



**GREEN
CHEF**

SPICY TUNISIAN CHICKEN

pistachio cauliflower "rice," spicy lemon carrots, yogurt

COOK TIME

25 MIN

SERVINGS

2

CALORIES PER SERVING

590

NET CARBS PER SERVING

14 GRAMS

MENU

KETO // GLUTEN-FREE //
MEDITERRANEAN // FAST & FIT

This Tunisian-inspired meal is bursting with sunshiny flavor. Fragrant lemon zest gives a bright pop to sweet roasted carrots kicked up with red pepper flakes. They share the plate with seared chicken, seasoned with a cumin and coriander blend. The sliced chicken is served over turmeric cauliflower "rice" studded with toasted pistachios. A drizzle of lemon yogurt sauce provides a creamy, cooling finish.

INGREDIENTS (9 ITEMS)

2 whole **Carrots**
1 whole **Lemon**
½ oz **Pistachios** T
½ tsp **Crushed red pepper flakes**
2 (5 oz) **Chicken cutlets***
¾ tsp **Smoky cumin & coriander blend**
6½ oz **Cauliflower "rice"**
¼ tsp **Turmeric**
1¾ oz **Lemon yogurt sauce** M



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: 580 Net Carbs: 14 grams

WHAT YOU'LL NEED

medium & large sauté pans
baking sheet
medium bowl
measuring spoons
peeler
microplane
thermometer
oven mitt
cooking oil
salt & pepper

ALLERGENS

T TREE NUTS (pistachios)
M MILK



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 for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

1

PREP

- Preheat oven to 425 degrees.
- Trim and peel **carrots**. Cut widthwise into pieces, about 3 inches long. Cut each piece lengthwise into fries, about ½ inch thick.
- Zest half the **lemon** with a microplane (or on small holes of a box grater) over a medium bowl. Quarter **lemon**.
- Roughly chop **pistachios**.

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

SEASON & ROAST CARROTS

- Add **carrots** to bowl with **lemon zest**. Drizzle with 1 tablespoon cooking oil. Season with salt, pepper, and **crushed red pepper flakes*** to taste. Stir to coat.
- Spread **carrots** out in a single layer on a lightly oiled, foil-lined baking sheet. Roast 12-14 minutes, or until fork-tender, stirring halfway through.

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

3

SEASON & COOK CHICKEN

- Pat **chicken cutlets** dry with paper towels. Season with **smoky cumin and coriander blend**.
- Heat 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.

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

4

COOK CAULIFLOWER "RICE"

- Heat 1½ tablespoons cooking oil in a medium sauté pan over medium-high heat. Add **cauliflower "rice"** and **pistachios** to hot pan. Season with **turmeric**, salt, and pepper. Cook 3-4 minutes, or until cauliflower is lightly browned, stirring occasionally.

5

PLATE YOUR DISH

- Cut **chicken cutlets** into 5-7 slices each.
- Divide **pistachio cauliflower "rice"** between plates. Fan **spicy Tunisian chicken** over top. Serve **spicy lemon carrots** on the side. Drizzle everything with **lemon yogurt sauce**. Serve with remaining **lemon wedges** on the side. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (428g)

Amount per serving

Calories **590**

	% Daily Value*
Total Fat 40g	51%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 115mg	38%
Sodium 500mg	22%
Total Carbohydrate 21g	8%
Dietary Fiber 7g	25%
Total Sugars 9g	
Includes 0g Added Sugars	0%
Protein 40g	
Vitamin D 0mcg	0%
Calcium 97mg	8%
Iron 2mg	10%
Potassium 1257mg	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], **Smoky Cumin & Coriander Blend** (Ground Cumin, Ground Coriander, Crushed Red Pepper Flakes, Granulated Garlic, Black Pepper, Dried Oregano, Smoked Paprika, Sea Salt), **Cauliflower**, **Pistachios** [pistachio], **Turmeric**, **Carrots**, **Crushed Red Pepper Flakes**, **Lemon**, **Lemon Yogurt Sauce** (Greek Yogurt [pasteurized organic whole milk, organic sweet cream buttermilk, living yogurt cultures: L. acidophilous, L. bulgaricus, S. thermophilus, and Bifidobacterium lactis], Lemon Juice [lemon], Olive Oil [olive oil], Sea Salt, Black Pepper, Dried Basil)

Allergen information:

Contains Milk And 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.