



**GREEN
CHEF**

SESAME-GINGER CHICKEN

sautéed snap peas, cabbage & carrots, sesame seeds

COOK TIME

25 MIN

SERVINGS

2

CALORIES PER SERVING

630

NET CARBS PER SERVING

19 GRAMS

MENU

KETO // GLUTEN-FREE //
FAST & FIT

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 cashews. A sprinkle of black and white sesame seeds gives the dish some restaurant-style flair and adds nutty notes throughout.

INGREDIENTS (8 ITEMS)

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

WHAT YOU'LL NEED

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

ALLERGENS

T TREE NUTS (cashews, coconut)
M MILK



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

- 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.*

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

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.)

3

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.

4

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.*

5

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 (407g)

Amount per serving

Calories 630

	% 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** (White Sesame Seeds [hulled sesame seeds], Black 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.