



ORANGE-CHILI PAN-SEARED CHICKEN

Tropical crema, Cholula, sautéed veggies with cashews

COOK TIME 30 MIN	SERVINGS 2	CALORIES PER SERVING 590	NET CARBS PER SERVING 19 GRAMS	MENU KETO // GLUTEN-FREE
----------------------------	----------------------	------------------------------------	--	------------------------------------

This tropical dish boasts sweet and savory flavors that will transport your taste buds to sunnier weather. Chicken is seasoned with an orange-chili spice blend and seared until browned and tender. The cutlets are drizzled with a spiced pineapple crema and tangy Cholula hot sauce, and served atop sautéed veggies studded with juicy pineapple chunks and cashews. If you want to take the cashews above and beyond, try toasting them first! Cook the nuts in a dry large sauté pan over medium heat until lightly golden, then transfer to a plate to cool slightly. This quick and easy step adds depth of flavor and a light crunch that'll keep you coming back for more.

INGREDIENTS (10 ITEMS)

- 2 ¼ oz Pineapple
- 1 unit Red bell pepper*
- 1 whole Yellow onion
- 2 ¾ oz Lacinato kale
- 1 oz Roasted cashews **T**
- 1 oz Sour cream **M**
- 1 tsp Orange-chili spice blend
- 2 (5 oz) Chicken cutlets**
- 3 ½ oz Cabbage
- 1 tsp Cholula sauce

WHAT YOU'LL NEED

- large sauté pan
- small bowl
- measuring spoons
- thermometer
- cooking oil
- salt & pepper

ALLERGENS

- T** TREE NUTS (cashews)
- M** MILK



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.

*Due to the varying nature of organic produce, we may have sent a larger bell pepper than needed.
**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

- Roughly chop **pineapple** (reserve any juice in pouch).
- Cut **red bell pepper*** lengthwise into strips, about ¼ inch thick. Halve strips widthwise.
- Cut ends off **yellow onion** and discard peel. Halve lengthwise; reserve one half for another use. Slice remaining half lengthwise into strips, about ¼ inch thick.
- Remove and discard any thick center stems from **lacinato kale.**** Roughly chop leaves into bite-size pieces.
- Roughly chop **roasted cashews** if necessary.

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

**Use enough bell pepper to match the size of a baseball, saving the rest for another day. If you have a food scale, use 6 oz to stay under 20 grams of net carbs per serving.*

***To quickly prep, hold the stem end with one hand; pinch and strip the leaves down and away with your other hand (like pulling a zipper!).*

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 MAKE CREMA

- Place **sour cream**, reserved **pineapple juice**, and about half of the **orange-chili spice blend*** in a small bowl. Add water 1 teaspoon at a time until mixture reaches a drizzling consistency. Stir to combine. Season with salt and pepper to taste.

**If heat sensitive, use the orange-chili spice blend sparingly, or omit entirely.*

3 SEASON & COOK CHICKEN

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

4 COOK VEGGIES

- Heat about 1 ½ tablespoons cooking oil in pan used for chicken over medium-high heat. Add **bell pepper** and **onion** to hot pan. Season with about ¼ teaspoon salt and a pinch of pepper. Cook 3-4 minutes, or until onion is translucent, stirring occasionally.
- Add **pineapple**, **cabbage,*** and **kale**. Cook 2-3 minutes, or until cabbage is tender and kale is lightly wilted, stirring occasionally.

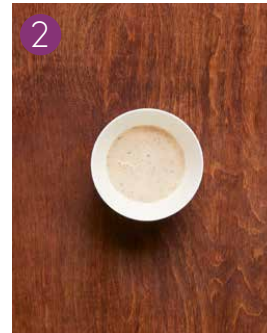
**The ingredient you received may be a different color.*

5 ADD NUTS

- Add **cashews** to pan with veggies. Stir to combine. Season with salt and pepper to taste.

6 PLATE YOUR DISH

- Cut **chicken** into 5-7 slices each.
- Divide **sautéed veggies with cashews** between plates. Fan **chicken** over veggies. Drizzle with **tropical crema** and **Cholula sauce** (or omit) to taste. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (420g)

Amount per serving

Calories **590**

	% Daily Value*
Total Fat 36g	46%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 150mg	50%
Sodium 480mg	21%
Total Carbohydrate 24g	9%
Dietary Fiber 5g	18%
Total Sugars 12g	
Includes 0g Added Sugars	0%
Protein 48g	
Vitamin D 2mcg	10%
Calcium 141mg	10%
Iron 3mg	15%
Potassium 1201mg	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], **Lacinato Kale**, **Cashews** [cashews, canola and/or peanut and/or sunflower oil], **Bell Peppers**, **Pineapple** [pineapple], **Red Cabbage**, **Yellow Onion**, **Sour Cream** [cultured cream], **Cholula Sauce** [water, peppers (arbol & piquin), salt, vinegar, garlic powder, spices, xanthan gum], **Orange-Chili Spice Blend** (Sweet Paprika, Onion Powder, Granulated Garlic, Dried Orange Peel, Ground Chipotle Pepper, Ancho Chili Powder, Chili Powder, Dried Oregano)

Allergen information:

Contains Milk 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.