



# SMOKY HARISSA CHICKEN OVER SALAD

*toasted turmeric almonds, cardamom-spiced Greek yogurt, mint*

<b>COOK TIME</b>	<b>SERVINGS</b>	<b>CALORIES PER SERVING</b>	<b>NET CARBS PER SERVING</b>	<b>MENU</b>
20 MIN	2	550	11 GRAMS	KETO // GLUTEN-FREE

This salad is filled with the earthy, rich flavors of turmeric, cardamom, and harissa. Chicken strips are spiced with our smoky harissa and ginger blend, while fresh, crisp romaine lettuce and cabbage are tossed with grape tomatoes and salty feta cheese to form the base of the salad. Mint and a cardamom-spiced Greek yogurt add cooling, refreshing flavor. To top things off, toasted turmeric almonds deliver a dose of sunny crunch.

## INGREDIENTS (10 ITEMS)

5¼ oz	<b>Romaine lettuce</b>
⅛ oz	<b>Mint</b>
1¾ oz	<b>Cabbage</b>
4 oz	<b>Grape tomatoes</b>
½ oz	<b>Sliced almonds</b> <span>T</span>
¼ tsp	<b>Turmeric</b>
10 oz	<b>Chicken strips*</b>
1 tsp	<b>Smoky harissa &amp; ginger blend</b>
2 oz	<b>Feta cheese</b> <span>M</span>
1¾ oz	<b>Cardamom-spiced Greek yogurt</b> <span>M</span>

## WHAT YOU'LL NEED

large sauté pan  
mixing bowls  
measuring spoons  
thermometer  
cooking & olive oils  
1 tbsp butter M  
salt & pepper

## ALLERGENS

T TREE NUTS (almonds)  
M MILK

**COOKING FOR 4** If you ordered the 4-serving version of this meal, refer to the guidelines in Step 1.

**Validate**  
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.

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## PREP

- Halve **romaine lettuce** lengthwise. Lay flat and slice across into ribbons, about ½ inch wide; discard root end.
- De-stem **mint**; roughly chop leaves.
- Roughly chop **cabbage\*** if necessary.
- Halve **grape tomatoes**. Place in a small bowl. Drizzle with about 1 tablespoon olive oil. Season lightly with salt and pepper. Toss to combine.

*\*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

## TOAST ALMONDS

- Heat 1 tablespoon butter in a large sauté pan over medium heat. Add **sliced almonds** and **turmeric** to pan. Toast 1-2 minutes, or until fragrant, shaking pan frequently. Season lightly with salt.
- Transfer **almonds** to a plate. (Carefully wipe out pan.)

3

## PREP & COOK CHICKEN

- Pat **chicken strips** dry with paper towels. Cut any larger strips in half lengthwise.
- Heat about 1½ tablespoons cooking oil in pan used for almonds over medium heat. Add **chicken** to hot pan. Season with **smoky harissa and ginger blend**, salt, and pepper. Cook 4-6 minutes, or until fully cooked, stirring occasionally.

4

## MAKE SALAD

- Place **romaine**, **mint**, **cabbage**, about half the **grape tomatoes**, and about half the **feta cheese** in a large bowl. Drizzle with **cardamom-spiced Greek yogurt**. Toss to combine. Season with salt and pepper to taste.

5

## PLATE YOUR DISH

- Divide **salad** between plates. Top with **smoky harissa chicken** and remaining **tomatoes**. Garnish with remaining **feta** and **toasted turmeric almonds**. Enjoy!



## Nutrition Facts

2 Servings per container

**Serving size** (395g)

**Amount per serving**

**Calories** 550

	% Daily Value*
<b>Total Fat</b> 38g	49%
Saturated Fat 12g	60%
Trans Fat 0g	
<b>Cholesterol</b> 150mg	50%
<b>Sodium</b> 490mg	21%
<b>Total Carbohydrate</b> 15g	5%
Dietary Fiber 4g	14%
Total Sugars 4g	
Includes 0g Added Sugars	0%
<b>Protein</b> 41g	
Vitamin D 0mcg	0%
Calcium 226mg	15%
Iron 3mg	15%
Potassium 840mg	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 Strips** [chicken], **Smoky Harissa & Ginger Blend** (Harissa Seasoning [caraway, cumin, coriander, black pepper, fennel, red pepper, cinnamon, ginger, peppermint, chili pepper, smoked paprika (color & flavor), dehydrated garlic, organic lemon peel], Dried Ginger, Smoked Paprika), **Romaine Lettuce**, **Grape Tomatoes**, **Feta Cheese** [pasteurized milk, cheese cultures, salt, enzymes, anti-caking agent (potato starch, powdered cellulose, natamycin)], **Red Cabbage**, **Mint**, **Almonds** [almonds], **Turmeric**, **Cardamom Greek Yogurt** (Greek Yogurt [pasteurized organic whole milk, organic sweet cream buttermilk, living yogurt cultures: L. acidophilous, L. bulgaricus, S. thermophilus, and Bifidobacterium lactis], Ground Cardamom, Ground Cayenne Pepper, Granulated Garlic, Sea Salt, Black Pepper, Lemon Juice [lemon])

### Allergen information:

Contains Milk 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.*