



**GREEN
CHEF**

MOJITO CHICKEN

cabbage, carrot & mango slaw, coconut cauliflower "rice"

COOK TIME

30 MIN

SERVINGS

2

CALORIES PER SERVING

560

NET CARBS PER SERVING

23 GRAMS

MENU

PALEO // GLUTEN-FREE

This island-inspired dinner is a nod to the breezy mint and lime flavors of the classic mojito. Here, chicken cutlets marinate in our citrusy, ginger-infused mojito sauce before they're seared to a golden-brown finish. They're served over a bed of fragrant cauliflower "rice" tossed with shredded coconut. A mint-flecked cabbage, carrot, and mango slaw completes the tropical meal.

INGREDIENTS (7 ITEMS)

2 (5 oz) **Chicken cutlets***
 3 oz **Ginger-lime mojito sauce** T
 3½ oz **Cabbage & rainbow carrots**
 2¼ oz **Mangos**
 ⅛ oz **Mint**
 9 oz **Cauliflower "rice"**
 2 tbsp **Shredded coconut** T

WHAT YOU'LL NEED

medium & large sauté pans
 mixing bowls
 measuring spoons
 thermometer
 cooking & olive oils
 salt & pepper

ALLERGENS

T TREE NUTS (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.

*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 MARINATE CHICKEN

- Pat **chicken cutlets** dry with paper towels. Place in a medium bowl. Lightly season with salt and pepper. Drizzle with about 1 tablespoon of the **ginger-lime mojito sauce**. Turn to coat.
- Marinate at least 5 minutes, turning occasionally.

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

- Roughly chop **cabbage*** and **rainbow carrots*** if necessary.
- Roughly chop **mangos** if necessary (reserve any juice in pouch).
- De-stem **mint**; finely chop leaves.

**The ingredient you received may be a different color.*



3 COOK CHICKEN

- Heat about 1½ tablespoons 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 COOK CAULIFLOWER

- Heat 1–2 teaspoons olive oil in a medium sauté pan over medium heat. Add **cauliflower “rice”** to hot pan. Season with about ¼ teaspoon salt and a pinch of pepper. Cook 4–5 minutes, or until cauliflower begins to soften, stirring occasionally.
- Add **shredded coconut**. Cook 2–3 minutes, or until cauliflower is tender, stirring occasionally. Remove from heat.



5 MAKE SLAW

- Place **cabbage and carrots, mangos** (with any reserved juice), and **mint** in a second medium bowl. Drizzle with about 1 tablespoon cooking oil and about 1 tablespoon of the **mojito sauce**. Toss to combine. Season with salt and pepper to taste.

6 PLATE YOUR DISH

- Cut **chicken cutlets** into 5–7 slices each.
- Divide **coconut cauliflower “rice”** between plates. Top with **mojito chicken**. Drizzle with remaining **mojito sauce** to taste. Serve **cabbage, carrot, and mango slaw** on the side. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (432g)

Amount per serving

Calories **560**

	% Daily Value*
Total Fat 33g	42%
Saturated Fat 8g	40%
Trans Fat 0g	
Cholesterol 110mg	37%
Sodium 550mg	24%
Total Carbohydrate 29g	11%
Dietary Fiber 6g	21%
Total Sugars 19g	
Includes 0g Added Sugars	0%
Protein 38g	
Vitamin D 1mcg	6%
Calcium 72mg	6%
Iron 1mg	6%
Potassium 1224mg	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:

Chicken Cutlets [chicken], **Mint**, **Ginger-Lime Mojito Sauce** (Yellow Onion, Olive Oil [olive oil], Puréed Ginger [ginger], Garlic, Coconut Nectar [coconut tree sap], Coconut Aminos [organic coconut nectar, organic pure coconut blossom sap, natural unrefined sea salt], Apple Cider Vinegar [apple cider vinegar], Apple Juice [organic pasteurized juice from fresh pressed organic, seasonal apples], Lime Juice [lime], Sea Salt, Balsamic Vinegar [wine vinegar, concentrated grape must, caramel color]), **Cauliflower**, **Shredded Coconut** [coconuts], **Mangos** [mango], **Red Cabbage**, **Rainbow Carrots**

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.