



**GREEN
CHEF**

SPICED CHICKEN & COCONUT CAULIFLOWER "RICE"

rainbow carrot & cabbage slaw, spicy ginger-lime aioli

COOK TIME

25 MIN

SERVINGS

2

CALORIES PER SERVING

610

NET CARBS PER SERVING

17 GRAMS

MENU

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

Picture yourself on the beach—now grab your fork. The flavors in this dish will make you think of sun and sea, starting with chicken cutlets seasoned with our Caribbean-style spice blend (think thyme, nutmeg, and cloves) and drizzled in a spicy ginger-lime aioli. The chicken is accompanied by two bright sides: a rainbow slaw with lime juice, coconut aminos, and olive oil dressing, and cauliflower "rice" with coconut and cashews. Squeeze lime wedges all over the dish for bright flavor.

INGREDIENTS (9 ITEMS)

1 whole **Lime**
1¾ oz & 3½ oz **Rainbow carrots & cabbage**
½ oz **Roasted cashews** T
¾ oz **Coconut aminos** T
2 (5 oz) **Chicken cutlets***
1 tsp **Caribbean-style spices**
6½ oz **Cauliflower "rice"**
¼ oz **Shredded coconut** T
1½ 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: 610 Net Carbs: 17 grams

WHAT YOU'LL NEED

medium & large sauté pans
mixing bowls
measuring spoons
whisk
microplane
thermometer
cooking & olive oils
salt & pepper

ALLERGENS

T TREE NUTS (cashews, coconut)
E EGGS



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°.

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

- Zest **lime** with a microplane (or on small holes of a box grater) over a small bowl. Quarter **lime**.
- Roughly chop **rainbow carrots and cabbage*** 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 TOAST CASHEWS

- Place **roasted cashews** in a dry, medium sauté pan over medium heat. Toast 2-3 minutes, or until fragrant, shaking pan frequently.
- Transfer **cashews** to a cutting board and allow to cool. (Reserve pan.) Roughly chop.

3 MAKE SLAW

- Whisk together **coconut aminos**, juice from 1-2 **lime wedges**, and 1 teaspoon olive oil in a medium bowl. Season with salt and pepper to taste.
- Add **rainbow carrots and cabbage**. Toss to combine. Season with salt and pepper to taste.

4 SEASON & COOK CHICKEN

- Pat **chicken cutlets** dry with paper towels. Season with **Caribbean-style spices**, salt, and pepper.
- Heat 1½ tablespoons cooking oil in pan used for cashews 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.

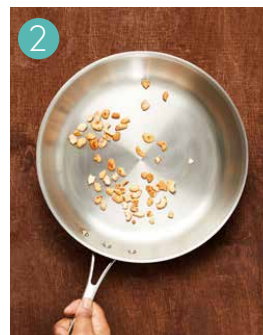
🔄 Swap in **organic chicken cutlets** for chicken cutlets.

5 COOK CAULIFLOWER "RICE"

- Heat 1½ tablespoons cooking oil in a large sauté pan over medium-high heat. Add **cauliflower "rice"** to hot pan. Season with ¼ teaspoon salt. Cook 4-5 minutes, or until tender, stirring occasionally.
- Remove from heat. Add **toasted cashews**, **shredded coconut**, and **lime zest**. Stir to combine.

6 PLATE YOUR DISH

- Cut **chicken cutlets** into 5-7 slices each.
- Divide **coconut cauliflower "rice"** between plates. Top with **chicken**. Drizzle with **spicy ginger-lime aioli**. Pile **rainbow carrot and cabbage slaw** on the side. Serve with **remaining lime wedges**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (426g)

Amount per serving

Calories **610**

	% Daily Value*
Total Fat 43g	55%
Saturated Fat 9g	45%
Trans Fat 0g	
Cholesterol 120mg	40%
Sodium 810mg	35%
Total Carbohydrate 23g	8%
Dietary Fiber 6g	21%
Total Sugars 10g	
Includes 0g Added Sugars	0%
Protein 39g	
Vitamin D 0mcg	0%
Calcium 88mg	6%
Iron 2mg	10%
Potassium 1117mg	25%

* 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], **Caribbean-Style Spices** (Granulated Garlic, Nutmeg, Allspice [pimento], Dried Thyme, Ground Cloves, Black Pepper, Cinnamon, Ground Cayenne Pepper), **Cauliflower**, **Shredded Coconut** [coconuts], **Lime**, **Coconut Aminos** [organic coconut nectar, organic pure coconut blossom sap, natural unrefined sea salt], **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), **Green Cabbage**, **Red Cabbage**, **Rainbow Carrots**, **Cashews** [cashews, canola and/or peanut and/or sunflower oil]

Allergen information:

Contains Tree Nuts And Egg

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.

