



# THAI SWEET CHILI CHICKEN

*jasmine rice, broccoli, bell pepper, cashews, sesame seeds*

**COOK TIME**  
30 MIN

**SERVINGS**  
2

**CALORIES PER SERVING**  
670

**MENU**  
GLUTEN-FREE

The Thai-inspired chili sauce in tonight's 30-minute dish features savory-sweet flavors with a touch of heat. Here, the sauce (made with tamari, rice wine vinegar, honey, and red pepper flakes) is drizzled over tender, pan-seared chicken cutlets for a bold finish. Sautéed broccoli and red bell pepper studded with cashews makes a colorful side, while a sprinkle of black and white sesame seeds adds a subtle, nutty crunch throughout.

## INGREDIENTS (8 ITEMS)

- ½ cup **Jasmine rice**
- 6 oz **Broccoli**
- 1 unit **Red bell pepper**
- ½ oz **Roasted cashews** T
- 2 (5 oz) **Chicken cutlets\***
- 2½ oz **Sweet chili-garlic tamari sauce** S
- ½ oz **Honey**
- 1 tsp **Black & white sesame seeds**

## WHAT YOU'LL NEED

- small pot with lid
- 2 medium sauté pans
- measuring cup & spoons
- thermometer
- cooking oil
- salt & pepper

## ALLERGENS

- T TREE NUTS (cashews)
- S SOY



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](http://greenchef.com/faq) for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

## 1 COOK RICE

- Bring **jasmine rice**, 1 cup water, and about ¼ teaspoon salt to a boil in a small pot. Stir, then reduce heat to medium low and cover pot with lid. Simmer 16-18 minutes, or until rice is tender and water has absorbed.
- Remove from heat. Let rest, covered, 3 minutes. Fluff with a fork.

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 PREP

- Thinly slice **broccoli** lengthwise.
- Medium dice **red bell pepper\*** into pieces, about ½ inch each.
- Roughly chop **roasted cashews** if necessary.

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

## 3 SEASON & START CHICKEN

- Pat **chicken cutlets** dry with paper towels. Season with about ¼ teaspoon salt and about ¼ teaspoon pepper.
- Heat about 1½ tablespoons cooking oil in a medium sauté pan over medium-high heat. Add **chicken** to hot pan. Sear 4-6 minutes on each side, or until fully cooked.

## 4 FINISH CHICKEN

- Add **sweet chili-garlic tamari sauce\***, **honey**, and about 2 tablespoons water to pan. Stir to coat. Cook 2-3 minutes, or until sauce is warmed through, stirring occasionally. Remove from heat.

*\*If heat sensitive, use sweet chili-garlic tamari sauce sparingly.*

## 5 SAUTÉ VEGGIES

- Heat about 1 tablespoon cooking oil in a second medium sauté pan over medium-high heat. Add **broccoli**, **bell pepper**, and **cashews** to hot pan. Season with about ¼ teaspoon salt and a pinch of pepper. Cook 6-8 minutes, or until broccoli is lightly browned and bell pepper is tender, stirring occasionally.

## 6 PLATE YOUR DISH

- Cut **chicken cutlets** into 5-7 slices each.
- Divide **rice** between plates. Fan **Thai sweet chili chicken** over top. Spoon any remaining **sauce from pan** over top. Pile **sautéed broccoli, bell pepper, and cashews** on the side. Garnish with **black and white sesame seeds**. Enjoy!



## Nutrition Facts

2 Servings per container

**Serving size** (395g)

Amount per serving

**Calories** **670**

	% Daily Value*
<b>Total Fat</b> 25g	32%
Saturated Fat 4g	20%
Trans Fat 0g	
<b>Cholesterol</b> 110mg	37%
<b>Sodium</b> 1660mg	72%
<b>Total Carbohydrate</b> 69g	25%
Dietary Fiber 4g	14%
Total Sugars 19g	
Includes 10g Added Sugars	20%
<b>Protein</b> 43g	
Vitamin D 0mcg	0%
Calcium 90mg	6%
Iron 2mg	10%
Potassium 1007mg	20%

\* 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], **Sweet Chili Sauce** (Gluten-Free Tamari Sauce [water, soybeans, salt, sugar, alcohol, vinegar, lactic acid], Rice Wine Vinegar [rice vinegar diluted with water to 4.3% acidity], Crushed Red Pepper Flakes, Garlic, Honey [honey], Ascorbic Acid [ascorbic acid]), **Broccoli**, **Jasmine Rice** [jasmine rice], **Bell Peppers**, **Cashews** [cashews, canola and/or peanut and/or sunflower oil], **Black & White Sesame Seeds** (White Sesame Seeds [hulled sesame seeds], Black Sesame Seeds [black sesame seeds]), **Honey** [honey]

### Allergen information:

Contains Tree Nuts And Soy

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.