



GARLIC HONEY CHICKEN

pearl couscous with kale & roasted red peppers, almonds

COOK TIME
25 MIN

SERVINGS
2

CALORIES PER SERVING
660

MENU
FAST & FIT

For tonight’s dinner, sauce is the boss! Gluten-free teriyaki sauce combines with honey and lemon for a savory-sweet sensation over chicken cutlets. Everything is served over a base of toasted pearl couscous with sautéed kale and roasted red peppers. Almonds sprinkled on at the end add great texture to this quick and easy dish.

INGREDIENTS (12 ITEMS)

- 2 whole **Chicken stock concentrates**
- ½ cup **Toasted pearl couscous** W
- 2¾ oz **Green kale**
- ¼ oz **Garlic**
- 1 whole **Lemon**
- ½ oz **Roasted almonds** T
- 2 (5 oz) **Chicken cutlets***
- 1¼ tsp **Paprika, basil & oregano blend**
- 2¼ oz **Roasted red peppers**
- ½ oz **Honey**
- ¾ oz **Gluten-free teriyaki sauce** S
- ½ tsp **Crushed red pepper flakes**

WHAT YOU’LL NEED

- small pot
- medium & large sauté pans
- small bowl
- measuring cup & spoons
- microplane
- thermometer
- cooking & olive oils
- 1 tbsp butter M
- salt & pepper

ALLERGENS

- W WHEAT
- T TREE NUTS (almonds)
- S SOY
- M MILK

COOKING FOR 4 If you ordered the 4-serving version of this meal, refer to the guidelines in Step 1.

*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 for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

GREEN CHEF IS PROUD to be a USDA Certified Organic company. All produce and eggs are organic unless otherwise labeled.

1 START COUSCOUS

- Bring 1¼ cups water, one of the **chicken stock concentrates**, and ¼ teaspoon salt to a boil in a small pot. Once boiling, stir in **toasted pearl couscous**. Reduce heat to medium low. Simmer 11-14 minutes, or until couscous is al dente and liquid has absorbed.
- Remove from heat. Drizzle with 1 tablespoon olive oil. Stir to coat. (You'll finish the couscous in Step 6.)

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

- Remove and discard any thick center stems* from **green kale****.
- Roughly chop leaves into bite-size pieces.
- Mince **garlic**.
- Zest half the **lemon** with a microplane (or on small holes of a box grater) over a small bowl. Quarter **lemon**.
- Roughly chop **roasted almonds**.

*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.

3 SEASON & COOK CHICKEN

- Pat **chicken cutlets** dry with paper towels. Season with salt, pepper, and about half the **paprika, basil, and oregano blend**.
- Heat 1 tablespoon cooking oil in a medium sauté pan over medium-high heat. Add **chicken** to hot pan. Cook 4-6 minutes on each side, or until fully cooked.
- Transfer **chicken** to a cutting board. (Reserve pan.)

4 SAUTÉ VEGGIES

- Heat ½ tablespoon cooking oil in a large sauté pan over medium-high heat. Add **kale** and **roasted red peppers** to hot pan. Season with remaining **paprika, basil, and oregano blend**. Cook 4-6 minutes, or until kale is tender, stirring occasionally. Season with salt and pepper to taste. Remove from heat.

5 MAKE SAUCE

- Return pan used for chicken to stovetop over medium heat. Add **honey, gluten-free teriyaki sauce, garlic**, remaining **stock concentrate**, and about ¼ cup water to pan. Squeeze juice from 1-2 **lemon wedges** over pan, removing any seeds. Season with **crushed red pepper flakes*** to taste. Simmer 2-3 minutes, or until slightly reduced, stirring occasionally.
- Add 1 tablespoon butter. Stir until butter has melted. Remove from heat.

*If heat sensitive, use crushed red pepper flakes sparingly, or omit entirely.

6 FINISH COUSCOUS

- Transfer **couscous** to pan with **veggies**. Add a pinch of **lemon zest**. Stir to combine. Season with salt and pepper to taste.

7 PLATE YOUR DISH

- Cut **chicken cutlets** into 5-7 slices each.
- Divide **pearl couscous with kale and roasted red peppers** between plates. Shingle **chicken** over top. Spoon **garlic honey sauce** over top. Garnish with **almonds**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (337g)

Amount per serving

Calories **660**

	% Daily Value*
Total Fat 32g	41%
Saturated Fat 8g	40%
Trans Fat 0g	
Cholesterol 130mg	43%
Sodium 700mg	30%
Total Carbohydrate 51g	19%
Dietary Fiber 5g	18%
Total Sugars 11g	
Includes 0g Added Sugars	0%
Protein 43g	
Vitamin D 0mcg	0%
Calcium 114mg	8%
Iron 2mg	10%
Potassium 829mg	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], **Lemon**, **Gluten-Free Teriyaki Sauce** [water, tamari (water, soybeans, salt, alcohol), cane sugar, apple cider vinegar, ginger, sesame oil, sea salt, tapioca starch, xanthan gum, lemon juice concentrate, garlic, onion, black pepper, red pepper, ginger, citric acid], **Honey** [honey], **Garlic**, **Toasted Pearl Couscous** [pearled couscous (wheat flour)], **Chicken Stock Concentrate** [chicken stock, maltodextrin, natural flavor, chicken fat, sugar, salt, yeast extract and xanthan gum], **Green Kale**, **Almonds** [almonds], **Roasted Red Peppers** [bell pepper], **Crushed Red Pepper Flakes**, **Paprika**, **Basil & Oregano Blend** (Ground Rosemary, Granulated Garlic, Sweet Paprika, Onion Powder, Dried Oregano, Dried Basil)

Allergen information:

Contains Tree Nuts, Wheat And Soy

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.