



**GREEN
CHEF**

THAI-STYLE DUCK SALAD

kale, bell pepper, snap peas, mushroom sauce, cashews

COOK TIME

30 MIN

SERVINGS

2

CALORIES PER SERVING

620

NET CARBS PER SERVING

17 GRAMS

MENU

KETO // PALEO // GLUTEN-FREE

Luxurious with low effort, duck breasts are surprisingly easy to cook. All it takes is searing the skin side until crisp, then flipping them over to finish. Fragrant Thai-style seasoning gives the duck incredible aromas, while shiitake mushrooms and coconut aminos make the sauce ultra-savory. It's all served over a fresh kale salad with snap peas and bell pepper tossed in a ginger-lime vinaigrette.

INGREDIENTS (10 ITEMS)

2 (6 oz)	Duck breasts*
¾ tsp	Thai-style seasoning
4 oz	Red kale
2 oz	Snap peas
1 unit	Red bell pepper
1 whole	Scallion
3 oz	Shiitake mushrooms
½ oz	Roasted cashews T
2 oz	Ginger-lime vinaigrette T
1 oz	Coconut aminos T

WHAT YOU'LL NEED

medium nonstick pan
large bowl
measuring spoons
thermometer
cooking oil
salt & pepper

ALLERGENS

T TREE NUTS (cashews, coconut)



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.

*Duck 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 SEASON & COOK DUCK

- Pat **duck breasts** dry with paper towels. Season with **Thai-style seasoning** and a pinch of salt and pepper.
- Heat about 1½ tablespoons cooking oil in a medium nonstick pan over medium-high heat. Add **duck**, skin sides down, to hot pan. Reduce heat to medium low. Cook 15–20 minutes, or until skin is crispy. Carefully discard excess fat as needed. (You'll finish the duck in Step 4.)

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 **red kale***. Roughly chop leaves into bite-size pieces.
- Remove any fibrous strings from **snap peas**** Halve at an angle.
- Cut **red bell pepper*** lengthwise into strips, about ¼ inch thick. Halve strips widthwise.
- Trim and thinly slice **scallion**.
- Remove any woody stems from **shiitake mushrooms** (tender stems are fine). Cut into strips, about ¼ inch thick.
- Roughly chop **roasted cashews** if necessary.

*The ingredient you received may be a different color.

**To quickly prep, firmly pinch one end of a pea and pull downward to remove the fibrous string.

3 MAKE SALAD

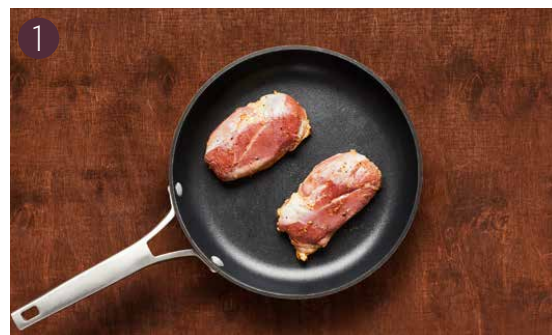
- Place **kale** in a large bowl. Drizzle with about 1½ tablespoons **ginger-lime vinaigrette**. Lightly season with salt. Massage until leaves soften.
- Add **snap peas**, **bell pepper**, **scallion**, and remaining **ginger-lime vinaigrette**. Toss to combine. Season with salt and pepper to taste.

4 FINISH DUCK

- Flip **duck** in pan. Add **coconut aminos**, **shiitake mushrooms**, and 2 tablespoons water. Simmer 5–8 minutes, or until mushrooms are tender and duck is fully cooked (or to desired doneness).
- Transfer **duck** to a cutting board.

5 PLATE YOUR DISH

- Cut **duck breasts** crosswise into 5–7 slices each.
- Divide **kale salad** between plates or bowls. Fan **duck** over top. Spoon **shiitake mushroom sauce** from pan over top. Garnish with **cashews**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (379g)

Amount per serving

Calories 620

	% Daily Value*
Total Fat 43g	55%
Saturated Fat 10g	50%
Trans Fat 0g	
Cholesterol 180mg	60%
Sodium 630mg	27%
Total Carbohydrate 22g	8%
Dietary Fiber 5g	18%
Total Sugars 12g	
Includes 0g Added Sugars	0%
Protein 40g	
Vitamin D 0mcg	0%
Calcium 102mg	8%
Iron 24mg	130%
Potassium 523mg	10%

* 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:

Red Kale, Bell Peppers, Cashews [cashews, canola and/or peanut and/or sunflower oil], **Snap Peas, Scallions, Shiitake Mushrooms, Coconut Aminos** [organic coconut nectar, organic pure coconut blossom sap, natural unrefined sea salt], **Thai-Style Seasoning** (Granulated Garlic, Dried Ginger, Sweet Paprika, Chinese Five-Spice Blend [anise, cinnamon, fennel, cloves, ginger], Ground Cumin, Ground Coriander), **Ginger-Lime Vinaigrette** (Purée'd Ginger [ginger], Garlic, Coconut Aminos [organic coconut nectar, organic pure coconut blossom sap, natural unrefined sea salt], Coconut Nectar [coconut tree sap], Lime Juice [lime], Sea Salt, White Pepper, Sesame Oil [refined sesame oil], Olive Oil [olive oil]), **Duck Breast**

Allergen information:

Contains 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.