



**GREEN
CHEF**

SMOKY CHICKEN & KALE BOWLS

cauliflower "rice," dates, toasted walnuts, Parmesan cheese

COOK TIME

25 MIN

SERVINGS

2

CALORIES PER SERVING

860

NET CARBS PER SERVING

18 GRAMS

MENU

KETO // GLUTEN-FREE

Our custom paprika and onion blend adds warm, smoky depth to every forkful of these savory bowls. Here, the aromatic spices are used to season chicken strips and red onion before a quick sear in a hot pan. It's all nestled atop sautéed red kale tossed with cauliflower "rice," dates, buttery walnuts, and Parmesan cheese. For a tangy-sweet finishing touch, a drizzle of balsamic vinaigrette does the trick.

INGREDIENTS (9 ITEMS)

½ oz **Walnuts** ^T
1 whole **Red onion**
4 oz **Red kale**
¾ oz **Dates**
6½ oz **Cauliflower "rice"**
1½ tsp **Smoky paprika & onion blend**
10 oz **Chicken strips***
2 oz **Parmesan cheese** ^M
2¼ oz **Balsamic vinaigrette with olive oil**

WHAT YOU'LL NEED

large sauté pan
baking sheet
medium bowl
measuring spoons
thermometer
oven mitt
cooking oil
1 tbsp butter ^M
salt & pepper

ALLERGENS

^T TREE NUTS (walnuts)
^M MILK



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°.

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

PREP

- Preheat oven to 400 degrees.
- Roughly chop **walnuts** if necessary.
- Cut ends off **red onion** and discard peel. Halve lengthwise; save one half for another use. Cut remaining half lengthwise into strips, about ¼ inch thick.
- Remove and discard any thick center stems* from **red kale****. Roughly chop leaves into bite-size pieces.
- Roughly chop **dates**.

**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.*

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

SEASON & ROAST CAULIFLOWER "RICE"

- Place **cauliflower "rice"** in a medium bowl. Drizzle with about 1 tablespoon cooking oil. Season with about half the **smoky paprika and onion blend**, about 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 10-15 minutes, or until lightly browned, stirring halfway through.

3

TOAST WALNUTS

- Place **walnuts** in a dry, large sauté pan over medium heat. Toast 2-3 minutes, or until fragrant, shaking pan frequently.
- Transfer **walnuts** to a plate.

4

COOK CHICKEN & ONION

- Pat **chicken strips** dry with paper towels. Cut any larger strips in half lengthwise.
- Heat about 1½ tablespoons cooking oil in pan used for walnuts over medium-high heat. Add **onion** to hot pan. Cook 2-3 minutes, or until translucent, stirring occasionally.
- Add **chicken**. Season with about ¼ teaspoon salt and remaining **smoky paprika and onion blend**. Cook 4-6 minutes, or until chicken is fully cooked, stirring occasionally.
- Transfer **chicken and onion** to a plate.

5

COOK VEGGIES

- Heat about 1 tablespoon cooking oil in pan used for chicken over medium heat. Add **kale** to hot pan. Cook 2-3 minutes, or until wilted, stirring occasionally.
- Remove from heat. Transfer **cauliflower** to pan. Add **dates**, about half the **walnuts**, about half the **Parmesan cheese**, about 1 tablespoon **balsamic vinaigrette with olive oil**, and 1 tablespoon butter. Stir until butter melts. Season with salt and pepper to taste.

6

PLATE YOUR DISH

- Divide **kale with cauliflower and dates** between bowls. Top with **smoky chicken and onion**. Drizzle with remaining **balsamic vinaigrette** to taste. Garnish with remaining **toasted walnuts** and remaining **Parmesan cheese**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (430g)

Amount per serving

Calories 860

	% Daily Value*
Total Fat 67g	86%
Saturated Fat 17g	85%
Trans Fat 0g	
Cholesterol 145mg	48%
Sodium 1280mg	56%
Total Carbohydrate 24g	9%
Dietary Fiber 6g	21%
Total Sugars 13g	
Includes 0g Added Sugars	0%
Protein 47g	
Vitamin D 0mg	0%
Calcium 426mg	35%
Iron 3mg	15%
Potassium 1146mg	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 Strips [chicken], **Red Onion**, **Parmesan Cheese** [pasteurized milk, cheese cultures, salt, enzymes, anti caking agent (potato starch powdered cellulose, natamycin)], **Cauliflower**, **Balsamic Vinaigrette** (Balsamic Vinegar [wine vinegar, concentrated grape must, caramel color], Dijon Mustard [water, organic mustard seeds, organic vinegar, salt, organic turmeric, organic spices], Olive Oil [olive oil], Sea Salt, Black Pepper), **Dates** [organic dried pitted dates], **Smoky Paprika & Onion Blend** (Smoked Paprika, Onion Powder, Sweet Paprika, Black Pepper), **Red Kale**, **Walnuts** [walnuts]

Allergen information:
Contains Tree Nuts And Milk

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.