



**GREEN
CHEF**

LEMON-BASIL CAPER CHICKEN

roasted cauliflower & tomato, kale salad with almonds

COOK TIME

30 MIN

SERVINGS

2

CALORIES PER SERVING

810

NET CARBS PER SERVING

23 GRAMS

MENU

PALEO // GLUTEN-FREE
// MEDITERRANEAN

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-and-dried-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.

INGREDIENTS (10 ITEMS)

7 oz **Cauliflower**
 ¼ 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.



2 (5 oz) Organic chicken cutlets*
 Calories: 800 Net Carbs: 23 grams

*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.

WHAT YOU'LL NEED

large sauté pan
 baking sheet
 mixing bowls
 measuring spoons
 thermometer
 oven mitt
 cooking oil
 salt & pepper

ALLERGENS

^T TREE NUTS (almonds)
^E 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.

1

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.*

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

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.)

3

MAKE SALAD

- Place **kale** in bowl used for cauliflower. Drizzle with about 1 tablespoon **orange red-wine 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.

4

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.

5

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.

6

PLATE YOUR DISH

- 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 (431g)

Amount per serving

Calories **810**

	% 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%
Iron 2mg	10%
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 Capers 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.

