



**GREEN
CHEF**

CAJUN CHICKEN WITH CREOLE DIJONNAISE

butternut squash, bell pepper, celery, tomato, pecans

COOK TIME

30 MIN

SERVINGS

2

CALORIES PER SERVING

800

NET CARBS PER SERVING

18 GRAMS

MENU

KETO // PALEO // GLUTEN-FREE

This wintry take on one of our summer faves brings Louisiana flavors to the colder months. Cajun-spiced chicken breasts are seared until tender and juicy, then drizzled with Creole Dijonnaise. For a hearty veggie side, fresh diced tomato and roasted butternut squash meet a dynamic trio of onion, celery, and green bell pepper in a smoky mustard blend. The finishing touch is a sprinkle of crunchy toasted pecans thrown around like confetti at a Mardi Gras parade.



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)

8¾ oz **Butternut squash***
1 unit **Green bell pepper**
1¾ oz **Celery**
1 whole **Red onion**
1 whole **Roma tomato**
½ oz **Pecans** T
2 (5 oz) **Chicken cutlets****
1 tsp **Cajun spice blend**
1¼ tsp **Smoky mustard-celery blend**
½ oz **Creole Dijonnaise with avocado mayo** E

WHAT YOU'LL NEED

medium & large sauté pans
baking sheet
medium bowl
measuring spoons
peeler
thermometer
oven mitt
cooking oil
salt & pepper

ALLERGENS

T TREE NUTS (pecans)
E EGGS

*Due to the varying nature of organic produce, we may have sent a larger squash than needed.
**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 & ROAST SQUASH

- Preheat oven to 425 degrees.
- Remove any seeds from **butternut squash** with a spoon. Carefully peel with a sharp peeler.* Medium dice into pieces, about ½ inch each.**
- Spread **squash** out in a single layer on a lightly oiled, foil-lined baking sheet. Drizzle with about 1½ tablespoons cooking oil. Season with salt and pepper. Stir to coat.
- Roast 18–20 minutes, or until fork-tender, stirring halfway through.

**If you don't have a sharp peeler, carefully use a sharp knife. Place squash, cut side down, then slice away the skin, curving your knife with the shape of the squash as you go.*

***Use about 2 cups squash, saving the rest for another day. If you have a food scale, use 10½ ounces to stay under 20 grams of net carbs per serving.*

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

- Medium dice **green bell pepper*** into pieces, about ½ inch each.
- Slice **celery** across at an angle into pieces, about ¼ inch thick.
- Cut ends off **red onion** and discard peel. Halve lengthwise; save one half for another use. Medium dice remaining half into pieces, about ½ inch each.
- Medium dice **Roma tomato** into pieces, about ½ inch each.

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

3 TOAST PECANS

- Roughly chop **pecans** if necessary.
- Place **pecans** in a dry, large sauté pan over medium heat. Toast 2–3 minutes, or until fragrant, shaking pan frequently.
- Transfer **pecans** to a plate. (Reserve pan.)

4 SEASON & COOK CHICKEN

- Pat **chicken cutlets** dry with paper towels. Place in a medium bowl. Season with **Cajun spice blend**, salt, and pepper. Drizzle with about 1½ tablespoons cooking oil. Turn to coat.
- Heat about 1½ tablespoons cooking oil in a medium sauté pan over medium-high heat. Add **chicken** to hot pan. Cook 3–5 minutes on each side, or until fully cooked.
- Transfer **chicken** to a cutting board.

5 SAUTÉ VEGGIES

- Heat about 1 tablespoon cooking oil in pan used for pecans over medium-high heat. Add **bell pepper**, **celery**, and **onion** to hot pan. Season with **smoky mustard-celery blend**, about ¼ teaspoon salt, and a pinch of pepper. Cook 5–7 minutes, or until fork-tender, stirring frequently.*
- Remove from heat. Add **tomato** and roasted **butternut squash**. Stir to combine.

**If the pan seems dry while cooking, add another tablespoon cooking oil.*

6 PLATE YOUR DISH

- Cut **chicken cutlets** into 5–7 slices each.
- Divide **Cajun chicken** between plates. Drizzle with **Creole Dijonnaise with avocado mayo** to taste. Pile **veggies** on the side. Garnish with **toasted pecans**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (483g)

Amount per serving

Calories 800

	% Daily Value*
Total Fat 62g	79%
Saturated Fat 8g	40%
Trans Fat 0g	
Cholesterol 160mg	53%
Sodium 990mg	43%
Total Carbohydrate 24g	9%
Dietary Fiber 6g	21%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 45g	
Vitamin D 2mcg	10%
Calcium 136mg	10%
Iron 3mg	15%
Potassium 1380mg	30%

* 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], **Cajun Spice Blend** [paprika (color), spices (white pepper, black pepper, thyme, oregano, basil, red pepper), dehydrated onion, dehydrated garlic, and salt], **Creole Dijonnaise** (Granulated Garlic, Sweet Paprika, Smoked Paprika, Ground Cayenne Pepper, Ground Cumin, Celery Seeds, Dried Basil, Sea Salt, Avocado Oil Mayonnaise [avocado oil, organic certificated humane free range egg yolks, water, distilled vinegar, salt, lime juice concentrate, citric acid, lime oil], Dijon Mustard [water, organic mustard seeds, organic vinegar, salt, organic turmeric, organic spices], Apple Cider Vinegar [apple cider vinegar]), **Roma Tomatoes**, **Bell Peppers**, **Butternut Squash**, **Red Onion**, **Celery**, **Smoky Mustard-Celery Blend** (Sweet Paprika, Granulated Garlic, Onion Powder, Ground Coriander, Celery Seeds, Dried Mustard, Applewood-Smoked Sea Salt), **Pecans** [pecans, canola and/or peanut and/or sunflower oil]

Allergen information:

Contains Tree Nuts And 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.

