



CHICKEN WITH MAPLE DIJON SAUCE

roasted sweet potato, apple & chard hash

COOK TIME 35 MIN	SERVINGS 2	CALORIES PER SERVING 670	NET CARBS PER SERVING 33 GRAMS	MENU PALEO // GLUTEN-FREE
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Craving comfort food? This dish is as cozy as it comes. Sweet potato and apple are roasted until tender and lightly caramelized, then tossed with sautéed chard and crunchy pecans. Pan-seared chicken cutlets (seasoned with our paprika, basil, and oregano blend) are fanned over the top of the dish, and everything is tied together with a drizzle of tangy-sweet maple Dijon pan sauce.

- INGREDIENTS (9 ITEMS)**
- 1 whole **Sweet potato***
 - 1 whole **Gala apple***
 - 3½ oz **Green chard**
 - ¼ oz **Garlic**
 - ½ oz **Pecans ^T**
 - ¼ tsp **Paprika, basil & oregano blend**
 - 2 (5 oz) **Chicken cutlets****
 - 1 oz **Maple glaze**
 - ¼ oz **Dijon mustard**


- WHAT YOU'LL NEED**
- medium & large sauté pans
 - baking sheet
 - mixing bowls
 - measuring spoons
 - whisk
 - thermometer
 - oven mitt
 - cooking oil
 - salt & pepper


 **CUSTOM CHEF**

If you chose to modify your meal, follow the Custom Chef instructions on the flip side of this card.

 **2 (5 oz) Organic chicken cutlets**
Calories: 660 Net Carbs: 33 grams

ALLERGENS
^T TREE NUTS (pecans)

 If you ordered the 4-serving version of this meal, refer to the guidelines in Step 1.

 Validated
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.

*Due to the varying nature of organic produce, we may have sent a larger sweet potato and apple than needed.
**Chicken is fully cooked when internal temperature reaches 165°.

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

- Preheat oven to 425 degrees.
- Medium dice **sweet potato*** into pieces, about ½ inch each.
- Stand **Gala apple**** upright and cut off sides around core; discard core. Medium dice into pieces, about ½ inch each.
- Remove thick center stems from **green chard*****. Slice **stems** into pieces, about ½ inch each. Roughly chop **leaves** into bite-size pieces.
- Mince **garlic**.
- Roughly chop **pecans** if necessary.

**Use about 1½ cups sweet potato, saving the rest for another day. If you have a food scale, use 8½ ounces to stay under 35 grams of net carbs per serving.*

***Use enough apple to match the size of a baseball, saving the rest for another day. If you have a food scale, use 4½ ounces to stay under 35 grams of net carbs per serving.*

****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 ROAST SWEET POTATO & APPLE

- Place **sweet potato** and **apple** in a large bowl. Drizzle with about 2 tablespoons cooking oil. Season with about half the **paprika, basil, and oregano blend**, about ¼ teaspoon salt, and a pinch of pepper. Stir to coat.
- Spread **sweet potato and apple** out in a single layer on a lightly oiled, foil-lined baking sheet. Roast 20–24 minutes, or until sweet potatoes are fork-tender, stirring halfway through.

3 SEASON & COOK CHICKEN

- Pat **chicken cutlets** dry with paper towels. Season with salt, pepper, and remaining **spice blend**.
- 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. (Reserve pan.)

🔄 Swap in **organic chicken cutlets** for chicken cutlets.

4 MAKE HASH

- Heat about 1 tablespoon cooking oil in a large sauté pan over medium heat. Add **chard stems** to hot pan. Cook 2–3 minutes, or until softened, stirring occasionally.
- Add **garlic**. Cook about 30 seconds, or until fragrant, stirring occasionally.
- Add **chard leaves** and 1 tablespoon water. Cook 2–3 minutes, or until leaves are wilted, stirring occasionally.
- Remove from heat. Transfer **sweet potato and apple** and **pecans** to pan. Season with about ¼ teaspoon salt and a pinch of pepper. Stir to combine.

5 MAKE MAPLE DIJON SAUCE

- Place **maple glaze** and 3 tablespoons water in a small bowl. Whisk to combine.
- Return pan used for chicken to stovetop over medium heat. Add **maple glaze** to hot pan. Cook 2–3 minutes, or until slightly reduced, stirring occasionally.*
- Remove from heat. Add about half the **Dijon mustard****. Whisk to combine. Season with salt and pepper to taste.

**Be sure to scrape up any browned bits in the bottom of the pan as you stir—those unassuming specks are full of concentrated flavor and will give additional richness to your sauce.*

***Dijon mustard can be spicy! Add more to taste or reserve remaining for another use.*

6 PLATE YOUR DISH

- Cut **chicken cutlets** into 5–7 slices each.
- Divide **roasted sweet potato, apple, and chard hash** between plates. Fan **chicken** over top. Drizzle with **maple Dijon sauce**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (403g)

Amount per serving

Calories **670**

	% Daily Value*
Total Fat 40g	51%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 110mg	37%
Sodium 930mg	40%
Total Carbohydrate 39g	14%
Dietary Fiber 6g	21%
Total Sugars 19g	
Includes 8g Added Sugars	16%
Protein 37g	
Vitamin D 0mcg	0%
Calcium 94mg	8%
Iron 2mg	10%
Potassium 1100mg	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], **Dijon Mustard** [water, mustard seeds, vinegar, salt, citric acid, sulphur dioxide], **Maple-Lemon Glaze** (Maple Syrup [pure maple syrup], Lemon Juice [lemon]), **Green Chard**, **Gala Apple**, **Pecans** [pecans, canola and/or peanut and/or sunflower oil], **Sweet Potatoes**, **Garlic**, **Paprika**, **Basil & Oregano Blend** (Ground Rosemary, Granulated Garlic, Sweet Paprika, Onion Powder, Dried Oregano, Dried Basil)

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.