



**GREEN
CHEF**

SPICY HARISSA CHICKEN WITH CAULIFLOWER “COUSCOUS”

dried apricots, roasted red peppers, almonds

COOK TIME

30 MIN

SERVINGS

2

CALORIES PER SERVING

590

NET CARBS PER SERVING

17 GRAMS

MENU

KETO // GLUTEN-FREE

Harissa, a Tunisian hot pepper paste, is one of our favorite condiments—it’s spicy, earthy, and aromatic. Here, you’ll use it in versatile powder form as a rub for chicken and in a creamy finishing sauce. Once the coated chicken hits the pan, the deep-red seasoning will turn toasty and fragrant in the hot oil. As for the sauce, the spice of the harissa is mellowed by sour cream, resulting in subtly spicy, tangy notes throughout. Everything is piled over garlicky cauliflower “rice” bejeweled with dried apricots and roasted red peppers, then sprinkled with roasted almonds for a nutty crunch.

INGREDIENTS (8 ITEMS)

¼ oz **Garlic**
1 oz **Dried apricots**
½ oz **Roasted almonds** **T**
2 (5 oz) **Chicken cutlets***
1 tbs **Harissa seasoning**
9 oz **Cauliflower “couscous”**
2¼ oz **Roasted red peppers**
2 oz **Sour cream** **M**

WHAT YOU’LL NEED

medium & large sauté pans
mixing bowls
measuring cup & spoons
thermometer
cooking & olive oils
salt & pepper

ALLERGENS

T TREE NUTS (almonds)
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.

*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

PREP

- Mince **garlic**.
- Place **dried apricots*** in a small bowl. Cover with about ¼ cup water. Let soak at least 5 minutes, or until softened. Small dice into pieces, about ¼ inch each. Return to bowl with soaking liquid.
- Roughly chop **roasted almonds**.

**Our dried apricots are packaged without preservatives, lending them a darker 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

SEASON & COOK CHICKEN

- Pat **chicken cutlets** dry with paper towels. Season with about half of the **harissa seasoning*** and salt.
- 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 chicken is fully cooked.
- Transfer **chicken** to a cutting board.

**The harissa seasoning already contains pepper; no need to add extra.*

**If heat sensitive, use harissa seasoning sparingly.*

3

MAKE CAULIFLOWER "COUSCOUS"

- Heat about 1½ tablespoons olive oil in a large sauté pan over medium heat. Add **cauliflower "couscous"** and **garlic** to hot pan. Season with about ¼ teaspoon salt and a pinch of pepper. Cook about 1 minute, or until garlic is fragrant, stirring frequently.
- Add **apricots with soaking water** and **roasted red peppers**. Cook 4-6 minutes, or until cauliflower is tender and liquid is cooked off, stirring occasionally. Season with salt and pepper to taste.

4

MAKE SAUCE

- Combine **sour cream** and about half of the remaining **harissa** (save the rest for another use) in a second small bowl. Season with about ¼ teaspoon salt and a pinch of pepper. Stir to combine. Add 1 teaspoon of water at a time until a drizzling consistency is reached.

5

PLATE YOUR DISH

- Cut **chicken** into 5-7 slices each.
- Divide **cauliflower "couscous" with apricots and roasted red peppers** between plates. Sprinkle **almonds** over cauliflower. Top with **harissa-spiced chicken**. Drizzle **harissa sauce** over top. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (391g)

Amount per serving

Calories 590

	% Daily Value*
Total Fat 35g	45%
Saturated Fat 8g	40%
Trans Fat 0g	
Cholesterol 160mg	53%
Sodium 730mg	32%
Total Carbohydrate 24g	9%
Dietary Fiber 7g	25%
Total Sugars 13g	
Includes 0g Added Sugars	0%
Protein 49g	
Vitamin D 2mcg	10%
Calcium 149mg	10%
Iron 3mg	15%
Potassium 1182mg	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], **Harissa Seasoning** [caraway, cumin, coriander, black pepper, fennel, red pepper, cinnamon, ginger, peppermint, chili pepper, smoked paprika (color & flavor), dehydrated garlic, organic lemon peel], **Cauliflower**, **Roasted Red Peppers** [bell pepper], **Garlic**, **Dried Apricots** [organic dried apricots], **Almonds** [almonds], **Sour Cream** [cultured cream]

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.