



**GREEN
CHEF**

PISTOU CHICKEN COUSCOUS BOWLS

zucchini, roasted red peppers, kale, dates

COOK TIME
30 MIN

SERVINGS
2

CALORIES PER SERVING
800

MENU
MEDITERRANEAN

Our riff on pistou (the Provençal take on pesto) includes nutty sunflower seeds and a touch of tangy red wine vinegar—and it's just the thing to make these couscous bowls sing. First, seasoned chicken cutlets are seared until browned, then roasted with tender red peppers and zucchini to a juicy finish. That's all served atop pearl couscous and kale, enriched with dates and a spoonful of herby pistou. The chicken is drizzled with even more pistou for a colorful (and delicious) finishing touch.

INGREDIENTS (9 ITEMS)

¼ oz **Garlic**
2¾ oz **Lacinato kale**
½ cup **Toasted pearl couscous** **W**
1 whole **Zucchini**
¾ oz **Dates**
2 (5 oz) **Chicken cutlets***
1½ tsp **Oregano-garlic seasoning**
2¼ oz **Roasted red peppers**
2¾ oz **Basil pistou**



CUSTOM CHEF

If you chose to modify your meal, follow the **Custom Chef** instructions on the flip side of this card.



2 (5 oz) Organic chicken cutlets*
Calories: 790

WHAT YOU'LL NEED

small pot
large oven-safe sauté pan
measuring cup & spoons
thermometer
oven mitt
cooking & olive oils
1 tbsp butter **M**
salt & pepper

ALLERGENS

W WHEAT
M MILK



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

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°.

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 START PREP

- Preheat oven to 425 degrees.
- Mince **garlic**.
- Remove and discard any thick center stems from **lacinato kale**.^{*} Roughly chop leaves into bite-size pieces.

^{}To quickly prep, hold the stem end with one hand; pinch and strip the leaves down and away with your other hand (like pulling a zipper!).*

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 COOK COUSCOUS

- Heat 1 tablespoon olive oil in a small pot over medium heat. Add **toasted pearl couscous** and **garlic** to hot pot. Cook 1-2 minutes, or until lightly toasted, stirring frequently.
- Add 1½ cups water and ¼ teaspoon salt. Stir to combine. Bring to a boil, then reduce heat to medium low. Simmer 11-14 minutes, or until couscous is al dente and water has absorbed.
- Remove from heat. Add **kale** and 1 tablespoon olive oil. Stir to combine. (You'll finish the couscous in Step 6.)

3 FINISH PREP

- Trim ends from **zucchini**^{*}. Quarter lengthwise. Lay flat and slice across into quarter-moons, about ¼ inch thick.
- Small dice **dates** into pieces, about ¼ inch each.

^{}The ingredient you received may be a different color.*

4 SEASON & SEAR CHICKEN

- Pat **chicken cutlets** dry with paper towels. Season all over with **oregano-garlic seasoning**, salt, and pepper.
- Heat 1½ tablespoons cooking oil in a large oven-safe sauté pan over medium-high heat. Add **chicken** to hot pan. Sear 3 minutes on one side.

🔄 Swap in **organic chicken cutlets** for chicken cutlets.

5 ROAST CHICKEN & VEGGIES

- Flip **chicken**. Add **roasted red peppers**, **zucchini**, and 1 tablespoon butter to pan around chicken. Season **veggies** with ¼ teaspoon salt and a pinch of pepper.
- Transfer pan to oven. Roast 10-12 minutes, or until chicken is fully cooked.^{*}

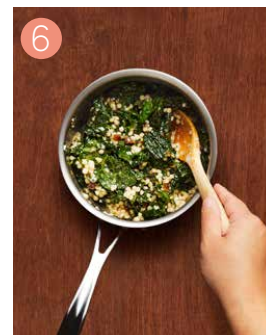
^{}To keep your hands safe, slide a silicone cover (or pot holder) over the handle of the hot pan once it comes out of the oven.*

6 FINISH COUSCOUS

- Add **dates** and about 2 tablespoons **basil pistou** to pot with **couscous**. Stir to combine. Season with salt and pepper to taste.

7 PLATE YOUR DISH

- Cut **chicken cutlets** into 5-7 slices each.
- Divide **couscous with kale and dates** between bowls. Fan **chicken** over top. Spoon **roasted veggies** next to chicken. Drizzle chicken with remaining **basil pistou**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (441g)

Amount per serving

Calories 800

	% Daily Value*
Total Fat 48g	62%
Saturated Fat 9g	45%
Trans Fat 0g	
Cholesterol 125mg	42%
Sodium 880mg	38%
Total Carbohydrate 50g	18%
Dietary Fiber 5g	18%
Total Sugars 14g	
Includes 2g Added Sugars	4%
Protein 44g	
Vitamin D 0mcg	0%
Calcium 118mg	10%
Iron 3mg	15%
Potassium 1112mg	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], **Toasted Pearl Couscous** [pearled couscous (wheat flour)], **Roasted Red Peppers** [bell pepper], **Garlic**, **Lacinato Kale**, **Dates** [organic dried pitted dates], **Zucchini**, **Basil Pistou** (Basil, Lemon Juice [lemon], Rice Wine Vinegar [rice vinegar diluted with water to 4.3% acidity], Agave [organic agave syrup], Puréed Ginger [ginger], Garlic, Red Onions, Sunflower Seeds [sunflower seeds, hulled], Sea Salt, Black Pepper, Sunflower Oil [high oleic sunflower oil]), **Oregano-Garlic Seasoning** (Dried Oregano, Granulated Garlic, Onion Powder, Dried Parsley)

Allergen information:

Contains Wheat

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.