



**GREEN
CHEF**

CHICKEN WITH CREAMY MUSHROOM SAUCE

jasmine rice, kale, walnuts

COOK TIME

25 MIN

SERVINGS

2

CALORIES PER SERVING

690

MENU

GLUTEN-FREE // FAST & FIT

This chicken and rice dish delivers comfort on a plate in just 25 minutes. Tender chicken cutlets are draped with a creamy pan sauce made from cremini mushrooms simmered in our creamy mushroom broth. As delicious as that is, our favorite part just might be the rice. It gets a flavor boost from vegetable stock, then walnuts and wilted kale are stirred in for a two-in-one side that's earthy, toasty, and a little nutty.

INGREDIENTS (9 ITEMS)

½ cup **Jasmine rice**
1 whole **Vegetable stock concentrate**
4 oz **Cremini mushrooms**
1 whole **Scallion**
2¾ oz **Lacinato kale**
2 (5 oz) **Chicken cutlets***
1½ tsp **Rosemary, basil & sage blend**
1½ oz **Creamy mushroom broth** **M**
½ oz **Walnuts** **T**

WHAT YOU'LL NEED

small pot with lid
2 large sauté pans
baking sheet
measuring cup & spoons
thermometer
oven mitt
cooking oil
2 tbsp butter **M**
salt & pepper

ALLERGENS

M MILK
T TREE NUTS (walnuts)



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 COOK RICE

- Preheat oven to 400 degrees.
- Bring **jasmine rice**, **vegetable stock concentrate**, 1 cup water, and ¼ teaspoon salt to a boil in a small pot. Stir, then reduce heat to medium low and cover pot with lid. Simmer 16–18 minutes, or until rice is tender and water has absorbed.
- Remove from heat. Let rest, covered, 3 minutes. Fluff with a fork. Stir in 1 tablespoon butter. (You'll finish the rice in Step 5.)

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 PREP

- Wipe **cremini mushrooms** clean with damp paper towels. Remove stems if desired. Cut into slices, about ¼ inch thick.
- Trim and thinly slice **scallion**, separating whites from greens.
- Remove and discard any thick center stems from **lacinato 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!).

3 COOK CHICKEN

- Pat **chicken cutlets** dry with paper towels. Season with salt, pepper, and about half the **rosemary, basil, and sage blend**.
- Heat 1 tablespoon cooking oil in a large sauté pan over medium-high heat. Add **chicken** to hot pan. Sear about 2 minutes on each side.
- Transfer **chicken** to a lightly oiled, foil-lined baking sheet. Roast 5–7 minutes, or until fully cooked.

4 MAKE SAUCE

- Heat 1 teaspoon cooking oil in pan used for chicken. Add **mushrooms** and **scallion whites** to hot pan. Cook 3–5 minutes, or until softened, stirring occasionally.
- Add **creamy mushroom broth** and about ¼ cup water. Simmer 2–3 minutes, or until broth is slightly reduced, stirring occasionally.
- Turn off heat. Add 1 tablespoon butter. Stir until butter has melted. Season with salt and pepper to taste.

5 FINISH RICE

- Heat 1 teaspoon cooking oil in a second large sauté pan over medium heat. Add **kale** and **walnuts** to hot pan. Season with salt, pepper, and remaining **rosemary, basil, and sage blend**. Cook 1–2 minutes, or until kale is lightly wilted, stirring occasionally.
- Transfer **rice** to pan. Stir to combine. Season with salt and pepper to taste.

6 PLATE YOUR DISH

- Cut **chicken cutlets** into 5–7 slices each.
- Divide **jasmine rice with kale and walnuts** between plates. Fan **chicken** next to rice. Spoon **creamy mushroom sauce** over chicken. Garnish with **scallion greens**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (348g)

Amount per serving

Calories 690

	% Daily Value*
Total Fat 38g	49%
Saturated Fat 13g	65%
Trans Fat 0g	
Cholesterol 160mg	53%
Sodium 700mg	30%
Total Carbohydrate 51g	19%
Dietary Fiber 3g	11%
Total Sugars 3g	
Includes 1g Added Sugars	2%
Protein 42g	
Vitamin D 0mcg	0%
Calcium 101mg	8%
Iron 2mg	10%
Potassium 1009mg	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], **Cremini Mushrooms**, **Scallions**, **Lacinato Kale**, **Jasmine Rice** [jasmine rice], **Vegetable Stock Concentrate** [vegetable juice concentrates (tomato, mushroom, onion, carrot, celery), sugar, maltodextrin, salt, yeast extract, and natural flavor], **Walnuts** [walnuts], **Rosemary, Basil & Sage Blend** (Ground Rosemary, Dried Sage, Italian Seasoning [basil, rosemary, marjoram, oregano, thyme], Dried Basil, Granulated Garlic, Onion Powder), **Creamy Mushroom Broth** (Whipping Cream [organic grade A cream (milk), carrageenan], Mushroom Broth [water, organic mushrooms, sea salt, organic garlic], Stone-Ground Mustard [water, organic mustard seeds, organic vinegar, salt, organic spices], Lemon Juice [lemon], Sea Salt, Black Pepper, Ascorbic Acid [ascorbic acid])

Allergen information:

Contains Milk 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.