



CHEDDAR CHICKEN WITH CREOLE DIJONNAISE

sautéed yellow squash & bell pepper, pecans, Cholula

COOK TIME 25 MIN	SERVINGS 2	CALORIES PER SERVING 570	NET CARBS PER SERVING 7 GRAMS	MENU KETO // GLUTEN-FREE
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Dijonnaise may sound familiar, but this version has a Creole-style kick that might just sweep you off your feet. Here's the secret: The creamy sauce is spiced with a mixture of garlic, sweet and smoked paprika, cayenne, cumin, celery seed, and basil, turning it from trusty condiment to liquid gold. Here, it's brushed over chicken (before getting a sprinkle of sharp cheddar and taking a trip to the oven) and also drizzled over the finished dish. A mélange of sautéed yellow squash, bell pepper, and celery kicks up the meal's fresh factor, while pecans add a craveable crunch.

INGREDIENTS (9 ITEMS)

- 2 (5 oz) **Chicken cutlets***
- 1½ oz **Creole Dijonnaise with avocado mayo** ^E
- 1 oz **Sharp cheddar cheese** ^M
- 1 unit **Red bell pepper**
- 1¾ oz **Celery**
- 1 whole **Yellow squash**
- 1 whole **Scallion**
- ½ oz **Pecans** ^T
- 1 tsp **Cholula sauce**

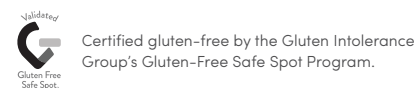
WHAT YOU'LL NEED

- large sauté pan
- baking sheet
- measuring spoons
- thermometer
- oven mitt
- cooking oil
- salt & pepper

ALLERGENS

- ^E EGGS
- ^M MILK
- ^T TREE NUTS (pecans)

COOKING TIP 4 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 SEASON & ROAST CHICKEN

- Preheat oven to 425 degrees.
- Pat **chicken cutlets** dry with paper towels. Season with salt and pepper.
- Place **chicken** on a lightly oiled, foil-lined baking sheet. Spread about ½ tablespoon of the **Creole Dijonnaise with avocado mayo** over each cutlet. Sprinkle **sharp cheddar cheese** over top.
- Roast 12-16 minutes, or until chicken is fully cooked and cheese melts.

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 **red bell pepper*** lengthwise into strips, about ¼ inch thick. Halve strips widthwise.
- Slice **celery** across into pieces, about ¼ inch each.
- Trim ends off **yellow squash***; discard. Halve lengthwise. Lay flat and slice across into half-moons, about ¼ inch thick.
- Trim and thinly slice **scallion**.
- Roughly chop **pecans** if necessary.

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

3 START VEGGIES

- Heat about 1½ tablespoons cooking oil in a large sauté pan over medium heat. Add **bell pepper** and **celery** to hot pan. Season with about ½ teaspoon salt and a pinch of pepper. Cook 4-5 minutes, or until bell pepper is tender, stirring occasionally.

4 FINISH VEGGIES

- Add **squash** and about half of the **scallion** to pan. Cook 2-3 minutes, or until squash is tender, stirring occasionally. Season with salt and pepper to taste.

5 PLATE YOUR DISH

- Divide **cheddar chicken cutlets** between plates. Serve **sautéed veggies** on the side. Drizzle with remaining **Creole Dijonnaise** and **Cholula sauce** to taste (or omit). Garnish with **pecans** and remaining **scallion**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (395g)

Amount per serving

Calories **570**

	% Daily Value*
Total Fat 40g	51%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 170g	57%
Sodium 1100mg	48%
Total Carbohydrate 10g	4%
Dietary Fiber 3g	11%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 48g	
Vitamin D 2mcg	10%
Calcium 178mg	15%
Iron 2mg	10%
Potassium 1127mg	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], **Scallions**, **Bell Peppers**, **Celery**, **Yellow Squash**, **Sharp Cheddar Cheese** [part-skim milk, cheese cultures, salt, enzymes, annatto, anti caking agent (potato starch powdered cellulose, natamycin)], **Cholula Sauce** [water, peppers (arbol & piquin), salt, vinegar, garlic powder, spices, xanthan gum], **Creole Dijonnaise** (Granulated Garlic, Sweet Paprika, Smoked Paprika, Ground Cayenne Pepper, Ground Cumin, Celery Seeds, Dried Basil, Sea Salt, Avocado Oil Mayonnaise [avocado oil, organic certificated humane free range egg yolks, water, distilled vinegar, salt, lime juice concentrate, citric acid, lime oil], Dijon Mustard [water, organic mustard seeds, organic vinegar, salt, organic turmeric, organic spices], Apple Cider Vinegar [apple cider vinegar]), **Pecans** [pecans, canola and/or peanut and/or sunflower oil]

Allergen information:

Contains Tree Nuts, Egg And Milk

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.