

# GREEN CHEF

# **MOJITO CHICKEN**

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

COOK TIME 30 MIN

SERVINGS 560

CALORIES PER SERVING

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 goldenbrown 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.

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#### **INGREDIENTS (7 ITEMS)**

| 2 (5 oz) | Chicken cutlets*           |
|----------|----------------------------|
| 3 oz     | Ginger-lime mojito sauce 👅 |
| 3½ oz    | Cabbage & rainbow carrots  |
| 2¼ oz    | Mangos                     |
| ⅓ 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 for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

#### **MOJITO CHICKEN**

#### 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.



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.

## ) 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.



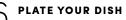
- Heat about 1½ tablespoons cooking oil in a large sauté pan over medium-high heat.
  Add chicken to hot pan. Cook 4-6 minutes on each side, or until fully cooked.
- Transfer **chicken** to a cutting board.

## 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.



 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.



- 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**

Amount per serving

# Calories

#### % 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.

# (432g)