



SAUCY BBQ CHICKEN

cheesy cauliflower, cabbage & carrot slaw

COOK TIME 30 MIN	SERVINGS 2	CALORIES PER SERVING 570	NET CARBS PER SERVING 20 GRAMS	MENU KETO // GLUTEN-FREE
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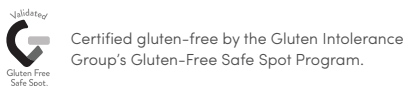
Tonight's dish turns classic weekend barbecue staples into a quick weeknight dinner. Cauliflower is roasted in a barbecue spice blend, then topped with melty cheddar. A creamy cabbage and carrot slaw adds a pop of color and hint of sweetness on the side. Our barbecue sauce features all the classic spices (garlic, dijon, and smoked paprika), plus coconut aminos for gluten-free tang. We recommend a generous drizzle over the chicken, but if it ends up as a cauliflower dipping sauce or a slaw topper—well, you probably won't be disappointed.

- INGREDIENTS (9 ITEMS)**
- 9¾ oz **Cauliflower**
 - 1 whole **Scallion**
 - 1 tsp **Barbecue spice blend**
 - 1 oz **Sour cream** M
 - ¾ oz **Apple cider vinegar**
 - 3½ oz **Cabbage & carrots**
 - 2 (5 oz) **Chicken cutlets***
 - 3 oz **Barbecue sauce with coconut aminos** T
 - 1 oz **Sharp cheddar cheese** M

- WHAT YOU'LL NEED**
- large sauté pan
 - baking sheet
 - medium bowl
 - measuring spoons
 - thermometer
 - oven mitt
 - cooking oil
 - 1 tsp sweetener
 - salt & pepper

- ALLERGENS**
- M MILK
 - T TREE NUTS (coconut)

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



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

- Preheat oven to 400 degrees.
- Cut **cauliflower** into bite-size pieces if necessary.
- Thinly slice **scallion**; discard root end.

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 START CAULIFLOWER

- Place **cauliflower** on a lightly oiled, foil-lined baking sheet. Drizzle with about 1½ tablespoons cooking oil. Season with **barbecue spice blend**, salt, and pepper. Stir to coat. Spread out in a single layer.
- Transfer baking sheet to oven. Roast 22-24 minutes, or until fork-tender, stirring halfway through. (You'll finish the cauliflower in Step 6.)

3 MAKE SLAW

- Combine **sour cream**, **apple cider vinegar**, and 1 teaspoon of your preferred sweetener in a medium bowl. Season with salt and pepper. Stir to combine.
- Add **scallion** and **cabbage* and carrots** to bowl with dressing. Toss to combine.

*The ingredient you received may be a different color.

4 COOK CHICKEN

- Pat **chicken cutlets** dry with paper towels. Season with ¼ teaspoon salt and a pinch of 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.

5 WARM SAUCE

- Add 1 tablespoon water and **barbecue sauce with coconut aminos** to pan used for chicken over medium-low heat. Stir to combine. Cook 1-2 minutes, or until sauce is warmed through, stirring occasionally. Remove from heat.

6 FINISH CAULIFLOWER

- Sprinkle **cauliflower** with **sharp cheddar cheese**. Set oven to high broil. Return to oven and broil 2-3 minutes, or until cheese is melted.

7 PLATE YOUR DISH

- Cut **chicken** into 5-7 slices each.
- Divide **chicken** between plates. Drizzle with **barbecue sauce**. Serve **cabbage and carrot slaw** and **cheesy cauliflower** next to chicken. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (448g)

Amount per serving

Calories 570

	% Daily Value*
Total Fat 33g	42%
Saturated Fat 9g	45%
Trans Fat 0g	
Cholesterol 165mg	55%
Sodium 920mg	40%
Total Carbohydrate 25g	9%
Dietary Fiber 5g	18%
Total Sugars 14g	
Includes 2g Added Sugars	4%
Protein 50g	
Vitamin D 2mcg	10%
Calcium 212mg	15%
Iron 2mg	10%
Potassium 1377mg	30%

* 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], **Barbecue Sauce with Coconut Aminos** (Orange Juice [organic orange juice], Yellow Onions, Coconut Nectar [coconut tree sap], Tomato Paste [vine ripened organic tomatoes], Apple Cider Vinegar [apple cider vinegar], Garlic, Coconut Aminos [organic coconut tree sap, sea salt], Dijon Mustard [water, organic mustard seeds, organic vinegar, salt, organic turmeric, organic spices], Sea Salt, Smoked Paprika), **Cauliflower**, **Sharp Cheddar Cheese** [part-skim milk, cheese cultures, salt, enzymes, anti caking agent (potato starch powdered cellulose, natamycin)], **Scallions**, **Red Cabbage**, **Carrots**, **Apple Cider Vinegar** [apple cider vinegar], **Sour Cream** [cultured cream], **Barbecue Spice Blend** (Granulated Garlic, Ancho Chili Powder, Sweet Paprika, Dried Mustard, Dried Ginger, Black Pepper)

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.