



CHICKEN PICCATA

kale salad with sun-dried tomatoes & Parmesan cheese

COOK TIME 30 MIN	SERVINGS 2	CALORIES PER SERVING 620	NET CARBS PER SERVING 8 GRAMS	MENU KETO // GLUTEN-FREE
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Dinner feels like a special occasion when piccata is on the menu. Here, the surprisingly simple, buttery pan sauce (made with capers, garlic, lemony vegetable broth, and parsley) is spooned over tender, pan-seared chicken cutlets. A leafy kale salad with tangy sun-dried tomatoes, shredded Parmesan, and a creamy Dijon dressing adds a pop of freshness to each plate.

INGREDIENTS (9 ITEMS)

- 2¾ oz **Green kale**
- ½ oz **Sun-dried tomatoes**
- ½ oz **Capers**
- ¼ oz **Garlic**
- ¼ oz **Parsley**
- 1¾ oz **Creamy lemon-Dijon sauce** E T
- 1 oz **Parmesan cheese** M
- 2 (5 oz) **Chicken cutlets***
- 3 oz **Vegetable broth with lemon juice**

WHAT YOU'LL NEED

- large sauté pan
- mixing bowls
- measuring cup & spoons
- whisk
- thermometer
- cooking & olive oils
- 2 tbsp butter M
- salt & pepper

ALLERGENS

- E EGGS
- T TREE NUTS (coconut)
- M MILK

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

Validate My Gluten Free Safe Spot
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 and discard any thick center stems from **green kale***. Roughly chop leaves into bite-size pieces.
- Place **sun-dried tomatoes** in a small bowl; cover with about ¼ cup water. Let soak at least 5 minutes, or until softened. Once softened, roughly chop **tomatoes** (discard soaking liquid).
- Roughly chop **capers**.
- Mince **garlic**.
- De-stem **parsley**; roughly chop leaves.

**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 MAKE SALAD

- Place **kale** in a medium bowl. Drizzle with about 1 tablespoon of the **creamy lemon-Dijon sauce**. Lightly season with salt. Massage until leaves soften.
- Add **tomatoes** and **Parmesan cheese** to bowl. Drizzle with remaining **sauce** to taste. Toss to combine.

3 COOK CHICKEN

- Pat **chicken cutlets** dry with paper towels. Lightly season both sides with salt and pepper.
- Heat about 1½ 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 **chicken** to a cutting board.

4 MAKE PICCATA SAUCE

- Heat 1-2 teaspoons olive oil in pan used for chicken over medium-low heat. Add **capers** and **garlic** to hot pan. Cook about 1 minute, or until garlic is fragrant, stirring frequently.
- Stir in **vegetable broth with lemon juice**. Cook 3-4 minutes, or until broth is slightly reduced, stirring occasionally.
- Remove from heat. Add **parsley** and 2 tablespoons butter. Whisk until butter has melted. Season with salt and pepper to taste.*

**The capers already contain salt; season accordingly.*

5 PLATE YOUR DISH

- Cut **chicken** into 5-7 slices each.
- Divide **chicken** between plates. Spoon **piccata sauce** over top. Serve **kale salad** next to chicken. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (312g)

Amount per serving

Calories 620

	% Daily Value*
Total Fat 44g	56%
Saturated Fat 16g	80%
Trans Fat 0g	
Cholesterol 195mg	65%
Sodium 550mg	24%
Total Carbohydrate 11g	4%
Dietary Fiber 3g	11%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 50g	
Vitamin D 2mcg	10%
Calcium 262mg	20%
Iron 2mg	10%
Potassium 1136mg	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], **Lemon Vegetable Broth** (Lemon Juice [lemon], Vegetable Broth [water, organic carrots, organic onions, organic celery, organic tomatoes, organic tomato paste, organic garlic, organic leeks, organic cane sugar, sea salt, organic bay leaves, organic parsley, organic thyme, organic molasses, organic carrot powder, organic onion powder, organic spices, organic expeller pressed canola and/or safflower and/or sunflower oil, organic flavoring, organic spices, organic potato flour, organic expeller pressed canola and/or safflower and/or sunflower oil]), **Capers** [capers, water, vinegar, salt], **Garlic**, **Parmesan Cheese** [pasteurized milk, cheese cultures, salt, enzymes], **Parsley**, **Sun-Dried Tomatoes** [organic dried tomatoes], **Creamy Lemon-Dijon Sauce** (Coconut Milk [organic coconut, coconut extract, water, organic guar gum], Avocado Oil Mayonnaise [avocado oil, organic certified humane free range egg yolks, water, distilled vinegar, salt, lime juice concentrate, citric acid, lime oil], Nutritional Yeast [dried yeast, niacin, pyridoxine hydrochloride (B6), riboflavin (B2), thiamin hydrochloride (B1), folic acid, vitamin B12], Lemon Juice [lemon], White Wine Vinegar [aged white wine vinegar], Granulated Garlic, Dijon Mustard [water, organic mustard seeds, organic vinegar, salt, organic turmeric, organic spices], Black Pepper), **Green Kale**

Allergen information:

Contains Egg, Tree Nuts 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.