



**GREEN
CHEF**

EGYPTIAN-STYLE CHICKEN & RICE

chickpeas with spiced tomato sauce, kale, raisins, almonds

COOK TIME

30 MIN

SERVINGS

2

CALORIES PER SERVING

900

MENU

GLUTEN-FREE // MEDITERRANEAN

For this dish, our chefs took inspiration from *koshari*—a hearty Egyptian dish of rice, macaroni, and lentils topped with spiced tomato sauce and chickpeas. We skipped the pasta (making it gluten-free), bumped up the veggies with kale, and boosted the protein with chicken. Bahārāt, a smoky-sweet Middle Eastern spice blend, adds richness and depth to every bite.

INGREDIENTS (9 ITEMS)

½ cup	Jasmine rice
1 oz	Raisins
½ oz	Sliced almonds T
13¼ oz	Garbanzo beans (chickpeas)
2¾ oz	Green kale
2 (5 oz)	Chicken cutlets*
1 tsp	Bahārāt spice blend
1 whole	Chicken stock concentrate
3¾ oz	Paprika-turmeric tomato sauce



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: 890

WHAT YOU'LL NEED

small pot with lid
medium & large sauté pans
measuring cup & spoons
strainer
thermometer
cooking oil
salt & pepper

ALLERGENS

T TREE NUTS (almonds)



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 COOK RICE

- Bring **jasmine rice**, **raisins**, **1 cup water**, and ¼ teaspoon salt to a boil in a small pot. Stir, then reduce heat to medium low and cover pot with lid. Simmer 16-18 minutes, or until rice is tender and water has absorbed. Remove from heat.
- Let rest, covered, 3 minutes. Fluff with a fork. (You'll finish the rice in Step 6.)

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 PREP

- Roughly chop **sliced almonds**.
- Strain and rinse **garbanzo beans (chickpeas)**.
- Remove and discard any thick center stems from **green kale***. Roughly chop leaves into bite-size pieces.

*The ingredient you received may be a different color.

3 TOAST ALMONDS

- Place **almonds** in a dry, large sauté pan over medium heat. Toast 2-3 minutes, or until fragrant, shaking pan frequently.
- Transfer **almonds** to a plate and allow to cool. (Reserve pan.)

4 COOK CHICKEN

- Pat **chicken cutlets** dry with paper towels. Season with **bahārāt spice blend**, salt, and pepper.
- Heat 1½ tablespoons cooking oil in a medium sauté pan over medium-high heat. Add **chicken** to hot pan. Cook 4-6 minutes on each side, or until fully cooked.
- Turn off heat. Transfer **chicken** to a cutting board. (Carefully wipe out pan.)

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

5 COOK CHICKPEAS & MAKE SAUCE

- Heat 1 tablespoon cooking oil in pan used for almonds over medium heat. Add **chickpeas** to hot pan. Season with ¼ teaspoon salt and a pinch of pepper. Cook 3-4 minutes, or until lightly browned, stirring occasionally.*
- Add ½ cup water, **chicken stock concentrate**, and **paprika-turmeric tomato sauce**. Cook 3-4 minutes, or until sauce is warmed through, stirring occasionally. Season with salt and pepper to taste.

*It's natural for the chickpeas to pop a bit. Cover pan with a lid if needed.

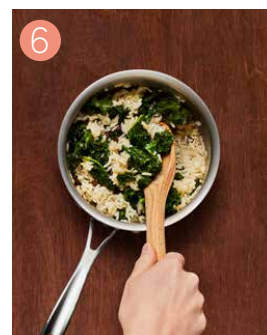
6 SAUTÉ KALE & FINISH RICE

- Heat 1 tablespoon cooking oil in pan used for chicken over medium-high heat. Add **kale** to hot pan. Lightly season with salt and pepper. Cook 4-6 minutes, or until tender, stirring occasionally.* Remove from heat.
- Add **kale** to pot with **rice and raisins**. Stir to combine.

*If the pan seems dry, add a splash of water.

7 PLATE YOUR DISH

- Cut **chicken cutlets** into 5-7 slices each.
- Divide **rice with raisins and kale** between bowls. Top with **chickpeas with spiced tomato sauce** and **chicken**. Garnish with **almonds**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (528g)

Amount per serving

Calories **900**

	% Daily Value*
Total Fat 35g	45%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 110mg	37%
Sodium 1240mg	54%
Total Carbohydrate 95g	35%
Dietary Fiber 13g	46%
Total Sugars 22g	
Includes 0g Added Sugars	0%
Protein 51g	
Vitamin D 0mcg	0%
Calcium 149mg	10%
Iron 4mg	20%
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], **Green Kale**, **Jasmine Rice** [jasmine rice], **Chicken Stock Concentrate** [chicken stock, maltodextrin, natural flavor, chicken fat, sugar, salt, yeast extract and xanthan gum], **Raisins** [Thompson raisins], **Garbanzo Beans (Chickpeas)** [chickpeas, water, salt, ascorbic acid], **Paprika-Turmeric Tomato Sauce** (Red Wine Vinegar [aged red wine vinegar], Diced Tomatoes [organic tomatoes, organic tomato juice, sea salt, calcium chloride, citric acid], Cinnamon, Sweet Paprika, Turmeric, Ground Cumin, Ground Coriander, Sea Salt, Tomato Paste [vine ripened organic tomatoes], Granulated Garlic, Smoked Paprika, Ascorbic Acid [ascorbic acid]), **Bahārāt Spice Blend** (Black Pepper, Ground Coriander, Ground Cumin, Allspice [pimento], Ground Cardamom, Ground Cloves, Cinnamon, Nutmeg, Sea Salt), **Almonds** [almonds]

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.