



**GREEN  
CHEF**

## CHICKEN & BROCCOLI BOWLS

*kale, pickled radish & carrots, spicy ginger-lime aioli*

### COOK TIME

25 MIN

### SERVINGS

2

### CALORIES PER SERVING

540

### NET CARBS PER SERVING

10 GRAMS

### MENU

KETO // PALEO // GLUTEN-FREE  
// FAST & FIT

Here's a nutritious bowl that's colorful, bright, and super-satisfying. It's packed with veggies, both sautéed and pickled, to keep things interesting. The base of the bowl is broccoli and red kale sautéed until just tender. On top, you'll find juicy seared chicken and a mix of quick-pickled daikon and carrots for that delicious crunch. Give the dish some zip and richness with spicy ginger-lime aioli, and finish with a sprinkling of sesame seeds.

### INGREDIENTS (8 ITEMS)

1¾ oz	<b>Daikon radish</b>
1¾ oz	<b>Carrots</b>
¾ oz	<b>Apple cider vinegar</b>
6 oz	<b>Broccoli</b>
2¾ oz	<b>Red kale</b>
2 (5 oz)	<b>Chicken cutlets*</b>
2 oz	<b>Spicy ginger-lime aioli</b> <sup>E</sup>
1 tsp	<b>Black &amp; white sesame seeds</b>

### WHAT YOU'LL NEED

medium & large sauté pans  
medium bowl  
measuring spoons  
peeler  
thermometer  
cooking oil  
1 tsp sweetener  
salt & pepper

### ALLERGENS

<sup>E</sup> 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 START PREP & PICKLE VEGGIES

- Trim ends off **daikon radish** and peel. Slice lengthwise into planks, about ¼ inch thick. Cut planks lengthwise into matchsticks, about ¼ inch thick.
- Place **radish** and **carrots** in a medium bowl. Add **apple cider vinegar** and 1 teaspoon of your preferred sweetener.\* Lightly season with salt and pepper. Stir to combine. Let pickle at least 10 minutes, stirring occasionally.

*\*For a milder flavor, drizzle in 1-2 teaspoons olive oil.*

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 FINISH PREP

- Cut **broccoli** into bite-size pieces if necessary.
- Remove and discard any thick center stems\* from **red 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!).*

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

## 3 SEASON & COOK CHICKEN

- Pat **chicken cutlets** dry with paper towels. Season with salt and pepper.
- Heat 1½ 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 fully cooked.
- Transfer **chicken** to a cutting board.

## 4 SAUTÉ BROCCOLI & KALE

- Heat 1½ tablespoons cooking oil in a medium sauté pan over medium-high heat. Add **broccoli** to hot pan. Season with ¼ teaspoon salt and a pinch of pepper. Cook 3-4 minutes, or until lightly browned, stirring occasionally.\*
- Add **kale**. Cook 2-3 minutes, or until kale is lightly wilted, stirring occasionally. Season with salt and pepper to taste.

*\*If the pan seems dry while cooking, add another 1-2 tablespoons cooking oil.*

## 5 PLATE YOUR DISH

- Cut **chicken cutlets** into 5-7 slices each.
- Divide **broccoli and kale** between bowls. Top with **chicken**. Garnish with **pickled radish and carrots**. Drizzle with **spicy ginger-lime aioli** to taste. Sprinkle with **black and white sesame seeds**. Enjoy!



## Nutrition Facts

2 Servings per container

**Serving size** (371g)

**Amount per serving**

**Calories** **540**

	% Daily Value*
<b>Total Fat</b> 38g	49%
Saturated Fat 5g	25%
Trans Fat 0g	
<b>Cholesterol</b> 125mg	42%
<b>Sodium</b> 640mg	28%
<b>Total Carbohydrate</b> 14g	5%
Dietary Fiber 4g	14%
Total Sugars 6g	
Includes 2g Added Sugars	4%
<b>Protein</b> 38g	
Vitamin D 0mcg	0%
Calcium 128mg	10%
Iron 2mg	10%
Potassium 1053mg	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], **Spicy Ginger-Lime Aioli** (Avocado Oil Mayonnaise [avocado oil, organic eggs, organic egg yolks, organic vinegar, sea salt, organic rosemary extract], Hot Sauce [water, organic red bell peppers, organic onions, organic tomatoes (organic tomato puree [water, organic tomato paste], citric acid), organic white wine vinegar, sea salt, organic garlic powder, organic cayenne, xanthan gum], Lime Juice [lime], Puréed Ginger [ginger], Garlic), **Broccoli**, **Red Kale**, **Apple Cider Vinegar** [apple cider vinegar], **Carrots**, **Daikon Radishes**, **Black & White Sesame Seeds** (White Sesame Seeds [hulled sesame seeds], Black Sesame Seeds [black sesame seeds])

### Allergen information:

Contains Egg

*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.*