



**GREEN
CHEF**

PECAN-CRUSTED HONEY MUSTARD CHICKEN

roasted potato wedges, sautéed onion, kale & roasted red peppers

COOK TIME

30 MIN

SERVINGS

2

CALORIES PER SERVING

910

MENU

GLUTEN-FREE

Chicken with a crunchy, golden coating never fails to satisfy. This gluten-free dish happens to be extra special. Here, we've ditched the usual breadcrumbs for crunchy, protein-packed pecans. Seared chicken cutlets are brushed with honey mustard mayo and sprinkled with the finely chopped nuts. The topping turns toasty in the oven as it roasts. Meanwhile, you'll whip up herby potato wedges and sauté a colorful side of onion, kale, and roasted red peppers seasoned with bold Memphis-style spices. Everything is finished with more honey mustard mayo for some tangy richness.



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.

INGREDIENTS (9 ITEMS)

1 whole **Russet potato**
1 tsp **Italian seasoning**
1 whole **Red onion**
3 ½ oz **Green kale**
½ oz **Pecans** T
¾ tsp **Memphis-style spice rub**
2 ¼ oz **Roasted red peppers**
2 (5 oz) **Chicken cutlets***
3 oz **Honey mustard mayo** E S

WHAT YOU'LL NEED

medium oven-safe sauté pan
large sauté pan
baking sheet
medium bowl
measuring spoons
thermometer
oven mitt
cooking oil
1 tbsp butter M
salt & pepper

ALLERGENS

T TREE NUTS (pecans) E EGGS
S SOY M MILK

*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 ROAST POTATOES

- Preheat oven to 400 degrees.
- Halve **russet potato** lengthwise. Lay flat and cut lengthwise into wedges, about ½ inch thick.
- Place **potato wedges** in a medium bowl. Drizzle with about 1½ tablespoon cooking oil. Season with **Italian seasoning**, about ½ teaspoon salt, and about ¼ teaspoon pepper. Toss to coat.
- Spread potatoes out in a single layer on a lightly oiled, foil-lined baking sheet. Roast 22-24 minutes, or until fork-tender, stirring halfway through.

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

- Cut ends off **red onion** and discard peel. Halve lengthwise; save one half for another use. Cut remaining half lengthwise into strips, about ¼ inch thick.
- Remove and discard thick center stems from **green kale***. Roughly chop leaves into bite-size pieces.
- Finely chop **pecans** into rice-size pieces.**

*The ingredient you received may be a different color.

**If you have a food processor, use the S-shaped blade to quickly chop your pecans instead.

3 COOK VEGGIES

- Heat 2-3 tablespoons cooking oil in a large sauté pan over medium heat. Add **onion** to hot pan. Season with **Memphis-style spice rub** and salt. Cook 2-3 minutes, or until onion has softened, stirring occasionally.
- Add **kale**, **roasted red peppers**, and 1 tablespoon butter. Cook about 3 minutes, or until kale has wilted, stirring occasionally. Season with salt and pepper.

4 SEASON & SEAR CHICKEN

- Pat **chicken cutlets** dry with paper towels. Season all over with salt and pepper.
- Heat about 1½ tablespoons cooking oil in a medium oven-safe sauté pan over medium-high heat. Add **chicken** to hot pan. Sear 2-3 minutes on each side, or until lightly browned. Remove from heat.

5 ROAST CHICKEN

- Brush about half of the **honey mustard mayo** over chicken. Sprinkle **pecans** over top.
- Transfer pan to oven. Roast 5-7 minutes, or until chicken is fully cooked.*
- Transfer **chicken** to cutting board to rest, about 3 minutes.

*To keep your hands safe, slide a silicone cover (or pot holder) over the handle of the hot pan once it comes out of the oven.

6 PLATE YOUR DISH

- Divide **pecan-crusted chicken** between plates. Serve **sautéed veggies** and **roasted potato wedges** next to chicken. Reserve about 2 tablespoons **honey mustard mayo** for dipping. Drizzle chicken with remaining **honey mustard mayo**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (503g)

Amount per serving

Calories **910**

	% Daily Value*
Total Fat 60g	77%
Saturated Fat 12g	60%
Trans Fat 0g	
Cholesterol 160mg	53%
Sodium 1100mg	48%
Total Carbohydrate 51g	19%
Dietary Fiber 6g	21%
Total Sugars 17g	
Includes 12g Added Sugars	24%
Protein 49g	
Vitamin D 2mcg	10%
Calcium 160mg	10%
Iron 4mg	20%
Potassium 1632mg	35%

* 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], **Memphis-Style Spice Rub** (Sweet Paprika, Granulated Garlic, Onion Powder, Celery Seeds, Dried Oregano, Dried Mustard, Ground Cumin, Ground Coriander, Chili Powder, Allspice), **Red Onion**, **Roasted Red Peppers** [bell pepper], **Russet Potatoes**, **Italian Seasoning** [basil, rosemary, marjoram, oregano, thyme], **Honey mustard mayo** (Honey [honey], Mustard [organic grain vinegar, water, organic mustard seed, salt, organic turmeric, organic paprika, organic spices], Dijon Mustard [water, organic mustard seeds, organic vinegar, salt, organic turmeric, organic spices], Mayonnaise [organic expeller pressed soybean oil, water, organic egg yolks, organic whole eggs, organic distilled white vinegar, salt, organic white mustard (organic distilled vinegar, water, organic mustard seeds, salt, organic spices), organic lemon juice concentrate]), **Green Kale**, **Pecans** [pecans, canola and/or peanut and/or sunflower oil]

Allergen information:

Contains Tree Nuts, Egg 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.

