



**GREEN
CHEF**

BLACKENED CHICKEN CUTLETS & “GRITS”

Creole Dijonnaise, cabbage & tomato slaw

COOK TIME

25 MIN

SERVINGS

2

CALORIES PER SERVING

870

NET CARBS PER SERVING

9 GRAMS

MENU

KETO // GLUTEN-FREE

This hearty dish is going to send your taste buds on a trip to Louisiana. You'll season chicken cutlets with blackening spices, then pan-sear them until golden and tender. Next, you'll whip up Southern-style cauliflower “grits” enriched with sharp cheddar, cream cheese, and butter (is there any better combo?). On the side, there's a tangy cabbage slaw for bright and crunchy contrast. Last but not least, you'll drizzle the cutlets with a Creole Dijonnaise. Enjoy every bayou-inspired bite!

INGREDIENTS (10 ITEMS)

3½ oz **Cabbage**
1 whole **Roma tomato**
1 oz **Cilantro cider vinaigrette**
2 (5 oz) **Chicken cutlets***
1 tsp **Blackening spices**
6½ oz **Cauliflower “grits”**
1 oz **Sharp cheddar cheese** **M**
1 oz **Cream cheese** **M**
2½ tbsp **Almond flour** **T**
¼ oz **Creole Dijonnaise with avocado mayo** **E**

WHAT YOU'LL NEED

2 medium sauté pans
mixing bowls
measuring cup & spoons
thermometer
cooking & olive oils
2 tbsp butter **M**
salt & pepper

ALLERGENS

M MILK
T TREE NUTS (almonds)
E EGGS



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 for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

1

PREP

- Roughly chop **cabbage*** if necessary.
- Small dice **Roma tomato** into pieces, about ¼ inch each.

**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 SLAW

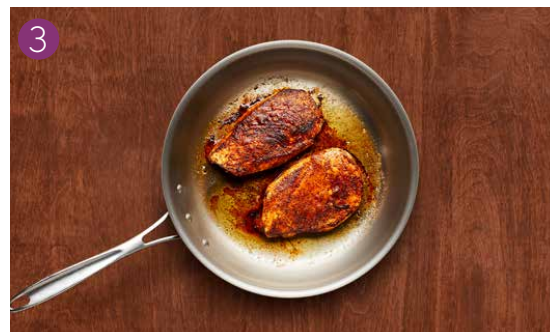
- Place **cabbage** and **tomato** in a medium bowl. Drizzle with **cilantro cider vinaigrette** to taste and about 1 tablespoon olive oil. Toss to combine. Season with salt and pepper.



3

SEASON & COOK CHICKEN

- Pat **chicken cutlets** dry with paper towels. Place in a second medium bowl. Season with **blackening spices**, salt, and pepper.
- Heat about 1½ tablespoons cooking oil in a medium sauté pan over medium-high heat. Add **chicken** to hot pan. Cook 3–5 minutes on each side, or until fully cooked.
- Transfer **chicken** to a cutting board.



4

MAKE "GRITS"

- Heat about 1½ tablespoons cooking oil in a second medium sauté pan over medium heat. Add **cauliflower "grits"** to hot pan. Season with salt and pepper. Cook 2–3 minutes, or until slightly tender, stirring occasionally.
- Add about ½ cup water. Cook 3–4 minutes, or until liquid has mostly cooked off, stirring occasionally.
- Remove from heat. Add **sharp cheddar cheese**, **cream cheese**, **almond flour**, and 2 tablespoons butter. Stir until cheddar cheese melts and cream cheese is incorporated. Season with salt and pepper.



5

PLATE YOUR DISH

- Cut **chicken cutlets** into 5–7 slices each.
- Divide **cheesy cauliflower "grits"** between plates. Top with **blackened chicken cutlets**. Drizzle with **Creole Dijonnaise with avocado mayo** to taste. Serve **cabbage and tomato slaw** on the side. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (447g)

Amount per serving

Calories 870

	% Daily Value*
Total Fat 72g	92%
Saturated Fat 18g	90%
Trans Fat 0g	
Cholesterol 180mg	60%
Sodium 680mg	30%
Total Carbohydrate 15g	5%
Dietary Fiber 6g	21%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 45g	
Vitamin D 0mcg	0%
Calcium 234mg	20%
Iron 2mg	10%
Potassium 1123mg	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], **Blackening Spices** [paprika (color), dehydrated onion, spices (black pepper, white pepper, red pepper, thyme, oregano), dehydrated garlic, and salt], **Creole Dijonnaise** (Granulated Garlic, Sweet Paprika, Smoked Paprika, Ground Cayenne Pepper, Ground Cumin, Celery Seeds, Dried Basil, Sea Salt, Avocado Oil Mayonnaise [avocado oil, organic eggs, organic egg yolks, organic vinegar, sea salt, organic rosemary extract], Dijon Mustard [water, organic mustard seeds, organic vinegar, salt, organic turmeric, organic spices], Apple Cider Vinegar [apple cider vinegar]), **Cauliflower**, **Cream Cheese** [cultured pasteurized skim milk and cream, whey protein, milk proteins, less than 2% salt, inulin (natural dietary fiber), natural acids, xanthan, locust bean and guar gums, potassium sorbate (maintains freshness)], **Almond Flour** [organic almonds], **Sharp Cheddar Cheese** [part-skim milk, cheese cultures, salt, enzymes, annatto, anti caking agent (potato starch powdered cellulose, natamycin)], **Roma Tomatoes**, **Green Cabbage**, **Red Cabbage**, **Cilantro Cider Vinaigrette** (Cilantro, Apple Cider Vinegar [apple cider vinegar], Garlic, Olive Oil [olive oil], Stone-Ground Mustard [water, organic mustard seeds, organic vinegar, salt, organic spices], Sea Salt)

Allergen information:

Contains Milk, Tree Nuts And Egg

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.