



**GREEN
CHEF**

SPICY CHICKEN & BROCCOLI STIR-FRY

bell pepper, cashews, ginger-lime aioli

COOK TIME

20 MIN

SERVINGS

2

CALORIES PER SERVING

570

NET CARBS PER SERVING

9 GRAMS

MENU

KETO // PALEO // GLUTEN-FREE
// FAST & FIT

This 20-minute dish showcases what a great stir-fry can and should be: quick, uncomplicated, and super satisfying. First, chili-and-ginger-spiced chicken cutlets are seared to juicy perfection. While the chicken rests, you'll sauté broccoli, bell pepper, and cabbage with more of the chili and ginger spice blend. Finally, the veggies are tossed with cashews, topped with the seared chicken, and drizzled with spicy, citrusy aioli. If you're craving even more spice, a drizzle of chili sauce or a sprinkle of red pepper flakes will add major heat.



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.

INGREDIENTS (7 ITEMS)

6 oz **Broccoli**
1 unit **Red bell pepper**
2¾ oz **Cabbage**
½ oz **Roasted cashews** **T**
2 (5 oz) **Chicken cutlets***
1 tsp **Chili & ginger spice rub**
1¾ oz **Spicy ginger-lime aioli** **E**



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: 560 Net Carbs: 9 grams

WHAT YOU'LL NEED

2 large sauté pans
measuring spoons
thermometer
cooking oil
salt & pepper

ALLERGENS

T TREE NUTS (cashews)

E EGGS

*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

- Cut **broccoli** into bite-size pieces if necessary.
- Cut **red bell pepper*** lengthwise into strips, about ¼ inch thick. Halve strips widthwise.
- Roughly chop **cabbage*** if necessary.
- Roughly chop **roasted cashews** if necessary.

*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

SEASON & COOK CHICKEN

- Pat **chicken cutlets** dry with paper towels. Season with salt and about half the **chili and ginger spice rub**.
- Heat 1½ tablespoons cooking oil in a large 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.

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

3

STIR-FRY VEGGIES

- Heat 2 tablespoons cooking oil in a second large sauté pan over medium heat. Add **broccoli** and **bell pepper** to hot pan. Season with remaining **chili and ginger spice rub** and ¼ teaspoon salt. Cook 3–4 minutes, or until just tender, stirring occasionally.
- Add **cabbage**. Cook 3–4 minutes, or until broccoli is fork-tender, stirring occasionally.
- Add **cashews**. Stir to combine. Season with salt and pepper to taste.

4

SLICE CHICKEN

- Cut **chicken cutlets** into 5–7 slices each.

5

PLATE YOUR DISH

- Divide **veggie stir-fry** between bowls. Fan **chicken** over top. Drizzle with **spicy ginger-lime aioli** to taste. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (379g)

Amount per serving

Calories 570

	% Daily Value*
Total Fat 42g	54%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 125mg	42%
Sodium 850mg	37%
Total Carbohydrate 13g	5%
Dietary Fiber 4g	14%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 39g	
Vitamin D 0mcg	0%
Calcium 75mg	6%
Iron 2mg	10%
Potassium 1008mg	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], **Cashews** [cashews, canola and/or peanut and/or sunflower oil], **Broccoli, Bell Peppers, Green Cabbage, Spicy Ginger-Lime Aioli** (Avocado Oil Mayonnaise [avocado oil, organic eggs, organic egg yolks, organic vinegar, sea salt, organic rosemary extract], Hot Sauce [water, organic red bell peppers, organic onions, organic tomatoes (organic tomato puree [water, organic tomato paste], citric acid), organic white wine vinegar, sea salt, organic garlic powder, organic cayenne, xanthan gum], Lime Juice [lime], Puréed Ginger [ginger], Garlic), **Chili & Ginger Spice Rub** (Dried Ginger, Chili Powder [chili pepper, paprika, oregano, cumin, garlic, salt, spices], Sea Salt, Black Pepper)

Allergen information:

Contains Egg And Tree Nuts

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.