



CHICKEN FAJITA SALAD

lettuce, bell pepper, creminis, cilantro-lime vinaigrette

COOK TIME
25 MIN

SERVINGS
2

CALORIES PER SERVING
610

NET CARBS PER SERVING
10 GRAMS

MENU
KETO // PALEO // GLUTEN-FREE

Liven up your week with this festive fajita salad that's ready to eat in just 25 minutes! Chicken cutlets are seasoned with a zesty spice blend—featuring cumin, oregano, and dried orange peel—then pan-seared until sizzling hot. They're served over a hearty bed of green leaf lettuce tossed with sautéed bell pepper, cremini mushrooms, and red onion. A cilantro-lime vinaigrette adds a bright finish to the dish.

INGREDIENTS (7 ITEMS)

- 5½ oz **Green leaf lettuce**
- 1 unit **Red bell pepper**
- 4 oz **Cremini mushrooms**
- 1 whole **Red onion**
- 2 (5 oz) **Chicken cutlets***
- 1 tbsp **Cuban spice blend**
- 2¾ oz **Cilantro-lime vinaigrette**

WHAT YOU'LL NEED

- medium & large sauté pans
- large bowl
- measuring spoons
- thermometer
- cooking oil
- salt & pepper

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

Validated
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 START PREP

- Rinse **green leaf lettuce*** to remove any dirt between layers. Lay flat and slice across into ribbons, about ¼ inch wide; discard root end. Place **lettuce** in a large bowl.

*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 FINISH PREP

- Cut **red bell pepper*** lengthwise into strips, about ¼ inch thick.
- Wipe **cremini mushrooms** clean with damp paper towels. Remove stems if desired. Cut into slices, about ¼ inch thick.
- 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.

*The ingredient you received may be a different color.

3 SEASON & COOK CHICKEN

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

4 SAUTÉ VEGGIES

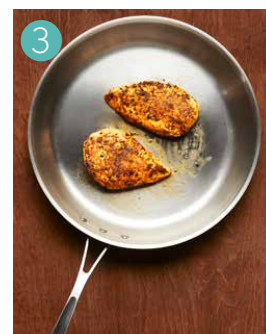
- Heat about 1½ tablespoons cooking oil in a medium sauté pan over medium-high heat. Add **bell pepper**, **mushrooms**, and **onion** to hot pan. Season with salt and pepper. Cook 5-6 minutes, or until tender, stirring occasionally.

5 MAKE SALAD

- Transfer **sautéed veggies** to bowl with **lettuce**. Drizzle with about half of the **cilantro-lime vinaigrette**. Toss to combine. Season with salt and pepper.

6 PLATE YOUR DISH

- Cut **chicken cutlets** into 5-7 slices each.
- Divide **fajita salad** between plates. Top with **Cuban-spiced chicken**. Drizzle with remaining **vinaigrette** to taste. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (423g)

Amount per serving

Calories **610**

	% Daily Value*
Total Fat 44g	56%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 140mg	47%
Sodium 500mg	22%
Total Carbohydrate 14g	5%
Dietary Fiber 4g	14%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 46g	
Vitamin D 2mcg	10%
Calcium 120mg	10%
Iron 3mg	15%
Potassium 1283mg	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], **Cremini Mushrooms**, **Green Leaf Lettuce**, **Bell Peppers**, **Red Onion**, **Cuban Spice Blend** [dehydrated vegetables (garlic, onion, green bell pepper, tomato), spices (cumin, black pepper, oregano, coriander), salt, paprika (color), cilantro, and orange peel], **Cilantro-Lime Vinaigrette** (Lime Juice [lime], Apple Cider Vinegar [apple cider vinegar], Stone-Ground Mustard [water, organic mustard seeds, organic vinegar, salt, organic spices], Garlic, Chives, Cilantro, Sea Salt, Black Pepper, Olive Oil [olive oil])

Allergen information:

Contains No Allergens

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.