

**GREEN
CHEF**

CHICKEN WITH MUSHROOM & CAPER SAUCE

kale salad with radishes & toasted sunflower seeds

COOK TIME

35 MIN

SERVINGS

2

CALORIES PER SERVING

520

NET CARBS PER SERVING

9 GRAMS

MENU

KETO // PALEO // GLUTEN-FREE

Everyone loves a good pan sauce, but this one is sublime! A lemony, savory vegetable broth is simmered down with garlicky paprika chicken, pan-seared mushrooms, and briny capers to create a rich, craveable sauce. A crisp kale salad with radishes, toasted sunflower seeds, and a tangy cumin-herb vinaigrette adds a refreshing finish.

INGREDIENTS (9 ITEMS)

3½ oz **Lacinato kale**
 2 oz **Radishes**
 4 oz **Cremeni mushrooms**
 1¼ oz **Cumin-herb lemon vinaigrette**
 2 (5 oz) **Chicken cutlets***
 1¼ tsp **Garlic, paprika & herb blend**
 ½ oz **Sunflower seeds**
 ¼ oz **Capers**
 2¾ oz **Vegetable broth with lemon juice**

WHAT YOU'LL NEED

large sauté pan
 medium bowl
 measuring spoons
 thermometer
 cooking oil
 salt & pepper



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

- Remove and discard any thick center stems from **lacinato kale**. * Roll leaves into a large "cigar" and slice across into ribbons, about ¼ inch wide.
- Trim ends off **radishes** and cut in half. Lay flat and slice into half-moons, about ¼ inch thick.
- Wipe **cremini mushrooms** clean with damp paper towels. Remove stems if desired. Cut into slices, about ¼ inch thick.

**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!).*

4 COOKING FOR

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 MAKE SALAD

- Place **kale** in a medium bowl. Drizzle with 1-2 tablespoons **cumin-herb lemon vinaigrette**. Lightly season with salt. Massage until leaves soften.
- Add **radishes**. Drizzle with remaining **vinaigrette** to taste. Toss to combine. Season with salt and pepper to taste.

3 SEASON CHICKEN

- Pat **chicken cutlets** dry with paper towels. Season with **garlic, paprika, and herb blend**, salt, and pepper.

4 TOAST SEEDS

- Place **sunflower seeds** in a dry, large sauté pan over medium heat. Toast 1-2 minutes, or until fragrant, shaking pan frequently.
- Transfer **sunflower seeds** to a cutting board and allow to cool. Roughly chop.

5 COOK MUSHROOMS & CHICKEN

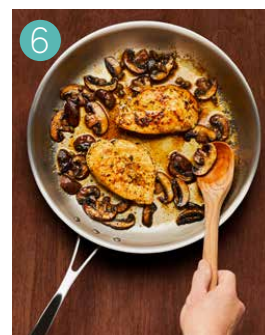
- Heat about 1½ tablespoons cooking oil in pan used for sunflower seeds over medium heat. Add **mushrooms** to hot pan. Season with salt and pepper. Cook 2-3 minutes, or until lightly browned, stirring occasionally.
- Move **mushrooms** to sides of pan. Add about 1 tablespoon cooking oil to center of pan. Add **chicken**. Sear 3-4 minutes on each side, stirring **mushrooms** occasionally.

6 FINISH CHICKEN & MAKE SAUCE

- Add **capers, vegetable broth with lemon juice**, and 2-3 tablespoons water to pan. Cook 2-3 minutes, or until sauce has slightly reduced and chicken is fully cooked, stirring **sauce** occasionally.
- Transfer **chicken** to a cutting board.

7 PLATE YOUR DISH

- Cut **chicken cutlets** into 5-7 slices each.
- Divide **chicken** between plates. Spoon **mushroom and caper sauce** over top. Serve **kale salad** on the side. Garnish salad with **toasted sunflower seeds**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (362g)

Amount per serving

Calories 520

	% Daily Value*
Total Fat 37g	47%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 110mg	37%
Sodium 290mg	13%
Total Carbohydrate 12g	4%
Dietary Fiber 3g	11%
Total Sugars 4g	
Includes 1g Added Sugars	2%
Protein 39g	
Vitamin D 0mcg	0%
Calcium 106mg	8%
Iron 2mg	10%
Potassium 1015mg	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], **Capers** [capers, water, vinegar, salt], **Cremini Mushrooms, Garlic, Paprika & Herb Blend** (Granulated Garlic, Sweet Paprika, Italian Seasoning [basil, rosemary, marjoram, oregano, thyme], Dried Parsley, Onion Powder), **Lacinato Kale, Radishes, Sunflower Seeds** [sunflower kernels, sunflower oil], **Lemon Vegetable Broth** (Lemon Juice [lemon], Vegetable Broth [water, carrots, celery, onions, leeks, tomato puree (tomatoes, sea salt, citric acid), mushrooms, garlic, spices, sea salt]), **Seasoned Lemon Vinaigrette** (Lemon Juice [lemon], White Wine Vinegar [aged white wine vinegar], Sea Salt, Ground Cumin, Parsley, Basil, Agave [organic agave syrup], Olive Oil [olive oil], Granulated Garlic)

Allergen information:

Contains No Allergens

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.