

GREEN

## LEMON-BASIL CAPER CHICKEN

23 grams

NET CARBS PER SERVING

roasted cauliflower & tomato, kale salad with almonds

COOK TIME 30 MIN

SERVINGS CALORIES PER SERVING 810

Our creamy lemon-basil caper sauce brings rich decadence and bright, herbaceous flavors to tonight's dinner. The vibrant sauce is drizzled over juicy chicken cutlets, which are pan-seared and dusted with a paprika-anddried-orange-peel blend for a spiced, subtle sweetness. Roasted garlicky cauliflower with diced tomato makes for a hearty side, while a kale salad tossed with raisins, almonds, and an orange red-wine vinaigrette rounds out the dish with fresh, tangy notes.

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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 (10 ITEMS)**

7 oz	Cauliflower
1⁄4 oz	Garlic
2¾ oz	Green kale
1 oz	Raisins
1 whole	Roma tomato
1¾ oz	Orange red-wine vinaigrette
½ oz	Sliced almonds T
2 (5 oz)	Chicken cutlets*
1 tsp	Paprika & orange spice blend
2 oz	Lemon-basil caper sauce with avocado mayo [E]

#### CUSTOM CHEF

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

Organic chicken cutlets\* 🔁 2 (5 oz) Calories: 800 Net Carbs: 23 arams

\*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 for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

large sauté pan baking sheet mixing bowls measuring spoons

PALEO // GLUTEN-FREE

// MEDITERRANEAN

WHAT YOU'LL NEED

thermometer

- oven mitt
- cooking oil

MENU

salt & pepper

#### ALLERGENS

- T TREE NUTS (almonds)
- E EGGS

#### LEMON-BASIL CAPER CHICKEN

#### PREP

- Preheat oven to 425 degrees.
- Cut **cauliflower** into bite-size pieces if necessary.
- Mince garlic.
- Remove and discard any thick center stems\* from green kale\*\*. Roughly chop leaves into bite-size pieces.
- Roughly chop **raisins**.
- Medium dice Roma tomato into pieces, about ½ inch each. Place in a small bowl. Drizzle with 1 teaspoon cooking oil. Lightly season with salt and pepper. Stir to coat.

\*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.

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.

#### ) START CAULIFLOWER

- Place cauliflower and garlic in a medium bowl. Drizzle with 1½ tablespoons cooking oil. Season with ¼ teaspoon salt and a pinch of pepper. Stir to coat.
- Spread cauliflower out in a single layer on a lightly oiled, foil-lined baking sheet. Roast 8-10 minutes, or until lightly browned. (You'll finish the cauliflower in Step 4.)

#### MAKE SALAD

- Place kale in bowl used for cauliflower. Drizzle with about 1 tablespoon orange redwine vinaigrette. Lightly season with salt. Massage until leaves soften.
- Add **raisins** and **sliced almonds**. Drizzle with remaining **vinaigrette** to taste. Toss to combine. Season with salt and pepper to taste.

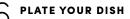
#### FINISH CAULIFLOWER

 Add tomato to baking sheet with cauliflower. Stir to combine. (Careful! Baking sheet is hot!) Roast 7-9 minutes, or until cauliflower is fork-tender.

#### SEASON & COOK CHICKEN

- Pat chicken cutlets dry with paper towels. Season with paprika and orange spice blend, salt, and pepper.
- Heat 2 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.

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



- Cut **chicken cutlets** into 5-7 slices each.
- Divide chicken between plates. Drizzle with lemon-basil caper sauce with avocado mayo to taste. Serve roasted cauliflower and tomato and kale salad with almonds on the side. Enjoy!











## **Nutrition Facts**

## 2 Servings per container **Serving size**

Amount per serving

# Calories

#### % Daily Value\* Total Fat 61g 78% Saturated Fat 8g 40% Trans Fat 0g Cholesterol 125mg 42% Sodium 1000mg 43% Total Carbohydrate 29mg 11% Dietary Fiber 6g 21% Total Sugars 19g Includes 0g Added Sugars 0% **Protein** 40g Vitamin D 0mcg 0% Calcium 130mg 10% 10% Iron 2mg Potassium 1138mg 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], Paprika & Orange Spice Blend (Sweet Paprika, Smoked Paprika, Dried Orange Peel, Dried Parsley, Sea Salt, Black Pepper), Garlic, Roma Tomatoes, Orange Red-Wine Vinaigrette (Red Wine Vinegar [aged red wine vinegar], Orange Juice [organic orange juice], Granulated Garlic, Onion Powder, Black Pepper, Sea Salt, Olive Oil [olive oil], Dijon Mustard [water, organic mustard seeds, organic vinegar, salt, organic turmeric, organic spices]), Almonds [almonds], Raisins [Thompson raisins], Creamy Lemon-Basil Caper Sauce (Lemon Juice [lemon], White Balsamic Vinegar [aged white wine vinegar and must of white grapes], Agave [organic agave syrup], Basil, Avocado Oil Mayonnaise [avocado oil, organic eggs, organic egg yolks, organic vinegar, sea salt, organic rosemary extract], Capers [capers, water, vinegar, salt]), Green Kale, Cauliflower

### Allergen information:

Contains Egg And 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.

# (431g)