



**GREEN
CHEF**

THAI RED CURRY WITH CHICKEN

bell pepper, cabbage, carrots, roasted red peppers, cashews

COOK TIME

20 MIN

SERVINGS

2

CALORIES PER SERVING

550

NET CARBS PER SERVING

16 GRAMS

MENU

KETO // GLUTEN-FREE
// FAST & FIT

Creamy coconut milk and vibrant red curry paste are the foundation of many classic Thai dishes. For this 20-minute meal, they're used to create a rich, bold curry sauce with sautéed chicken strips, green bell pepper, cabbage, carrots, and roasted red peppers. A sprinkle of crunchy cashews garnishes it all.

INGREDIENTS (7 ITEMS)

1 unit **Green bell pepper**
3½ oz **Cabbage & carrots**
& 1¼ oz
½ oz **Roasted cashews** ^T
10 oz **Chicken strips***
2¼ oz **Roasted red peppers**
5 oz **Coconut milk** ^T
1¼ oz **Red curry paste with lime juice**

WHAT YOU'LL NEED

large sauté pan
measuring spoons
thermometer
cooking oil
1 tbsp butter ^M
1 tsp sweetener
salt & pepper

ALLERGENS

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

1

PREP

- Cut **green bell pepper*** lengthwise into strips, about ¼ inch thick. Halve strips widthwise.
- Roughly chop **cabbage*** and **carrots** if necessary.
- Roughly chop **roasted cashews** if necessary.

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

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 & COOK CHICKEN

- Pat **chicken strips** dry with paper towels. Cut any larger strips in half lengthwise.
- Heat 1½ tablespoons cooking oil in a large sauté pan over medium-high heat. Add **chicken** to hot pan. Season with ¼ teaspoon salt and ¼ teaspoon pepper. Cook 2–3 minutes, or until chicken begins to brown, stirring occasionally.



3

ADD VEGGIES

- Add **bell pepper, cabbage and carrots**, and **roasted red peppers** to pan. Season with ½ teaspoon salt and a pinch of pepper. Cook 3–4 minutes, or until bell pepper is lightly browned and chicken is fully cooked, stirring occasionally.



4

FINISH CURRY

- Add **coconut milk, red curry paste with lime juice**, and 1 teaspoon of your preferred sweetener to pan. Stir to combine. Cook 2–3 minutes, or until veggies are tender, stirring occasionally.
- Remove from heat. Add 1 tablespoon butter. Stir until butter has melted. Season with salt and pepper to taste.



5

PLATE YOUR DISH

- Divide **Thai red curry with chicken** between bowls. Garnish with **cashews**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (419g)

Amount per serving

Calories 550

	% Daily Value*
Total Fat 37g	47%
Saturated Fat 16g	80%
Trans Fat 0g	
Cholesterol 115mg	38%
Sodium 1220mg	53%
Total Carbohydrate 20g	7%
Dietary Fiber 4g	14%
Total Sugars 10g	
Includes 2g Added Sugars	4%
Protein 36g	
Vitamin D 2mcg	10%
Calcium 58mg	4%
Iron 2mg	10%
Potassium 1001mg	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 Strips [chicken], Coconut Milk [coconut milk], Bell Peppers, Roasted Red Peppers [bell pepper], Green Cabbage, Red Cabbage, Carrots, Cashews [cashews, canola and/or peanut and/or sunflower oil], Red Curry Paste With Lime Juice (Red Curry Paste [garlic, red chili pepper, soybean oil, lemongrass, galangal root (thai ginger), salt, shallot, coriander root, kaffir lime peel, spices], Lime Juice [lime])

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.