTEN-FREE

Everyone loves the sweet and savory flavors of Thanksgiving — so why should the fourth Thursday in November get all the glory? This dish captures all that slow-cooked, special-occasion essence in just 30 minutes, making it perfect for any night of the week. Here, chicken is seasoned with a blend of thyme, fennel, and oregano, then seared to juicy perfection. You'll use the flavor-packed fond left over from cooking the cutlets to build a tart and luscious cranberry pan sauce with lemon and orange juice. No need to worry about carving, fat-separating, or tag-teaming a mountain of dirty dishes — now that's something to be truly thankful for.



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.

INGREDIENTS (10 ITEMS)

1 oz	Dried cranberries
9 ¾ oz	Cauliflower
1 whole	Yellow onion
1 ¼ oz	Celery
½ oz	Sliced almonds ^T
4 oz	Carrots
1 ¼ tsp	Thyme, fennel & oregano blend
2 (5 oz)	Chicken cutlets*
2 tsp	Tapioca flour
1 ¼ oz	Lemon & orange juice

WHAT YOU'LL NEED

large sauté pan
baking sheet
mixing bowls
measuring cup & spoons
thermometer
oven mitt
cooking oil
2 tsp sweetener
salt & pepper

ALLERGENS

^T TREE NUTS (almonds)

*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

- Preheat oven to 425 degrees.
- Finely chop **dried cranberries**. Place in a small bowl. Cover with about ¼ cup water. Let soak at least 5 minutes, or until softened.
- Cut **cauliflower** into bite-size pieces if necessary.
- Cut ends off **yellow onion** and discard peel. Halve lengthwise. Lay one half flat and cut lengthwise into strips, about ¼ inch thick (reserve remaining half for another use).
- Slice **celery** across into pieces, about ¼ inch each.
- Roughly chop **sliced almonds**.

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 & ROAST VEGGIES

- Place **cauliflower**, **carrots**, **onion**, and **celery** in a large bowl. Drizzle with about 1 ½ tablespoons cooking oil. Season with about half of the **thyme, fennel, and oregano blend**, about ½ teaspoon salt, and a pinch of pepper. Stir to coat.
- Spread **veggies** out in a single layer on a lightly oiled, foil-lined baking sheet. Roast 18-20 minutes, or until fork-tender.

3

COOK CHICKEN

- Pat **chicken cutlets** dry with paper towels. Season with salt, pepper, and remaining **herb blend**.
- Heat about 1 ½ tablespoons cooking oil in a large sauté pan over medium-high heat until shimmering. Add **chicken** to hot pan. Cook 4-6 minutes on each side, or until chicken is fully cooked.
- Transfer **chicken** to cutting board. Let rest at least 3 minutes.

4

MAKE SAUCE

- Return pan used for chicken to stovetop over medium heat. Add about 1 teaspoon **tapioca flour** and about 1 teaspoon cooking oil to hot pan (reserve remaining tapioca flour for another use). Stir until mixture reaches a pastelike consistency.
- Add **cranberries** with **soaking liquid**, **lemon and orange juice**, and 2 teaspoons sweetener of choice to pan. Stir to combine. Bring to a simmer. Cook 1-2 minutes, or until sauce slightly thickens, stirring occasionally.
- Remove from heat.

5

PLATE YOUR DISH

- Cut **chicken cutlets** into 5-7 slices each.
- Divide **roasted veggies** between plates. Fan **chicken** next to veggies. Spoon **cranberry sauce** over chicken. Garnish with **almonds**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (495g)

Amount per serving

Calories **610**

	% Daily Value*
Total Fat 32g	41%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 140mg	47%
Sodium 780mg	34%
Total Carbohydrate 41g	15%
Dietary Fiber 8g	29%
Total Sugars 24g	
Includes 14g Added Sugars	28%
Protein 48g	
Vitamin D 2mcg	10%
Calcium 144mg	10%
Iron 3mg	15%
Potassium 1474mg	30%

* 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], **Thyme, Fennel & Oregano Blend** (Dried Thyme, Dried Oregano, Ground Fennel, Dried Parsley), **Dried Cranberries** [cranberries, cane sugar, sunflower oil], **Lemon & Orange Juice** (Orange Juice [organic orange juice], Lemon Juice [lemon]), **Tapioca Flour** [organic cassava or manioc root], **Almonds** [almonds], **Carrots, Cauliflower, Yellow Onion, Celery**

Allergen information:

Contains 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.