



**GREEN
CHEF**

BALSAMIC MUSHROOM & TOMATO CHICKEN

creamy kale, scallion

COOK TIME

25 MIN

SERVINGS

2

CALORIES PER SERVING

540

NET CARBS PER SERVING

10 GRAMS

MENU

KETO // GLUTEN-FREE //
FAST & FIT

This dinner is a lesson in meal efficiency with a big flavor payoff! The key is searing the chicken on the stovetop, then finishing it in the oven alongside grape tomatoes and mushrooms in the same pan. The veggies roast in a balsamic vinaigrette that doubles as a sauce for the chicken. While that's cooking, you'll make rich creamed kale to serve on the side.

INGREDIENTS (8 ITEMS)

4 oz **Cremini mushrooms**
1 whole **Scallion**
2¾ oz **Lacinato kale**
2 (5 oz) **Chicken cutlets***
1 tsp **Oregano-garlic seasoning**
4 oz **Grape tomatoes**
1¼ oz **Balsamic vinaigrette with olive oil**
1 oz **Sour cream** ^M

WHAT YOU'LL NEED

medium sauté pan
large oven-safe sauté pan
measuring cup & spoons
thermometer
oven mitt
cooking oil
2 tbsp butter ^M
salt & pepper

ALLERGENS

^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 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

PREP

- Preheat oven to 400 degrees.
- Wipe **cremini mushrooms** clean with damp paper towels. Remove stems if desired. Cut into slices, about ¼ inch thick.
- Trim and thinly slice **scallion**.
- Remove and discard any thick center stems from **lacinato kale**.^{*} Roughly chop leaves into bite-size pieces.

^{}To quickly prep, hold the stem end with one hand; pinch and strip the leaves down and away with your other hand (like pulling a zipper!).*

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 & SEAR CHICKEN

- Pat **chicken cutlets** dry with paper towels. Season all over with **oregano-garlic seasoning**, salt, and pepper.
- Heat 1½ tablespoons cooking oil in a large oven-safe sauté pan over medium heat. Add **chicken** to hot pan. Sear 3 minutes on one side.

3

ROAST CHICKEN & VEGGIES

- Flip **chicken**. Add **mushrooms**, **grape tomatoes**, and **balsamic vinaigrette with olive oil** to pan around **chicken**. Season **veggies** with salt and pepper.
- Transfer pan to oven. Roast 10–12 minutes, or until chicken is fully cooked and mushrooms are tender.^{*}

^{}To keep your hands safe, slide a silicone cover (or pot holder) over the handle of the hot pan once it comes out of the oven.*

4

MAKE CREAMY KALE

- Heat 1 tablespoon butter in a medium sauté pan over medium heat. Add about half the **scallion** to hot pan. Cook 1–2 minutes, or until softened, stirring occasionally.
- Add **kale** and about ¼ cup water to pan. Cook 2–3 minutes, or until kale is wilted, stirring occasionally.
- Add **sour cream** and 1 tablespoon butter to pan. Cook 1–2 minutes, or until fully incorporated, stirring occasionally. Remove from heat. Season with salt and pepper to taste.

5

PLATE YOUR DISH

- Cut **chicken cutlets** into 5–7 slices each.
- Divide **creamy kale** between plates. Fan **chicken** over top. Serve **balsamic mushrooms and tomatoes** on the side. Spoon any remaining **balsamic vinaigrette** from pan over chicken. Garnish with remaining **scallion**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (360g)

Amount per serving

Calories 540

	% Daily Value*
Total Fat 40g	51%
Saturated Fat 13g	65%
Trans Fat 0g	
Cholesterol 150mg	50%
Sodium 280mg	12%
Total Carbohydrate 13g	5%
Dietary Fiber 3g	11%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 38g	
Vitamin D 0mcg	0%
Calcium 89mg	6%
Iron 1mg	6%
Potassium 921mg	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 Cutlets [chicken], **Grape Tomatoes**, **Cremini Mushrooms**, **Scallions**, **Lacinato Kale**, **Sour Cream** [cultured cream], **Balsamic Vinaigrette** (Balsamic Vinegar [wine vinegar, concentrated grape must, caramel color], Dijon Mustard [water, organic mustard seeds, organic vinegar, salt, organic turmeric, organic spices], Olive Oil [olive oil], Sea Salt, Black Pepper), **Oregano-Garlic Seasoning** (Dried Oregano, Granulated Garlic, Onion Powder, Dried Parsley)

Allergen information:
Contains Milk

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.