



**GREEN  
CHEF**

## CHICKEN WITH CILANTRO MOJO SAUCE

*smoky roasted carrots, kale salad, toasted pepitas*

### COOK TIME

30 MIN

### SERVINGS

2

### CALORIES PER SERVING

700

### NET CARBS PER SERVING

23 GRAMS

### MENU

PALEO // GLUTEN-FREE

There's so much to love about this cilantro mojo sauce. Pineapple and lime juices, aromatic spices, and a handful of fresh cilantro are blended together to lend sweet, fresh, herby flavors to whatever the sauce touches. Here, juicy roasted chicken cutlets are drizzled in said magic mojo, then served alongside a crisp kale salad studded with toasted pepitas.

### INGREDIENTS (9 ITEMS)

3 whole **Carrots**  
1½ tsp **Sweet & smoky paprika**  
½ oz **Pepitas**  
2¾ oz **Green kale**  
1 whole **Lemon**  
1 unit **Red bell pepper**  
2 (5 oz) **Chicken cutlets\***  
1 tbs **Cuban spice blend**  
2 oz **Cilantro mojo sauce**



### 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: 23

### WHAT YOU'LL NEED

large sauté pan  
baking sheet  
mixing bowls  
measuring spoons  
whisk  
peeler  
microplane  
thermometer  
oven mitt  
cooking & olive oils  
1-2 tsp sweetener  
salt & pepper



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 ROAST CARROTS

- Preheat oven to 400 degrees.
- Trim and peel **carrots**. Slice across at an angle into pieces, about ½ inch thick.
- Place **carrots** in a medium bowl. Drizzle with about 1 tablespoon cooking oil. Season with **sweet and smoky paprika**, about ¼ teaspoon salt, and a pinch of pepper. Stir to coat.
- Spread **carrots** out in a single layer on a lightly oiled, foil-lined baking sheet. (Wipe out bowl.) Roast 20–24 minutes, or until fork-tender, stirring halfway through.

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 & MAKE DRESSING

- Roughly chop **pepitas**.
- Remove and discard any thick center stems\* from **green kale\*\***. Roughly chop leaves into bite-size pieces.
- Zest half the **lemon** with a microplane (or small holes of a box grater) over a small bowl. Halve **lemon**. Squeeze juice from one **lemon half** over bowl with **zest**, removing any seeds (reserve remaining half for another use). Add 1–2 teaspoons of your preferred sweetener and about 1 tablespoon olive oil. Whisk until thoroughly combined.
- Small dice **red bell pepper\*\*** into pieces, about ¼ inch each.

\*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 TOAST PEPITAS

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

## 4 SEASON & COOK CHICKEN

- Pat **chicken cutlets** dry with paper towels. Place on a plate. Season with **Cuban spice blend** and about ¼ teaspoon salt. Drizzle with about 1 tablespoon cooking oil. Rub to coat.
- Heat about 1½ tablespoons cooking oil in pan used for pepitas 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.

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

## 5 MAKE SALAD

- Place **kale** in bowl used for carrots. Drizzle with **lemon dressing**. Lightly season with salt. Massage until leaves soften.
- Add **pepitas** and **bell pepper**. Toss to combine. Season with salt and pepper to taste.

## 6 PLATE YOUR DISH

- Cut **chicken cutlets** into 5–7 slices each.
- Divide **smoky roasted carrots** and **kale salad** between plates. Top with **chicken**. Drizzle with **cilantro mojo sauce** to taste. Enjoy!





## Nutrition Facts

2 Servings per container

**Serving size** (479g)

**Amount per serving**

**Calories** **700**

	% Daily Value*
<b>Total Fat</b> 48g	62%
Saturated Fat 7g	35%
Trans Fat 0g	
<b>Cholesterol</b> 110mg	37%
<b>Sodium</b> 1040mg	45%
<b>Total Carbohydrate</b> 31g	11%
Dietary Fiber 8g	29%
Total Sugars 15g	
Includes 4g Added Sugars	8%
<b>Protein</b> 40g	
Vitamin D 0mcg	0%
Calcium 144mg	10%
Iron 3mg	15%
Potassium 1453mg	30%

\* 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], **Cuban Spice Blend** [dehydrated vegetables (garlic, onion, green bell pepper, tomato), spices (cumin, black pepper, oregano, coriander), salt, paprika (color), cilantro, and orange peel], **Cilantro Mojo Sauce** (Cilantro, Garlic, Olive Oil [olive oil], Lime Juice [lime], Pineapple Juice [pineapple juice], Dried Oregano, Ground Cumin, Sea Salt, Black Pepper), **Carrots**, **Sweet & Smoky Paprika** (Sweet Paprika, Smoked Paprika), **Green Kale**, **Pepitas** [pumpkin seed kernels], **Bell Peppers**, **Lemon**

### 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.*