



**GREEN
CHEF**

MEDITERRANEAN CHICKEN WITH OLIVE TAPENADE

kale salad with almonds & dates, oregano lemon dressing

COOK TIME

30 MIN

SERVINGS

2

CALORIES PER SERVING

560

NET CARBS PER SERVING

17 GRAMS

MENU

KETO // GLUTEN-FREE // MEDITERRANEAN

The flavors in tonight's dinner will transport you to Greece via Provence. Oregano-spiced chicken breasts are pan roasted until juicy and tender, then topped with a briny tapenade (think green olives, tomato, and feta). Served alongside is a kale salad with sweet pops of dates and crunchy sliced almonds. The lemon-Dijon vinaigrette also gets a pinch of oregano, harmonizing the entire meal.

INGREDIENTS (11 ITEMS)

1 whole	Red onion
¼ oz	Garlic
2¾ oz	Lacinato kale
¾ oz	Dates
1 whole	Roma tomato
¾ oz	Green olives
2 (5 oz)	Chicken cutlets*
1¼ tbsp	Dried oregano
1 oz	Lemon-Dijon vinaigrette with olive oil
½ oz	Sliced almonds <small>T</small>
2 oz	Feta cheese <small>M</small>

WHAT YOU'LL NEED

large oven-safe sauté pan
mixing bowls
measuring spoons
whisk
thermometer
oven mitt
cooking oil
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 PREP

- Preheat oven to 400 degrees.
- Cut ends off **red onion** and discard peel. Halve lengthwise; save one half for another use. Small dice remaining half into pieces, about ¼ inch each.
- Mince **garlic**.
- Remove and discard any thick center stems from **lacinato kale***. Roughly chop leaves into bite-size pieces.
- Cut **dates** widthwise into slices, about ¼ inch thick.
- Small dice **Roma tomato** into pieces, about ¼ inch each.
- Roughly chop **green olives**.

**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!).*

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 & SEAR CHICKEN

- Pat **chicken cutlets** dry with paper towels. Season both sides with salt, pepper, and about 1 tablespoon **dried oregano**.
- Heat 1½ tablespoons cooking oil in a large oven-safe sauté pan over medium heat. Add **chicken** to hot pan. Sear about 3 minutes on one side.

3 ROAST CHICKEN

- Flip **chicken**. Add **onion** and **garlic** to pan around chicken. Season **onion** and **garlic** with salt and a pinch of pepper.
- Transfer pan to oven. Roast 5–7 minutes, or until chicken is fully cooked and onion is tender.*

**To keep your hands safe, slide a silicone cover (or pot holder) over the handle of the hot pan once it comes out of the oven.*

4 MAKE SALAD

- Place **lemon-Dijon vinaigrette with olive oil** and a pinch of remaining **oregano** in a small bowl. Whisk to combine.
- Place **lacinato kale** in a medium bowl. Drizzle with **oregano lemon dressing**. Lightly season with salt. Massage until leaves soften.
- Add **sliced almonds** and **dates**. Toss to combine. Season with salt and pepper to taste.

5 MAKE TAPENADE

- Place **tomato**, **olives**, and **feta cheese** in a second small bowl. Stir to combine. Season with salt and pepper to taste.*

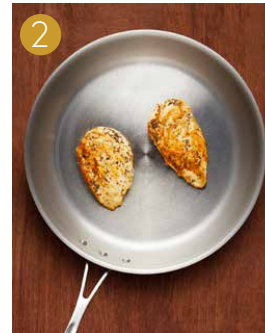
**The feta cheese is salty; season accordingly.*

6 FINISH CHICKEN

- Carefully spoon **tapenade** over **chicken**. Return to oven for 1–2 minutes, or until olives and tomato are heated through.

7 PLATE YOUR DISH

- Divide **Mediterranean chicken with olive tapenade** between plates. Spoon any remaining **tapenade** and **roasted veggies** from pan over top. Serve **kale salad** on the side. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (346g)

Amount per serving

Calories **560**

	% Daily Value*
Total Fat 34g	44%
Saturated Fat 8g	40%
Trans Fat 0g	
Cholesterol 135mg	45%
Sodium 610mg	27%
Total Carbohydrate 22g	8%
Dietary Fiber 5g	18%
Total Sugars 11g	
Includes 0g Added Sugars	0%
Protein 42g	
Vitamin D 0mcg	0%
Calcium 260mg	20%
Iron 2mg	10%
Potassium 954mg	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], **Garlic**, **Red Onion**, **Roma Tomatoes**, **Green Olives** [organic green olives, water, sea salt, citric acid], **Feta Cheese** [pasteurized milk, cheese cultures, salt, enzymes, anti-caking agent (potato starch, powdered cellulose, natamycin)], **Lacinato Kale**, **Almonds** [almonds], **Dates** [organic dried pitted dates], **Dried Oregano**, **Lemon-Dijon Vinaigrette** (Lemon Juice [lemon], White Balsamic Vinegar [aged white wine vinegar and must of white grapes], Dijon Mustard [water, organic mustard seeds, organic vinegar, salt, organic turmeric, organic spices], Sea Salt, Black Pepper, Olive Oil [olive oil])

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.