



**GREEN
CHEF**

CHICKEN WITH BALSAMIC TOMATO-PEPPER JAM

pearl couscous, chard, figs, almonds, Parmesan

COOK TIME

25 MIN

SERVINGS

2

CALORIES PER SERVING

650

MENU

MEDI // FAST & FIT

"This is my jam!" is what you'll be saying about the fun topping on tonight's seared chicken. Made from tomato and roasted red peppers, this savory condiment gets a little sweetness from balsamic vinegar and a slight kick from red pepper flakes. The excitement continues in the couscous base boosted by a punch of flavor from Parmesan and wonderful texture from green chard, dried figs, and roasted almonds.

INGREDIENTS (12 ITEMS)

1 whole	Vegetable stock concentrate
½ cup	Toasted pearl couscous W
1 whole	Roma tomato
2¾ oz	Green chard
1¼ oz	Dried figs
½ oz	Roasted almonds T
2 (5 oz)	Chicken cutlets*
1½ tsp	Oregano-garlic seasoning
1 oz	Roasted red peppers
½ tsp	Crushed red pepper flakes
¾ oz	Balsamic vinegar
1 oz	Parmesan cheese M

WHAT YOU'LL NEED

small pot
large sauté pan
measuring cup & spoons
thermometer
cooking oil
1 tbsp butter M
½ tbsp sweetener
salt & pepper

ALLERGENS

W WHEAT
T TREE NUTS (almonds)
M MILK



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

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 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](https://www.greenchef.com/faq) for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

1 START COUSCOUS

- Bring **vegetable stock concentrate**, 1¼ cups water, and ¼ teaspoon salt to a boil in a small pot. Once boiling, stir in **toasted pearl couscous**. Return to a boil, then reduce heat to medium low. Simmer 11-14 minutes, or until couscous is al dente and water has absorbed.
- Remove from heat. (You'll finish the couscous in Step 5.)

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

- Small dice **Roma tomato** into pieces, about ¼ inch each.
- Remove and discard any thick center stems from **green chard***. Roughly chop leaves into bite-size pieces.
- Trim stem ends off **dried figs**; discard. Roughly chop **figs**.
- Roughly chop **roasted almonds**.

*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 of the **oregano-garlic seasoning**.
- Heat 1½ teaspoons cooking oil in a large 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.

4 MAKE TOMATO-PEPPER JAM

- Heat 1½ teaspoons cooking oil in pan used for chicken over medium heat. Add **tomato** and **roasted red peppers** to hot pan. Season with remaining **oregano-garlic seasoning** and **crushed red pepper flakes*** to taste. Lightly season with salt. Cook 1-2 minutes, or until fragrant, stirring occasionally.
- Add 2 teaspoons of the **balsamic vinegar** (reserve remaining for another use) and ½ tablespoon of your preferred sweetener. Simmer 1-2 minutes, or until thickened, stirring frequently.
- Remove from heat. Add 1 tablespoon butter. Stir until butter has melted. Season with salt and pepper to taste.

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

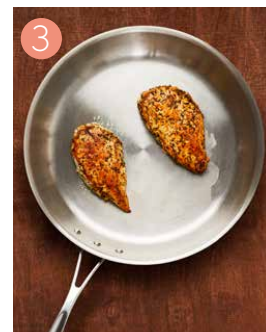
5 FINISH COUSCOUS

- Add **chard**, **figs**, **almonds**, and about half of the **Parmesan cheese** to pot with **couscous**. Stir to combine. Season with salt and pepper to taste.*

*Taste the couscous after seasoning and adjust as needed. Adding salt and pepper throughout the cooking process is key to a delicious final product.

6 PLATE YOUR DISH

- Cut **chicken cutlets** into 5-7 slices each.
- Divide **couscous with chard** between bowls. Fan **chicken** over top. Top with **balsamic tomato-pepper jam**. Garnish with remaining **Parmesan**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (357g)

Amount per serving

Calories **660**

	% Daily Value*
Total Fat 25g	32%
Saturated Fat 9g	45%
Trans Fat 0g	
Cholesterol 140mg	47%
Sodium 780mg	34%
Total Carbohydrate 53g	19%
Dietary Fiber 7g	25%
Total Sugars 21g	
Includes 5g Added Sugars	10%
Protein 47g	
Vitamin D 0mcg	0%
Calcium 228mg	20%
Iron 2mg	10%
Potassium 879mg	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], **Green Chard**, **Toasted Pearl Couscous** [pearled couscous (wheat flour)], **Vegetable Stock Concentrate** [vegetable juice concentrates (tomato, mushroom, onion, carrot, celery), sugar, maltodextrin, salt, yeast extract, and natural flavor], **Almonds** [almonds], **Dried Figs** [dried figs], **Parmesan Cheese** [pasteurized milk, cheese cultures, salt, enzymes, anti caking agent (potato starch powdered cellulose, natamycin)], **Roasted Red Peppers** [bell pepper], **Roma Tomatoes**, **Balsamic Vinegar** [wine vinegar, concentrated grape must, caramel color], **Oregano-Garlic Seasoning** (Dried Oregano, Granulated Garlic, Onion Powder, Dried Parsley), **Crushed Red Pepper Flakes**

Allergen information:

Contains Milk, Tree Nuts And Wheat

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.