

GREEN CHEF

SESAME-GINGER CHICKEN

sautéed snap peas, cabbage & carrots, sesame seeds

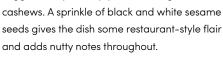
COOK TIME 25 MIN

SERVINGS 630

CALORIES PER SERVING

NET CARBS PER SERVING 19 grams

Pan sauces are a quick and easy way to add flavor to any meal. Case in point: this delicious dish. It may seem simple, but looks can be deceiving; once you take a bite, you'll immediately discover all the complex, craveable flavors. Here, the pan sauce is made with sesame-ginger amino sauce, red pepper flakes, and butter for an elixir that's at once savory, tangy, aromatic, and a little spicy. It's spooned over sliced chicken set atop a colorful veggie stir-fry of snap peas, cabbage, carrots, and



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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.

INGREDIENTS (8 ITEMS)

| 4 oz | Snap peas |
|----------------|-----------------------------|
| 7 oz | Cabbage & carrots |
| ½ oz | Roasted cashews T |
| 2 (5 oz) | Chicken cutlets* |
| 2 oz & ⅓ oz | Yellow onions & ginger |
| 2¼ oz | Sesame-ginger amino sauce T |
| ½ tsp | Crushed red pepper flakes |
| 1 tsp | Black & white sesame seeds |
| | |

WHAT YOU'LL NEED

KETO // GLUTEN-FREE //

medium & large sauté pans measuring spoons thermometer cooking oil 1 tbsp butter M salt & pepper

ALLERGENS

T TREE NUTS (cashews, coconut)

M MILK

MENU

FAST & FIT

*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.

SESAME-GINGER CHICKEN

PREP

- Remove any fibrous strings from **snap peas**.* Halve at an angle.
- Roughly chop **cabbage** and carrots** if necessary.
- Roughly chop **roasted cashews** if necessary.

*To quickly prep, firmly pinch one end of a pea and pull downward to remove the fibrous string.

**The ingredient you received may be a different color.



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.











🔿 SEASON & COOK CHICKEN

- Pat chicken cutlets dry with paper towels. Season with salt and pepper.
- Heat 1½ tablespoons cooking oil in a medium sauté pan 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. (Carefully wipe out pan.)

COOK VEGGIES

- Heat 1½ tablespoons cooking oil in a large sauté pan over medium-high heat. Add snap peas, cabbage and carrots, and yellow onions and ginger to hot pan. Lightly season with salt and pepper. Cook 4–5 minutes, or until tender, stirring occasionally.
- Remove from heat. Add **cashews**. Stir to combine. Season with salt and pepper to taste.

MAKE SAUCE

- Heat pan used for chicken over medium-high heat. Add sesame-ginger amino sauce,
 2 tablespoons water, and crushed red pepper flakes* to taste. Cook 2-3 minutes, or
 until sauce has reduced slightly, stirring occasionally.
- Remove from heat. Add 1 tablespoon butter. Stir until butter has melted.

*If heat sensitive, use crushed red pepper flakes sparingly, or omit entirely.

- PLATE YOUR DISH

- Cut **chicken cutlets** into 5-7 slices each.
- Divide veggie stir-fry between plates. Fan chicken over top. Spoon sesame-ginger sauce over chicken. Garnish with black and white sesame seeds. Enjoy!

Nutrition Facts

2 Servings per container **Serving size**

Amount per serving

Calories

| | % Daily Value* |
|--------------------------|----------------|
| Total Fat 43g | 55% |
| Saturated Fat 9g | 45% |
| Trans Fat 0g | |
| Cholesterol 125mg | 42% |
| Sodium 430mg | 19% |
| Total Carbohydrate 24g | 9% |
| Dietary Fiber 5g | 18% |
| Total Sugars 14g | |
| Includes 0g Added Sugars | 0% |
| Protein 39g | |
| | |
| Vitamin D 0mcg | 0% |
| Calcium 111mg | 8% |
| Iron 3mg | 15% |
| Potassium 889mg | 20% |

* 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], **Sesame-Ginger Amino Sauce** (Garlic, Coconut Aminos [organic coconut nectar, organic pure coconut blossom sap, natural unrefined sea salt], Apple Cider Vinegar [apple cider vinegar], Puréed Ginger [ginger], Crushed Red Pepper Flakes, Coconut Nectar [coconut tree sap], Lemon Juice [lemon], Sesame Oil [refined sesame oil], Toasted Sesame Oil [toasted sesame oil]), **Green Cabbage, Carrots, Yellow Onions**, **Ginger** [organic ginger, organic cane sugar, organic rice vinegar, citric acid], **Snap Peas, Cashews** [cashews, canola and/or peanut and/or sunflower oil], **Crushed Red Pepper Flakes, Black & White Sesame Seeds** [black sesame seeds])

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.

(407g)

630