



**GREEN
CHEF**

SMOKY THYME CHICKEN & KALE SALAD

butternut squash, apple, dried apricots, toasted pecans

COOK TIME

35 MIN

SERVINGS

2

CALORIES PER SERVING

760

NET CARBS PER SERVING

34 GRAMS

MENU

PALEO // GLUTEN-FREE

Our custom smoky mustard and thyme blend adds warm, earthy depth to every forkful of this savory kale salad. Here, the aromatic spices are used to season chicken cutlets before a quick sear in a hot pan. Meanwhile, butternut squash is roasted with Italian seasoning, then tossed with lacinato kale, crisp green apple, and a maple-mustard vinaigrette. The chicken is finished with another maple-mustard drizzle, then served over the salad. For a nutty-sweet finishing touch, toasted pecans and dried apricots do the trick.

INGREDIENTS (9 ITEMS)

11¼ oz **Butternut squash***
 ½ oz **Pecans** T
 3½ oz **Lacinato kale**
 1 whole **Granny Smith apple**
 1 oz **Dried apricots**
 ¼ tsp **Italian seasoning**
 2 (5 oz) **Chicken cutlets****
 1 tsp **Smoky mustard & thyme blend**
 2½ oz **Maple-mustard vinaigrette**

WHAT YOU'LL NEED

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

ALLERGENS

T TREE NUTS (pecans)



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.

*Due to the varying nature of organic produce, we may have sent a larger squash than needed.
 **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.
- Remove any seeds from **butternut squash** with a spoon. Carefully peel with a sharp peeler.* Medium dice into pieces, about ½ inch each.**
- Roughly chop **pecans** if necessary.
- Remove and discard any thick center stems from **lacinato kale**. Roughly chop leaves into bite-size pieces.
- Stand **Granny Smith apple** upright and cut off sides around core; discard core. Medium dice into pieces, about ½ inch each.
- Place **dried apricots***** in a small bowl. Cover with about ¼ cup water. Let soak at least 5 minutes, or until softened. Small dice **apricots** into pieces, about ¼ inch each. Discard soaking liquid.

**If you don't have a sharp peeler, carefully use a sharp knife. Place squash cut side down, then slice away the skin, curving your knife with the shape of the squash as you go.*

***Use about 2 cups squash, saving the rest for another day. If you have a food scale, use 10 ounces to stay under 35 grams of net carbs per serving.*

****Our dried apricots are packaged without preservatives, lending them a darker 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

ROAST BUTTERNUT SQUASH

- Place **butternut squash** on a lightly oiled, foil-lined baking sheet. Drizzle with about 1½ tablespoons cooking oil. Season with **Italian seasoning**, salt, and pepper. Stir to coat.
- Spread **squash** out in a single layer. Roast 18–20 minutes, or until fork-tender, stirring halfway through. Remove from oven; let **squash** sit for at least 5 minutes.

3

TOAST PECANS

- Place **pecans** in a dry medium sauté pan over medium heat. Toast 2–3 minutes, or until fragrant, shaking pan frequently.
- Transfer **pecans** to a plate. (Wipe out pan.)

4

SEASON & COOK CHICKEN

- Pat **chicken cutlets** dry with paper towels. Season with **smoky mustard and thyme blend**, salt, and pepper.
- Heat about 1½ tablespoons cooking oil in pan used for pecans over medium-high heat. Add **chicken** to hot pan. Cook 4–6 minutes on each side, or until fully cooked.
- Transfer **chicken** to a cutting board.

5

MAKE SALAD

- Place **kale** in a large bowl. Drizzle with about half of the **maple-mustard vinaigrette**. Lightly season with salt. Massage until leaves soften.
- Add **apple** and **squash** to bowl with **kale**. Toss to combine. Season with salt and pepper to taste.

6

PLATE YOUR DISH

- Cut **chicken cutlets** into 5–7 slices each.
- Divide **kale salad** between bowls. Top with **smoky thyme chicken**. Drizzle chicken with remaining **maple-mustard vinaigrette**. Garnish with **toasted pecans** and **apricots**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (459g)

Amount per serving

Calories **740**

	% Daily Value*
Total Fat 48g	62%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 110mg	37%
Sodium 280mg	12%
Total Carbohydrate 42g	15%
Dietary Fiber 8g	29%
Total Sugars 19g	
Includes 4g Added Sugars	8%
Protein 38g	
Vitamin D 0mcg	0%
Calcium 171mg	15%
Iron 3mg	15%
Potassium 1273mg	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], **Smoky Mustard & Thyme Blend** (Dried Thyme, Smoked Paprika, Dried Mustard), **Lacinato Kale**, **Granny Smith Apple**, **Butternut Squash**, **Italian Seasoning** [basil, rosemary, marjoram, oregano, thyme], **Maple-Mustard Vinaigrette** (Olive Oil [olive oil], Red Wine Vinegar [aged red wine vinegar], Dijon Mustard [water, organic mustard seeds, organic vinegar, salt, organic turmeric, organic spices], Maple Syrup [pure maple syrup], Sea Salt, Black Pepper, Dried Mustard), **Pecans** [pecans, canola and/or peanut and/or sunflower oil], **Dried Apricots** [organic dried apricots]

Allergen information:

Contains 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.