



**GREEN
CHEF**

CHICKEN WITH ROASTED RED PEPPER SAUCE

garlic kale rice, almonds, feta cheese

COOK TIME

25 MIN

SERVINGS

2

CALORIES PER SERVING

650

MENU

GLUTEN-FREE // MEDITERRANEAN
// FAST & FIT

The roasted red pepper sauce in tonight's gluten-free meal is tasty on just about anything—tonight, it's the ideal complement to smoky spiced chicken. Alongside the chicken, enjoy a garlicky kale rice with scallion and dried sweet currants. A sprinkle of crunchy almonds and salty feta tops off the dish. Psst—we recommend scooping up the tangy sweet sauce with your rice for even more oomph.

INGREDIENTS (11 ITEMS)

½ cup **Jasmine rice**
2¾ oz **Green kale**
1 whole **Scallion**
¼ oz **Garlic**
½ oz **Roasted almonds** ^T
2 (5 oz) **Chicken cutlets***
1 tsp **Chorizo-style seasoning**
2¼ oz **Roasted red peppers**
1½ oz **Paprika-turmeric tomato sauce**
2 oz **Feta cheese** ^M
½ oz **Currants**

WHAT YOU'LL NEED

small pot with lid
medium & large sauté pans
baking sheet
measuring cup & spoons
thermometer
oven mitt
cooking oil
1 tbsp butter ^M
salt & pepper

ALLERGENS

^T TREE NUTS (almonds)
^M MILK



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. Fluff with a fork. (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

- Remove and discard any thick center stems* from **green kale****. Roughly chop leaves into bite-size pieces.
- Trim and thinly slice **scallion**.
- Mince **garlic**.
- Roughly chop **roasted almonds**.

*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.

3 COOK CHICKEN

- Pat **chicken cutlets** dry with paper towels. Season with **chorizo style-seasoning**, salt, and pepper.
- Heat ½ tablespoon 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 lightly oiled, foil-lined baking sheet. (Reserve pan.) Roast 5-7 minutes, or until fully cooked.

4 MAKE SAUCE

- Heat a medium sauté pan over medium-low heat. Add **roasted red peppers**, **paprika-turmeric tomato sauce**, and about 1 tablespoon water. Cook 1-2 minutes, or until peppers are warmed through, stirring occasionally.
- Add 1 tablespoon butter. Stir until butter has melted. Remove from heat.
- Add about half the **feta cheese**. Stir to combine. Season with salt and pepper to taste.

5 FINISH RICE

- Heat ½ tablespoon cooking oil in pan used for chicken over medium heat. Add **kale**, **scallion**, **garlic**, **currants**, and about 2 tablespoons water to hot pan. Season with salt and pepper. Cook 1-2 minutes, or until kale is slightly wilted, stirring occasionally.
- Transfer **rice** to pan. Stir to combine. Season with salt and pepper to taste.

6 PLATE YOUR DISH

- Cut **chicken cutlets** into 5-7 slices each.
- Divide **garlic kale rice** between plates. Top with **chicken**. Spoon **roasted red pepper sauce** over top. Garnish with **almonds** and remaining **feta**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (349g)

Amount per serving

Calories 650

	% Daily Value*
Total Fat 26g	33%
Saturated Fat 10g	50%
Trans Fat 0g	
Cholesterol 150mg	50%
Sodium 500mg	22%
Total Carbohydrate 58g	21%
Dietary Fiber 4g	14%
Total Sugars 9g	
Includes 0g Added Sugars	0%
Protein 45g	
Vitamin D 0mcg	0%
Calcium 231mg	20%
Iron 1mg	6%
Potassium 935mg	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], **Roasted Red Peppers** [bell pepper], **Green Kale**, **Garlic**, **Dried Currants** [raisins], **Feta Cheese** [pasteurized milk, cheese cultures, salt, enzymes, anti-caking agent (potato starch, powdered cellulose, natamycin)], **Almonds** [almonds], **Jasmine Rice** [jasmine rice], **Scallions**, **Paprika-Turmeric Tomato Sauce** (Red Wine Vinegar [aged red wine vinegar], Diced Tomatoes [organic tomatoes, organic tomato juice, sea salt, calcium chloride, citric acid], Cinnamon, Sweet Paprika, Turmeric, Ground Cumin, Ground Coriander, Sea Salt, Tomato Paste [vine ripened organic tomatoes], Granulated Garlic, Smoked Paprika, Ascorbic Acid [ascorbic acid]), **Chorizo-Style Seasoning** (Granulated Garlic, Ground Cumin, Cinnamon, Ground Coriander, Crushed Red Pepper Flakes, Sweet Paprika, Smoked Paprika, Ground Fennel)

Allergen information:
Contains 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.