



GREEK CHICKEN SALAD WITH MINT OLIVE TAPENADE

garlic pita chips, feta cheese

COOK TIME
20 MIN

SERVINGS
2

CALORIES PER SERVING
630

MENU
MEDITERRANEAN // FAST & FIT

The star of tonight's Mediterranean-inspired meal? Mint olive tapenade! They may not be a classic duo, but once you try mint and Kalamata olives together, you'll be wondering why you'd never paired the sweet, cool herb with the salty brine bombs before. You'll finish your tapenade with feta and fresh tomato, then toss with crisp romaine lettuce and white balsamic vinegar for the base of your salad. On top, there's seared herby chicken, plus garlic pita chips for a satisfying crunch.

INGREDIENTS (10 ITEMS)

- 1 whole **Whole-wheat pita bread** W
- ½ tsp **Granulated garlic**
- 1 tsp **Lemon pepper & herb seasoning**
- 2 (5 oz) **Chicken cutlets***
- 1 whole **Roma tomato**
- ⅛ oz **Mint**
- ⅛ oz **Kalamata olives**
- 5¼ oz **Romaine lettuce**
- 2 oz **Feta cheese** M
- ¾ oz **White balsamic vinegar**



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: 620

WHAT YOU'LL NEED

- medium sauté pan
- baking sheet
- mixing bowls
- measuring spoons
- whisk
- thermometer
- oven mitt
- cooking & olive oils
- salt & pepper

ALLERGENS

- W WHEAT
- M MILK



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.

*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 for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

1 TOAST PITA

- Preheat oven to 425 degrees.
- Medium dice **whole-wheat pita bread** into pieces, about ½ inch each.
- Place **pita** in a medium bowl. Drizzle with 1 tablespoon olive oil. Season with **granulated garlic**, a pinch of **lemon pepper and herb seasoning**, and a pinch of salt.
- Spread **pita** out in a single layer on a lightly oiled, foil-lined baking sheet. (Reserve bowl.) Toast 5-7 minutes, or until lightly browned.

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 CHICKEN

- Pat **chicken cutlets** dry with paper towels. Season with remaining **lemon pepper and herb seasoning**, salt, and pepper.
- Heat 1 tablespoon 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.
- Transfer **chicken** to a cutting board. Let rest at least 3 minutes.

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

3 PREP

- Small dice **Roma tomato** into pieces, about ¼ inch each.
- De-stem **mint**; finely chop leaves.
- Roughly chop **Kalamata olives**.
- Halve **romaine lettuce** lengthwise. Lay flat and slice across into ribbons, about ¼ inch wide; discard root end.

4 MAKE TAPENADE

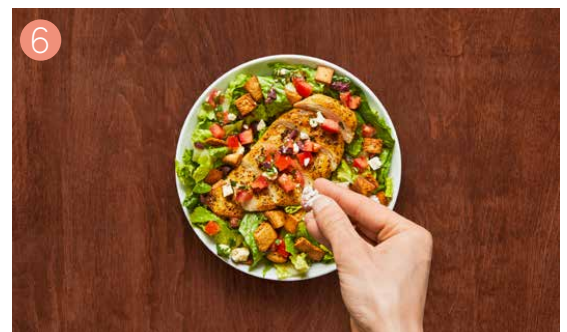
- Place **tomato, mint, olives**, and about half the **feta cheese** in bowl used for pita. Drizzle with 2 teaspoons olive oil. Lightly season with salt and pepper. Stir to combine.

5 MAKE SALAD

- Place **white balsamic vinegar** and 1 tablespoon olive oil in a large bowl. Whisk until combined. Lightly season with salt and pepper to taste.
- Add **lettuce** and about half the **tapenade**. Toss to combine.

6 PLATE YOUR DISH

- Cut **chicken cutlets** into 5-7 slices each.
- Divide **salad** between bowls. Top with **chicken**. Spoon remaining **mint olive tapenade** over chicken. Garnish with **garlic pita chips** and remaining **feta cheese**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (370g)

Amount per serving

Calories **630**

	% Daily Value*
Total Fat 37g	47%
Saturated Fat 8g	40%
Trans Fat 0g	
Cholesterol 135mg	45%
Sodium 790mg	34%
Total Carbohydrate 28g	10%
Dietary Fiber 5g	18%
Total Sugars 6g	
Includes 1g Added Sugars	2%
Protein 43g	
Vitamin D 0mcg	0%
Calcium 190mg	15%
Iron 2mg	10%
Potassium 876mg	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], **Lemon Pepper & Herb Seasoning** (Granulated Garlic, Lemon-Pepper Herb Blend [lemon peel, black pepper, garlic, onion], Dried Oregano, Dried Parsley, Ground Cumin, Sea Salt), **Romaine Lettuce**, **Mint**, **Roma Tomatoes**, **Feta Cheese** [pasteurized milk, cheese cultures, salt, enzymes, anti-caking agent (potato starch, powdered cellulose, natamycin)], **Kalamata Olives** [kalamata olives, water, red wine vinegar, sea salt], **Whole-Wheat Pita Breads** [stoneground whole wheat flour, water, sugar, yeast, wheat gluten, contains 2% or less of: salt, wheat starch, maltodextrin, microcrystalline cellulose, dough conditioner (bromelain), calcium propionate], **Granulated Garlic**, **White Balsamic Vinegar** [aged white wine vinegar and must of white grapes]

Allergen information:

Contains Wheat 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.