



**GREEN
CHEF**

CHICKEN WITH BASIL PISTOU

roasted red peppers, artichokes & fennel, rice with chard & dates

COOK TIME

30 MIN

SERVINGS

2

CALORIES PER SERVING

730

MENU

GLUTEN-FREE // MEDITERRANEAN

Pistou, a classic Provençal sauce similar to pesto, is made from fresh basil and garlic. In tonight's delectable dish, it lends its bright, herby flavors to juicy oven-roasted chicken. The cutlets are topped with a lightly caramelized jumble of roasted artichokes, red peppers, and fennel. Fluffy jasmine rice strewn with sautéed chard and sweet dates makes for a hearty side.

INGREDIENTS (8 ITEMS)

½ cup	Jasmine rice
1¼ oz	Artichoke hearts
1¾ oz	Fennel
2¾ oz	Green chard
¾ oz	Dates
2 (5 oz)	Chicken cutlets*
1 oz	Roasted red peppers
3 oz	Basil pistou

WHAT YOU'LL NEED

small pot with lid
medium oven-safe sauté pan
medium sauté pan
measuring cup & spoons
thermometer
oven mitt
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 COOK RICE

- Preheat oven to 400 degrees.
- Bring **jasmine rice**, 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. (You'll finish the rice in Step 5.)

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 **artichoke hearts**.
- Remove core from **fennel** with angled downward cuts; discard. Small dice into pieces, about ¼ inch each.
- Remove and discard any thick center stems from **green chard***. Roughly chop leaves into bite-size pieces.
- Small dice **dates** into pieces, about ¼ inch each.

*The ingredient you received may be a different color.

3 SEASON & SEAR CHICKEN

- Pat **chicken cutlets** dry with paper towels. Season with salt and pepper.
- Heat 1½ tablespoons cooking oil in a medium oven-safe sauté pan over medium-high heat. Add **chicken** to hot pan. Sear about 3 minutes.

4 ROAST CHICKEN & VEGGIES

- Flip **chicken**. Add **roasted red peppers**, **artichokes**, **fennel**, and about 2 tablespoons water to pan around **chicken**. Season **veggies** with salt and pepper.
- Transfer pan to oven. Roast 8-10 minutes, or until chicken is fully cooked.*

*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.

5 FINISH RICE

- Heat 1 tablespoon cooking oil in a medium sauté pan over medium heat. Add **chard** to hot pan. Season with salt and pepper. Cook 1-2 minutes, or until wilted, stirring occasionally. Remove from heat.
- Transfer **rice** to pan. Add **dates** and about 2 tablespoons of the **basil pistou**. Stir to combine.

6 PLATE YOUR DISH

- Cut **chicken cutlets** into 6-8 slices each.
- Divide **rice with chard and dates** between plates. Fan **chicken** over top. Drizzle with remaining **basil pistou**. Spoon **roasted veggies** over top. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (372g)

Amount per serving

Calories 730

	% Daily Value*
Total Fat 36g	46%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 110mg	37%
Sodium 760mg	33%
Total Carbohydrate 60g	22%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 3g Added Sugars	6%
Protein 40g	
Vitamin D 0mcg	0%
Calcium 72mg	6%
Iron 2mg	10%
Potassium 954mg	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], **Basil pistou** (Basil, Sunflower Seeds [sunflower seeds, hulled], Garlic, Yellow Onions, Puréed Ginger [ginger], Sunflower Oil [high oleic sunflower oil], Lemon Juice [lemon], Rice Wine Vinegar [rice vinegar diluted with water to 4.3% acidity], Agave [organic agave syrup], Sea Salt, Black Pepper), **Fennel**, **Artichoke Hearts** [hearts of artichokes, water, salt, citric acid], **Roasted Red Peppers** [bell pepper], **Jasmine Rice** [jasmine rice], **Dates** [organic dried pitted dates], **Green Chard**

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.