

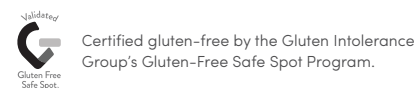
## CAJUN CHICKEN & CREAMY KALE WITH BACON

*sautéed squash & bell pepper, Creole Dijonnaise, pecans*

<b>COOK TIME</b>	<b>SERVINGS</b>	<b>CALORIES PER SERVING</b>	<b>NET CARBS PER SERVING</b>	<b>MENU</b>
30 MIN	2	970	13 GRAMS	KETO // GLUTEN-FREE

Get ready to take your taste buds to NOLA, because this dish is as exciting as a Mardi Gras celebration. Cajun-spiced chicken cutlets are seared and roasted until tender and juicy, then drizzled with Creole Dijonnaise. For a simple veggie side, yellow squash and green bell pepper are sautéed with a smoky mustard and basil blend, then combined with fresh diced tomatoes. Adding extra indulgence to this meal is creamy kale that includes bacon, sour cream, and butter (oh, yes!). For the garnish, sprinkle on the pecans like you're throwing confetti.

**COOKING FOR 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.

### INGREDIENTS (12 ITEMS)

1 whole	<b>Yellow squash</b>
1 unit	<b>Green bell pepper</b>
2 whole	<b>Roma tomatoes</b>
5¼ oz	<b>Green kale</b>
¼ oz	<b>Garlic</b>
4 oz	<b>Bacon*</b>
2 (5 oz)	<b>Chicken cutlets**</b>
1 tsp	<b>Cajun spice blend</b>
1¼ tsp	<b>Smoky mustard &amp; basil blend</b>
2 oz	<b>Sour cream</b> <span>M</span>
1¾ oz	<b>Creole Dijonnaise with avocado mayo</b> <span>E</span>
½ oz	<b>Pecans</b> <span>T</span>

### WHAT YOU'LL NEED

2 large sauté pans  
2 baking sheets  
medium bowl  
measuring spoons  
thermometer  
oven mitt  
cooking oil  
1 tbsp butter M  
salt & pepper

### ALLERGENS

M MILK E EGGS  
T TREE NUTS (pecans)

\*Bacon is fully cooked when internal temperature reaches 145 degrees.  
\*\*Chicken is fully cooked when internal temperature reaches 165 degrees.

Wash and dry fresh produce. Wash hands and surfaces after handling raw pork and poultry. Consuming raw or undercooked pork or 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 425 degrees.
- Trim ends from **yellow squash\***. Halve lengthwise. Lay flat and slice across into half-moons, about ½ inch thick.
- Medium dice **green bell pepper\*** into pieces, about ½ inch each.
- Medium dice **Roma tomatoes** into pieces, about ½ inch each.
- Remove and discard any thick center stems\*\* from **green kale\***. Roughly chop leaves into bite-size pieces.
- Mince **garlic**.

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

*\*\*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

**COOK BACON**

- Arrange **bacon** in a single layer on a lightly oiled, foil-lined baking sheet. Roast 10-15 minutes, on top rack, until crispy and cooked through.\*
- Transfer **bacon** to a paper-towel-lined plate and allow to cool.
- Transfer **bacon** to a cutting board. Roughly chop.

*\*Keep an eye on the bacon while it cooks to prevent it from burning.*

3

**SEASON & COOK CHICKEN**

- Pat **chicken cutlets** dry with paper towels. Place in a medium bowl. Season with **Cajun spice blend**, salt, and pepper. Drizzle with about 1½ tablespoons cooking oil. Turn to coat.
- Heat about 1½ tablespoons cooking oil in a large sauté pan over medium-high heat. Add **chicken** to hot pan. Sear about 2 minutes on each side.
- Transfer **chicken** to a second lightly oiled, foil-lined baking sheet. Roast 5-7 minutes, or until fully cooked.

4

**SAUTÉ VEGGIES**

- Heat about 1 tablespoon cooking oil in pan used for chicken over medium-high heat. Add **squash** and **bell pepper** to hot pan. Season with **smoky mustard and basil blend**, salt, and pepper. Cook 5-7 minutes, or until squash is fork-tender, stirring frequently.\*
- Remove from heat. Add **tomatoes**. Season with salt and pepper to taste. Stir to combine.

*\*If the pan seems dry while cooking, add another tablespoon cooking oil.*

5

**MAKE CREAMY KALE**

- Heat about 1½ tablespoons cooking oil in a second large sauté pan over medium-high heat. Add **kale**, **garlic**, and 2 tablespoons water to pan. Cook 2-3 minutes, or until kale is wilted, stirring occasionally.
- Transfer **bacon** to pan. Add **sour cream** and 1 tablespoon butter. Cook 1-2 minutes, or until sour cream is fully incorporated, stirring occasionally. Season with salt and pepper to taste. Remove from heat.

6

**PLATE YOUR DISH**

- Cut **chicken cutlets** into 5-7 slices each.
- Divide **Cajun chicken** between plates. Drizzle with **Creole Dijonnaise with avocado mayo** to taste. Serve **sautéed veggies** and **creamy kale with bacon** on the side. Garnish with **pecans**. Enjoy!



## Nutrition Facts

2 Servings per container

**Serving size** (632g)

**Amount per serving**

**Calories** 970

	% Daily Value*
<b>Total Fat</b> 78g	100%
Saturated Fat 16g	80%
Trans Fat 0g	
<b>Cholesterol</b> 195mg	65%
<b>Sodium</b> 550mg	24%
<b>Total Carbohydrate</b> 20g	7%
Dietary Fiber 7g	25%
Total Sugars 9g	
Includes 0g Added Sugars	0%
<b>Protein</b> 53g	
Vitamin D 0mcg	0%
Calcium 203mg	15%
Iron 3mg	15%
Potassium 1469mg	30%

\* 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], **Bacon**, **Green Kale**, **Sour Cream** [cultured cream], **Garlic**, **Roma Tomatoes**, **Bell Peppers**, **Yellow Squash**, **Pecans** [pecans, canola and/or peanut and/or sunflower oil], **Cajun Spice Blend** [paprika (color), spices (white pepper, black pepper, thyme, oregano, basil, red pepper), dehydrated onion, dehydrated garlic, and salt], **Smoky Mustard & Basil Blend** (Smoked Paprika, Sweet Paprika, Granulated Garlic, Dried Mustard, Dried Basil), **Creole Dijonnaise** (Granulated Garlic, Sweet Paprika, Smoked Paprika, Ground Cayenne Pepper, Ground Cumin, Celery Seeds, Dried Basil, Sea Salt, Avocado Oil Mayonnaise [avocado oil, organic eggs, organic egg yolks, organic vinegar, sea salt, organic rosemary extract], Dijon Mustard [water, organic mustard seeds, organic vinegar, salt, organic turmeric, organic spices], Apple Cider Vinegar [apple cider vinegar])

### Allergen information:

Contains Egg, Tree Nuts And 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.*