



CHICKEN IN CAJUN-SPICED TOMATO SAUCE

bell pepper, cheesy cauliflower "grits," green beans with pecans

COOK TIME 30 MIN	SERVINGS 2	CALORIES PER SERVING 710	NET CARBS PER SERVING 15 GRAMS	MENU KETO // GLUTEN-FREE
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Inspired by *étouffé*, the saucy, deeply savory Cajun and Creole dish, this satisfying chicken stew gets rich flavor from a base of sautéed aromatics and blackening spices. Our cheesy cauliflower "grits," featuring sharp cheddar and cream cheese, make for an ultra-luxurious side with even more Southern flair. Green beans with pecans add a nice touch of crunch on the side. For a kick, make sure to pull some hot sauce out of your pantry and top the chicken with a drizzle for added heat.

INGREDIENTS (12 ITEMS)

- 1 unit **Green bell pepper**
- 1¼ oz **Celery**
- 1 whole **Scallion**
- 6 oz **Green beans**
- 10 oz **Chicken strips***
- 1½ oz **Tomato paste**
- 1 tsp **Blackening spices**
- ¾ tsp **Tapioca flour**
- ½ oz **Pecans** T
- 6½ oz **Cauliflower "grits"**
- 1 oz **Sharp cheddar cheese** M
- 1 oz **Cream cheese** M

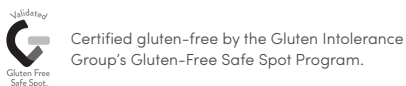
WHAT YOU'LL NEED

- medium pot with lid
- 2 medium sauté pans
- measuring cup & spoons
- thermometer
- cooking oil
- 1 tbsp butter M
- salt & pepper

ALLERGENS

- T TREE NUTS (pecans)
- M MILK

COOKING TIP 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.

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

1 PREP

- Medium dice **green bell pepper*** into pieces, about ½ inch each.
- Slice **celery** across into pieces, about ¼ inch each.
- Trim and thinly slice **scallions**, separating whites from greens.
- Trim stem ends off **green beans**. Cut into pieces, about 1 inch long.

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

4 COOKING FOR

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 VEGGIES

- Heat about 1½ tablespoons cooking oil in a medium pot over medium-high heat. Add **bell pepper** and **celery** to hot pot. Season with salt and pepper. Cook 3-5 minutes, or until veggies begin to soften, stirring occasionally.

3 SIMMER CHICKEN

- Add **chicken strips** and **scallion whites** to pot with **veggies**. Cook 4-6 minutes, or until chicken is fully cooked, stirring occasionally.
- Add **tomato paste** and **blackening spices**. Cook 1-2 minutes, or until fully coated, stirring frequently.
- Add **tapioca flour**, ½ cup water, and ¼ teaspoon salt. Reduce heat to medium low. Simmer 3-4 minutes, or until slightly thickened, stirring occasionally. Season with salt and pepper to taste. Remove from heat and cover with lid.

4 SAUTÉ GREEN BEANS

- Heat about 1½ tablespoons cooking oil in a medium sauté pan over medium-high heat. Add **green beans** to hot pan. Season with salt and pepper. Cook 4-5 minutes, or until tender, stirring occasionally.
- Add **pecans** and 1 tablespoon butter. Stir until butter has melted. Remove from heat.

5 START CAULIFLOWER "GRITS"

- Heat about 1½ tablespoons cooking oil in a second medium sauté pan over medium heat. Add **cauliflower "grits"** and **scallion greens** to hot pan. Season with about ¼ teaspoon salt and a pinch of pepper. Cook 2-3 minutes, or until cauliflower begins to soften, stirring occasionally.
- Add about ½ cup water. Cook 3-4 minutes, or until cauliflower is tender and liquid has cooked off, stirring occasionally. Remove from heat.

6 FINISH CAULIFLOWER "GRITS"

- Add **sharp cheddar cheese** and **cream cheese** to pan with **cauliflower**. Stir until cheddar cheese melts and cream cheese is incorporated. Season with salt and pepper to taste.*

**Taste the cauliflower after seasoning and adjust as needed. Adding salt and pepper throughout the cooking process is key to a delicious dish.*

7 PLATE YOUR DISH

- Divide **cheesy cauliflower "grits"** between plates. Serve **chicken in Cajun-spiced tomato sauce*** and **green beans with pecans** on the side. Enjoy!

**For a spicy finish, drizzle chicken with hot sauce from your pantry.*



Nutrition Facts

2 Servings per container

Serving size (459g)

Amount per serving

Calories **710**

	% Daily Value*
Total Fat 52g	67%
Saturated Fat 13g	65%
Trans Fat 0g	
Cholesterol 140mg	47%
Sodium 860mg	37%
Total Carbohydrate 22g	8%
Dietary Fiber 7g	25%
Total Sugars 10g	
Includes 0g Added Sugars	0%
Protein 43g	
Vitamin D 0mcg	0%
Calcium 239mg	20%
Iron 3mg	15%
Potassium 1386mg	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 Strips [chicken], **Celery**, **Scallions**, **Bell Peppers**, **Tomato Paste** [tomato paste, citric acid], **Sharp Cheddar Cheese** [part-skim milk, cheese cultures, salt, enzymes, annatto, anti caking agent (potato starch powdered cellulose, natamycin)], **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)], **Tapioca Flour** [organic cassava or manioc root], **Cauliflower**, **Green Beans**, **Pecans** [pecans, canola and/or peanut and/or sunflower oil], **Blackening Spices** [paprika (color), dehydrated onion, spices (black pepper, white pepper, red pepper, thyme, oregano), dehydrated garlic, and salt]

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.