



**GREEN
CHEF**

CHICKEN WITH LEMON-BASIL PISTOU

artichokes, cauliflower "rice" with chard & dates

COOK TIME

35 MIN

SERVINGS

2

CALORIES PER SERVING

690

NET CARBS PER SERVING

17 GRAMS

MENU

KETO // PALEO // GLUTEN-FREE
// MEDITERRANEAN

Herbaceous flavors star in this sunny French-inspired dish. Chicken cutlets are seasoned with a fennel-orange spice blend, pan-roasted, and served over a pool of lemony basil pistou. We've also added roasted red peppers and briny artichoke hearts to the pan for an ultra-flavorful finish. Garlicky cauliflower "rice," studded with chard and dates, makes a nourishing side.

INGREDIENTS (9 ITEMS)

1¼ oz	Artichoke hearts
¼ oz	Garlic
2¾ oz	Green chard
¾ oz	Dates
2 (5 oz)	Chicken cutlets*
1 tsp	Fennel-orange spice blend
2¼ oz	Roasted red peppers
9 oz	Cauliflower "rice"
3 oz	Lemon-basil pistou

WHAT YOU'LL NEED

medium sauté pan
medium oven-safe sauté pan
measuring spoons
thermometer
oven mitt
cooking oil
salt & pepper



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: 690 Net Carbs: 17 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.



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 400 degrees.
- Roughly chop **artichoke hearts**.
- Mince **garlic**.
- Remove and discard any thick center stems from **green chard***. Roughly chop leaves into bite-size pieces.
- Small dice **dates** into pieces, about ¼ inch each.

**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

SEASON & SEAR CHICKEN

- Pat **chicken cutlets** dry with paper towels. Place on a plate. Season with **fennel-orange spice blend**, salt, and pepper. Drizzle with 1 tablespoon cooking oil. Rub to coat.
- Heat 1½ tablespoons cooking oil in a medium oven-safe sauté pan over medium-high heat. Add **chicken** to hot pan. Sear about 3 minutes on one side.

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

3

ROAST CHICKEN & VEGGIES

- Flip **chicken**. Add **roasted red peppers**, **artichokes**, and about 2 tablespoons water to pan around **chicken**. Stir to combine. Season **veggies** with salt and pepper.
- Transfer pan to oven. Roast 5-10 minutes, or until chicken is fully cooked.*

**To keep your hands safe, slide a silicone cover (or pot holder) over the handle of the hot pan once it comes out of the oven.*

4

COOK CAULIFLOWER "RICE"

- Heat 1½ tablespoons cooking oil in a medium sauté pan over medium-high heat. Add **cauliflower "rice"** and **garlic** to hot pan. Season with ¼ teaspoon salt and a pinch of pepper. Cook 2-3 minutes, or until cauliflower is tender, stirring occasionally.
- Remove from heat. Add about 3 tablespoons **lemon-basil pistou**. Stir to coat. Add **chard** and **dates**. Stir to combine. Season with salt and pepper to taste.

5

PLATE YOUR DISH

- Cut **chicken cutlets** into 6-8 slices each.
- Make a pool of remaining **lemon-basil pistou** on one side of each plate. Fan **chicken** over top. Spoon **roasted red peppers and artichokes** over chicken. Serve **cauliflower "rice"** with **chard and dates** on the side. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (461g)

Amount per serving

Calories 690

	% Daily Value*
Total Fat 51g	65%
Saturated Fat 8g	40%
Trans Fat 0g	
Cholesterol 110mg	37%
Sodium 790mg	34%
Total Carbohydrate 23g	8%
Dietary Fiber 6g	21%
Total Sugars 12g	
Includes 0g Added Sugars	0%
Protein 39g	
Vitamin D 0mcg	0%
Calcium 117mg	10%
Iron 3mg	15%
Potassium 1292mg	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:
Lemon-Basil Pistou (Basil, Garlic, Lemon Juice [lemon], Olive Oil [olive oil], Sea Salt, Black Pepper), **Artichoke Hearts** [hearts of artichokes, water, salt, citric acid], **Roasted Red Peppers** [bell pepper], **Chicken Cutlets** [chicken], **Fennel-Orange Spice Blend** (Ground Fennel, Granulated Garlic, Ground Rosemary, Crushed Red Pepper Flakes, Dried Orange Peel, Black Pepper), **Cauliflower**, **Dates** [organic dried pitted dates], **Garlic**, **Green Chard**

Allergen information:
Contains No Allergens

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.