



**GREEN
CHEF**

SPICY CHILI-GINGER CHICKEN KALE SALAD

toasted almonds, saucy mushrooms, ginger-lime aioli

COOK TIME

20 MIN

SERVINGS

2

CALORIES PER SERVING

520

NET CARBS PER SERVING

16 GRAMS

MENU

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

Our chefs took great care in layering tastes and textures into this flavor-packed salad. The dish centers around chili-ginger chicken that's fanned over a bed of kale, cabbage, and carrots tossed with ginger-lime vinaigrette and sliced almonds. But if we do say so ourselves, we think the best part is the mushroom sauce that tops the chicken. Made with dried shiitakes and coconut aminos, it's an umami bomb.

INGREDIENTS (10 ITEMS)

⅓ oz **Dried shiitake mushrooms**
 3½ oz **Lacinato kale**
 3½ oz **Cabbage & carrots**
 & 1¼ oz
 1 whole **Scallion**
 ½ oz **Sliced almonds** ^T
 2 (5 oz) **Chicken cutlets***
 ¾ tsp **Chili & ginger spice rub**
 ¾ oz **Coconut aminos** ^T
 1¼ oz **Ginger-lime vinaigrette** ^T
 1 oz **Spicy ginger-lime aioli** ^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: 510 Net Carbs: 16 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](https://www.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
 mixing bowls
 measuring cup & spoons
 thermometer
 cooking oil
 salt

ALLERGENS

^T TREE NUTS (almonds, coconut)
^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

- Finely chop **dried shiitake mushrooms**. Place in a small bowl. Cover with $\frac{1}{4}$ cup water. Let soak about 5 minutes, or until softened (reserve soaking liquid).
- Remove and discard any thick center stems from **lacinato kale**.^{*} Roughly chop leaves into bite-size pieces.
- Roughly chop **cabbage**^{**} and **carrots**.
- Trim and thinly slice **scallion**.

^{*}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

TOAST ALMONDS

- Place **sliced almonds** in a dry, large sauté pan over medium heat. Toast 3–4 minutes, or until fragrant, shaking pan frequently.
- Transfer **almonds** to a cutting board and allow to cool. Roughly chop.

3

SEASON & COOK CHICKEN

- Pat **chicken cutlets** dry with paper towels. Season with **chili and ginger spice rub**^{*} and salt.^{**}
- Heat $\frac{1}{2}$ tablespoons cooking oil in pan used for almonds over medium-high heat. Add **chicken** to hot pan. Cook 4–6 minutes on each side, or until fully cooked.
- Remove from heat. Transfer **chicken** to a cutting board.

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

^{*}If heat sensitive, use the chili and ginger spice rub sparingly.

^{**}The chili and ginger spice rub already contains pepper; no need to add extra.

4

COOK MUSHROOMS

- Heat pan used for chicken over medium-high heat. Add **mushrooms** (with soaking liquid) and **coconut aminos**.
- Cook 1–2 minutes, or until sauce is slightly reduced. Remove from heat.

5

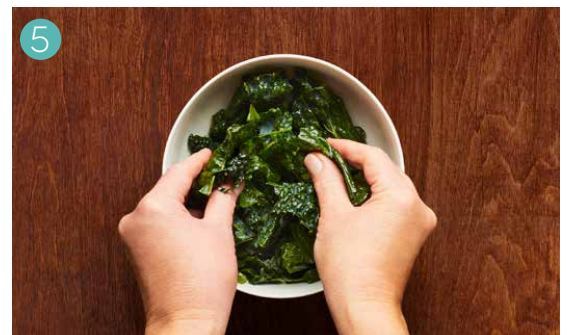
MAKE SALAD

- Place **kale** in a large bowl. Drizzle with 1 tablespoon **ginger-lime vinaigrette**. Lightly season with salt. Massage until leaves soften.
- Add **cabbage and carrots**, **scallion**, and **almonds**. Drizzle with remaining **ginger-lime vinaigrette**. Toss to coat.

6

PLATE YOUR DISH

- Cut **chicken cutlets** into 5–7 slices each.
- Divide **kale salad** between plates. Fan **chili-ginger chicken** over top. Drizzle with **spicy ginger-lime aioli** to taste. Spoon **saucy mushrooms** over top. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (336g)

Amount per serving

Calories 520

	% Daily Value*
Total Fat 33g	42%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 120mg	40%
Sodium 850mg	37%
Total Carbohydrate 21g	8%
Dietary Fiber 5g	18%
Total Sugars 10g	
Includes 0g Added Sugars	0%
Protein 39g	
Vitamin D 4mcg	20%
Calcium 128mg	10%
Iron 2mg	10%
Potassium 1011mg	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], **Green Cabbage, Red Cabbage, Carrots, Dried Shiitake Mushrooms** [dried shiitake mushrooms], **Coconut Aminos** [organic coconut nectar, organic pure coconut blossom sap, natural unrefined sea salt], **Lacinato Kale, Ginger-Lime Vinaigrette** (Puréed Ginger [ginger], Garlic, Coconut Aminos [organic coconut nectar, organic pure coconut blossom sap, natural unrefined sea salt], Coconut Nectar [coconut tree sap], Lime Juice [lime], Sea Salt, White Pepper, Sesame Oil [refined sesame oil], Olive Oil [olive oil]), **Chili & Ginger Spice Rub** (Dried Ginger, Chili Powder [chili pepper, paprika, oregano, cumin, garlic, salt, spices], Sea Salt, Black Pepper), **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), **Almonds** [almonds], **Scallions**

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.