



MEDITERRANEAN CHICKEN THIGHS

Roasted red pepper gremolata, kale, Brussels sprouts, lemon aioli

COOK TIME
40 MIN

SERVINGS
2

CALORIES PER SERVING
810

NET CARBS PER SERVING
13 GRAMS

MENU
KETO // PALEO // GLUTEN-FREE

Gremolata is an herby Italian condiment — usually made with parsley, garlic, and lemon — that adds brightness and freshness to anything it touches. Tonight’s version has the same affect, though it’s got a few flavorful twists. Here, you’ll be building a gremolata with roasted red peppers, briny capers, crunchy almonds, and a splash of white balsamic vinegar. It’s spooned atop tender chicken thighs for a burst of savory, tangy flavor in every bite. Want to put your own spin on the sauce? If you’ve got a lemon on hand, feel free to zest it up and stir in a pinch at the end of Step 5.

INGREDIENTS (10 ITEMS)

- 2 ¾ oz **Red kale**
- 4 oz **Brussels sprouts**
- 1 whole **Yellow onion**
- ¼ oz **Capers**
- ½ oz **Sliced almonds** T
- 1 ¾ oz **Dairy-free lemon aioli** E
- 12 oz **Boneless chicken thighs***
- 1 tsp **Garlic-herb seasoning**
- 2 ¼ oz **Roasted red peppers**
- ¾ oz **White balsamic vinegar**

WHAT YOU’LL NEED

- medium & large sauté pans
- medium bowl
- measuring spoons
- thermometer
- cooking & olive oils
- salt & pepper

ALLERGENS

- T TREE NUTS (almonds)
- E EGGS



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 PREP

- Remove thick center stems from **red kale**. * Slice **stems** into pieces, about ¼ inch each. Roughly chop **leaves** into bite-size pieces.
- Halve **Brussels sprouts** lengthwise. Lay flat and cut across into strips, about ¼ inch wide; discard stem ends.
- 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.
- Roughly chop **capers**.
- Roughly chop **sliced almonds**.

*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 MESSAGE KALE

- Place **kale leaves** in a medium bowl. Drizzle with about 1 tablespoon of the **dairy-free lemon aioli**. Lightly season with salt and pepper. Massage until leaves soften.

3 SEASON & COOK CHICKEN

- Pat **boneless chicken thighs*** dry with paper towels. Season with **garlic-herb seasoning**, salt, and pepper.
- Heat about 1 ½ tablespoons cooking oil in a large sauté pan over medium-high heat. Add **chicken** to hot pan. Sear 3-5 minutes on each side, or until chicken is fully cooked.
- Transfer **chicken** to a cutting board.

*You may receive three to five chicken thighs, depending on the individual weight of each piece.

4 SAUTÉ BRUSSELS SPROUTS

- Heat about 1 ½ tablespoons cooking oil in a medium sauté pan over medium-high heat. Add **Brussels sprouts**, **kale stems**, and **onion** to hot pan. Season with salt and pepper. Cook 3-4 minutes, or until veggies begin to soften, stirring occasionally.

5 MAKE GREMOLATA

- Heat about 1 tablespoon olive oil in pan used for chicken over medium heat. Add **roasted red peppers**, **capers**, and **almonds** to hot pan. Stir to combine. Cook about 1 minute, or until roasted red peppers are warmed through, stirring frequently.
- Remove from heat. Add **white balsamic vinegar** and about 2 tablespoons olive oil. Salt and pepper to taste. Stir to combine.

6 PLATE YOUR DISH

- Divide **garlic-herb chicken thighs** between plates. Spoon **gremolata** over top. Pile **kale** next to chicken and top with **sautéed Brussels sprouts**. Drizzle remaining **aioli** over veggies. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (415g)

Amount per serving

Calories **810**

	% Daily Value*
Total Fat 66g	85%
Saturated Fat 9g	45%
Trans Fat 0g	
Cholesterol 170mg	57%
Sodium 450mg	20%
Total Carbohydrate 19g	7%
Dietary Fiber 6g	21%
Total Sugars 8g	
Includes 1g Added Sugars	2%
Protein 37g	
Vitamin D 0mcg	0%
Calcium 121mg	10%
Iron 4mg	20%
Potassium 551mg	10%

* 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 Thighs [chicken], **Roasted Red Peppers** [bell pepper], **Red Kale**, **Brussels Sprouts**, **White Balsamic Vinegar** [aged white wine vinegar and must of white grapes], **Almonds** [almonds], **Garlic-Herb Seasoning** (Ground Rosemary, Granulated Garlic, Black Pepper, Italian Seasoning [basil, rosemary, marjoram, oregano, thyme]), **Dairy-Free Lemon Aioli** (Avocado Oil Mayonnaise [avocado oil, organic certified humane free range egg yolks, water, distilled vinegar, salt, lime juice concentrate, citric acid, lime oil], Granulated Garlic, Lemon Juice [lemon], Stone-Ground Mustard [water, organic mustard seeds, organic vinegar, salt, organic spices]), **Yellow Onion**, **Capers** [capers, water, vinegar, salt]

Allergen information:

Contains Egg 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.