



**GREEN
CHEF**

LEMON-BASIL CAPER CHICKEN

roasted cauliflower & tomato, kale salad with raisins & almonds

COOK TIME

30 MIN

SERVINGS

2

CALORIES PER SERVING

800

NET CARBS PER SERVING

17 GRAMS

MENU

KETO // PALEO // GLUTEN-FREE

Our creamy lemon-basil caper sauce brings rich decadence and bright, herbaceous flavors to tonight's chicken dinner. The vibrant sauce is drizzled over juicy chicken cutlets, which are pan-seared and dusted with a paprika and dried orange-peel blend for a spiced, subtle sweetness. Roasted garlicky cauliflower with diced tomato makes for a hearty side, while a kale salad tossed with raisins, almonds, and an orange red-wine vinaigrette rounds out the dish with fresh, tangy flavors.

INGREDIENTS (10 ITEMS)

7 oz **Cauliflower**
 ¼ oz **Garlic**
 2¾ oz **Green kale**
 ¾ oz **Raisins**
 1 whole **Roma tomato**
 1¾ oz **Orange red-wine vinaigrette**
 ½ oz **Sliced almonds** **T**
 2 (5 oz) **Chicken cutlets***
 1 tsp **Paprika & orange spice blend**
 2 oz **Creamy lemon-basil caper sauce** **E**

WHAT YOU'LL NEED

large sauté pan
 baking sheet
 mixing bowls
 measuring spoons
 thermometer
 oven mitt
 cooking oil
 salt & pepper

ALLERGENS

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](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 425 degrees.
- Cut **cauliflower** into bite-size pieces if necessary.
- Mince **garlic**.
- Remove and discard any thick center stems from **green kale***. Roughly chop leaves into bite-size pieces.
- Roughly chop **raisins**.
- Medium dice **Roma tomato** into pieces, about ½ inch each. Place in a small bowl. Drizzle with about 1 teaspoon cooking oil. Lightly season with salt and pepper. Stir to coat.

**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

START CAULIFLOWER

- Place **cauliflower** and **garlic** in a medium bowl. Drizzle with about 1½ tablespoons cooking oil. Season with about ¼ teaspoon salt and a pinch of pepper. Stir to coat.
- Spread **cauliflower** out in a single layer on a lightly oiled, foil-lined baking sheet. (Reserve bowl.) Roast 8–10 minutes, or until lightly browned. (You'll finish the cauliflower in Step 4.)

3

MAKE SALAD

- Place **kale** in bowl used for cauliflower. Drizzle with about 1 tablespoon of the **orange red-wine vinaigrette**. Lightly season with salt. Massage until leaves soften.
- Add **raisins** and **sliced almonds**. Drizzle with remaining **vinaigrette** to taste. Toss to combine. Season with salt and pepper to taste.

4

FINISH CAULIFLOWER

- Add **tomato** to baking sheet with **cauliflower**. Stir to combine. (**Careful! Baking sheet is hot!**) Return baking sheet to oven. Roast 7–9 minutes, or until cauliflower is fork-tender.

5

SEASON & COOK CHICKEN

- Pat **chicken cutlets** dry with paper towels. Season with **paprika and orange spice blend**, salt, and pepper.
- Heat about 2 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.

6

PLATE YOUR DISH

- Cut **chicken cutlets** into 5–7 slices each.
- Divide **chicken** between plates. Drizzle with **creamy lemon-basil caper sauce** to taste. Serve **roasted cauliflower and tomato** and **kale salad with raisins and almonds** next to chicken. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (422g)

Amount per serving

Calories **800**

	% Daily Value*
Total Fat 62g	79%
Saturated Fat 9g	45%
Trans Fat 0g	
Cholesterol 155mg	52%
Sodium 1000mg	43%
Total Carbohydrate 22g	8%
Dietary Fiber 5g	18%
Total Sugars 13g	
Includes 0g Added Sugars	0%
Protein 48g	
Vitamin D 2mcg	10%
Calcium 152mg	10%
Iron 3mg	15%
Potassium 1263mg	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], **Paprika & Orange Spice Blend** (Sweet Paprika, Smoked Paprika, Dried Orange Peel, Dried Parsley, Sea Salt, Black Pepper), **Garlic**, **Roma Tomatoes**, **Orange Red-Wine Vinaigrette** (Red Wine Vinegar [aged red wine vinegar], Orange Juice [organic orange juice], Granulated Garlic, Onion Powder, Black Pepper, Sea Salt, Olive Oil [olive oil], Dijon Mustard [water, organic mustard seeds, organic vinegar, salt, organic turmeric, organic spices]), **Almonds** [almonds], **Raisins** [Thompson raisins], **Creamy Lemon-Basil Capers Sauce** (Lemon Juice [lemon], White Balsamic Vinegar [aged white wine vinegar and must of white grapes], Agave [organic agave syrup], Basil, Avocado Oil Mayonnaise [avocado oil, organic certified humane free range egg yolks, water, distilled vinegar, salt, lime juice concentrate, citric acid, lime oil], Capers [capers, water, vinegar, salt]), **Green Kale**, **Cauliflower**

Allergen information:

Contains Egg 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.

