



CREAMY MUSTARD-HERB CHICKEN

roasted butternut squash, apple & cabbage, toasted pecans

COOK TIME 35 MIN	SERVINGS 2	CALORIES PER SERVING 620	NET CARBS PER SERVING 28 GRAMS	MENU PALEO // GLUTEN-FREE
----------------------------	----------------------	------------------------------------	--	-------------------------------------

Our creamy mustard-herb sauce adds tangy richness to every forkful of this meal. Flecked with dried dill and parsley, it's drizzled over smoky applewood-spiced chicken cutlets. Roasted butternut squash, apple, and cabbage (seasoned with a flavorful garlic-herb blend) make a nourishing base, while a sprinkle of toasted pecans and scallion finishes the meal with a subtle crunch.

INGREDIENTS (10 ITEMS)

- 8¾ oz **Butternut squash**
- 1 whole **Gala apple**
- 1 whole **Red onion**
- 1 whole **Scallion**
- 1½ tsp **Garlic-herb seasoning**
- ½ oz **Pecans** T
- 2¾ oz **Cabbage**
- 2 (5 oz) **Chicken cutlets***
- ¾ tsp **Smoky applewood spice blend**
- ¼ oz **Creamy mustard-herb sauce** E T

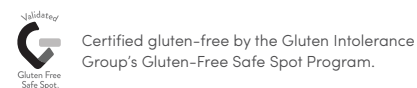
WHAT YOU'LL NEED

- medium sauté pan
- baking sheet
- measuring spoons
- peeler
- thermometer
- oven mitt
- cooking oil
- salt & pepper

ALLERGENS

- T TREE NUTS (coconut, pecans)
- E EGGS

COOKING TIP 4 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 for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

1 PREP

- Preheat oven to 400 degrees.
- Remove any seeds from **butternut squash** with a spoon. Carefully peel with a sharp peeler.* Medium dice into pieces, about ½ inch each.
- Stand **Gala apple** upright and cut off sides around core. Large dice into pieces, about ¾ inch each.
- Cut ends off **red onion** and discard peel. Halve lengthwise. Lay flat and medium dice into pieces, about ½ inch each.
- Trim and thinly slice **scallion**.

**If you don't have a sharp peeler, carefully use a sharp knife. Place squash cut sides down, then slice away the skin, curving your knife with the shape of the squash as you go.*

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 ROAST VEGGIES & FRUIT

- Place **squash** and **apple** on a lightly oiled, foil-lined baking sheet. Drizzle with about 1½ tablespoons cooking oil. Season with **garlic-herb seasoning**, about ½ teaspoon salt, and about ¼ teaspoon pepper. Stir to coat. Spread out in a single layer.
- Roast 10-12 minutes. (You'll finish the squash and apple in Step 4.)

3 TOAST NUTS

- Place **pecans** in a dry, medium sauté pan over medium heat. Toast 2-3 minutes, or until fragrant, shaking pan frequently.
- Transfer **pecans** to a cutting board to cool. (Reserve pan.) Roughly chop.

4 FINISH VEGGIES & FRUIT

- Add **cabbage*** and **onion** to baking sheet with **squash and apple**. Stir to combine. **(Careful! Baking sheet is hot!)** Roast 10-12 minutes, or until squash and onion are tender.

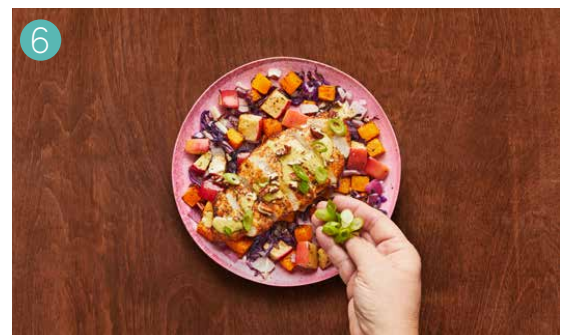
**The ingredient you received may be a different color.*

5 SEASON & COOK CHICKEN

- Pat **chicken cutlets** dry with paper towels. Season with **smoky applewood spice blend**, salt, and pepper.
- Heat about 1½ tablespoons cooking oil in pan used for pecans 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.

6 PLATE YOUR DISH

- Cut **chicken cutlets** into 5-7 slices each.
- Divide **roasted veggies and apple** between plates. Fan **chicken** over top. Drizzle with **creamy mustard-herb sauce**. Sprinkle **toasted pecans** and **scallion** over chicken. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (487g)

Amount per serving

Calories **640**

	% Daily Value*
Total Fat 40g	51%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 120mg	40%
Sodium 910mg	40%
Total Carbohydrate 36g	13%
Dietary Fiber 7g	25%
Total Sugars 15g	
Includes 0g Added Sugars	0%
Protein 38g	
Vitamin D 0mcg	0%
Calcium 138mg	10%
Iron 3mg	15%
Potassium 1222mg	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 Applewood Spice Blend** (Sweet Paprika, Applewood-Smoked Sea Salt, Granulated Garlic, Dried Mustard, Smoked Paprika, Black Pepper, Dried Thyme), **Garlic-Herb Seasoning** (Ground Rosemary, Granulated Garlic, Black Pepper, Italian Seasoning [basil, rosemary, marjoram, oregano, thyme]), **Gala Apple**, **Red Onion**, **Butternut Squash**, **Red Cabbage**, **Pecans** [pecans, canola and/or peanut and/or sunflower oil], **Creamy Mustard-Herb Sauce** (Avocado Oil Mayonnaise [avocado oil, organic eggs, organic egg yolks, organic vinegar, sea salt, organic rosemary extract], Mustard [organic grain vinegar, water, organic mustard seed, salt, organic turmeric, organic paprika, organic spices], Dijon Mustard [water, organic mustard seeds, organic vinegar, salt, organic turmeric, organic spices], Lemon Juice [lemon], Coconut Nectar [coconut tree sap], Dried Dill, Dried Parsley, Granulated Garlic), **Scallions**

Allergen information:

Contains Tree Nuts And Egg

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.

