



**GREEN
CHEF**

CHEESY ARTICHOKE CHICKEN SANDWICHES

kale salad with basil pistou, sunflower seeds & dates

COOK TIME

25 MIN

SERVINGS

2

CALORIES PER SERVING

880

MENU

MEDITERRANEAN

Sandwiches often get relegated to the lunch category, but this one is sure to make you rethink that designation. Buttered ciabattas are toasted, slathered with a cheesy artichoke topping, then returned to the oven to melt everything together. Then, the cheesy artichoke bread is stacked with seared chicken cutlets and basil pistou. On the side, there's a kale salad with sweet dates and sunflower seeds for a light crunch. Lunch or dinner, these sandwiches are sure to satisfy.

INGREDIENTS (9 ITEMS)

2¾ oz **Green kale**
¾ oz **Dates**
1¼ oz **Artichoke hearts**
1¾ oz **Basil pistou**
½ oz **Sunflower seeds**
1 oz **Cream cheese** M
1 oz **Parmesan cheese** M
2 whole **Ciabatta breads** W
2 (5 oz) **Chicken cutlets***



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: 870

WHAT YOU'LL NEED

medium sauté pan
baking sheet
mixing bowls
measuring spoons
thermometer
oven mitt
cooking & olive oils
1 tbsp butter M
salt & pepper

ALLERGENS

M MILK

W WHEAT



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](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.
- Remove and discard any thick center stems* from **green kale****. Roughly chop leaves into bite-size pieces.
- Small dice **dates** into pieces, about ¼ inch each.
- Roughly chop **artichoke hearts**.

**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!).*

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

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 MAKE SALAD

- Place **kale** in a large bowl. Drizzle with most of the **basil pistou** (reserve about 2 teaspoons for Step 7) and 1 teaspoon olive oil. Lightly season with salt. Massage until leaves soften.
- Add **sunflower seeds** and **dates** to bowl with **kale**. Toss to combine.

3 MAKE ARTICHOKE TOPPING

- Place **artichokes**, **cream cheese**, and **Parmesan cheese** in a small bowl. Drizzle with 2 teaspoons olive oil. Lightly season with salt and pepper. Stir to combine.

4 START BREAD

- Halve **ciabatta breads** horizontally. Place **bread**, cut sides up, on a foil-lined baking sheet. Spread cut sides with 1 tablespoon butter.
- Toast 3–4 minutes, or until lightly browned. (You'll finish the bread in Step 6.)

5 COOK CHICKEN

- Pat **chicken cutlets** dry with paper towels. Season with salt and pepper.
- Heat 1½ tablespoons cooking oil in a medium sauté pan over medium-high heat. Add **chicken** to hot pan. Cook 3–5 minutes on each side, or until fully cooked.
- Transfer **chicken** to a cutting board.

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

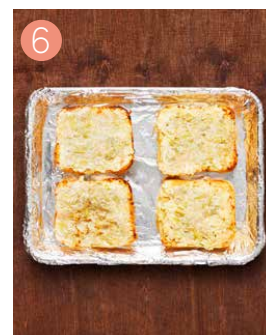
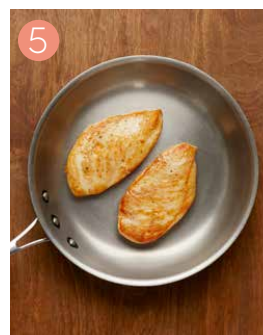
6 FINISH BREAD

- Spread **artichoke topping** over cut sides of toasted **bread**. (**Careful! Baking sheet is hot!**) Toast 3–4 minutes, or until topping is warmed through.

7 PLATE YOUR DISH

- Divide **bottom cheesy artichoke buns** between plates. Top with **chicken***, reserved **basil pistou**, and **top buns**. Serve **kale salad** on the side. Enjoy!

**You may need to slice the chicken horizontally to better fit your sandwich.*



Nutrition Facts

2 Servings per container

Serving size (384g)

Amount per serving

Calories 880

	% Daily Value*
Total Fat 48g	62%
Saturated Fat 12g	60%
Trans Fat 0g	
Cholesterol 145mg	48%
Sodium 810mg	35%
Total Carbohydrate 54g	20%
Dietary Fiber 5g	18%
Total Sugars 12g	
Includes 2g Added Sugars	4%
Protein 50g	
Vitamin D 0mcg	0%
Calcium 274mg	20%
Iron 4mg	20%
Potassium 853mg	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], **Ciabatta Bread** [unbleached, unbromated, enriched flour (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), water, olive oil, salt, cultured wheat flour, dough conditioner (wheat flour and enzymes), yeast, barley flour], **Artichoke Hearts** [hearts of artichokes, water, salt, citric acid], **Cream Cheese** [cultured pasteurized skim milk and cream, whey protein, milk proteins, less than 2% salt, inulin (natural dietary fiber), natural acids, xanthan, locust bean and guar gums, potassium sorbate (maintains freshness)], **Parmesan Cheese** [pasteurized milk, cheese cultures, salt, enzymes, anti caking agent (potato starch powdered cellulose, natamycin)], **Green Kale**, **Dates** [organic dried pitted dates], **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), **Sunflower Seeds** [sunflower kernels, sunflower oil]

Allergen information:

Contains Milk And Wheat

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.

