

## WALNUT-CRUSTED CHICKEN & HONEY THYME SAUCE

*creamy kale with bacon, smoky roasted carrots*

### COOK TIME

35 MIN

### SERVINGS

2

### CALORIES PER SERVING

780

### MENU

GLUTEN-FREE

Sweet and savory are a winning combo, and every part of this dish shows why. Tangy Dijon mustard, earthy walnuts, and our smoky paprika and onion blend add rich flavor and crunch to chicken. The cutlets are drizzled at the end with a sweet-and-savory sauce made from honey, fresh thyme, and rich vegetable stock. To round out the meal, smoky roasted carrots and creamy kale with bacon complement the chicken with style.



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 (12 ITEMS)

3 whole	<b>Carrots</b>
¾ tsp	<b>Smoky paprika &amp; onion blend</b>
1 oz	<b>Walnuts</b> <small>T</small>
2 (5 oz)	<b>Chicken cutlets*</b>
¼ oz	<b>Dijon mustard</b>
4 oz	<b>Green kale</b>
¼ oz	<b>Garlic</b>
⅛ oz	<b>Thyme</b>
4 oz	<b>Bacon**</b>
2 oz	<b>Sour cream</b> <small>M</small>
½ oz	<b>Honey</b>
1 whole	<b>Chicken stock concentrate</b>

### WHAT YOU'LL NEED

medium & large sauté pans  
2 baking sheets  
large bowl  
measuring cup & spoons  
peeler  
thermometer  
oven mitt  
cooking oil  
2 tablespoons butter M  
salt & pepper

### ALLERGENS

T TREE NUTS (walnuts)  
M MILK

\*Chicken is fully cooked when internal temperature reaches 165 degrees.

\*\*Bacon is fully cooked when internal temperature reaches 145 degrees.

Wash and dry fresh produce. Wash hands and surfaces after handling raw poultry and pork. Consuming raw or undercooked poultry or pork 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 START PREP & ROAST CARROTS

- Preheat oven to 400 degrees.
- Trim and peel **carrots**. Halve lengthwise. Lay flat and slice at an angle into pieces, about ¼ inch thick.
- Place **carrots** in a large bowl. Drizzle with about 1 tablespoon cooking oil. Season with salt, pepper, and about half the **smoky paprika and onion blend**. Stir to coat.
- Spread **carrots** out in a single layer on a lightly oiled, foil-lined baking sheet. Roast 14–16 minutes, or until fork-tender, stirring halfway through.

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 COAT & ROAST CHICKEN

- Finely chop **walnuts**.
- Pat **chicken cutlets** dry with paper towels. Season with salt and pepper.
- Place **chicken** on a second lightly oiled, foil-lined baking sheet. Spread **Dijon mustard** over tops of **chicken**. Sprinkle with **walnuts** and remaining **smoky paprika and onion blend**. Roast 15–20 minutes, or until fully cooked.
- Transfer **chicken** to a cutting board. Let rest at least 3 minutes.

## 3 FINISH PREP

- Remove and discard any thick center stems\* from **green kale\*\***. Roughly chop leaves into bite-size pieces.
- Mince **garlic**.
- De-stem **thyme**; finely chop leaves.

*\*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!).*

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

## 4 COOK BACON

- Place **bacon** in a dry, large sauté pan over medium-high heat. Cook 6–10 minutes, or until bacon is crispy and fat renders, flipping occasionally.
- Transfer **bacon** to a cutting board and allow to cool. Discard all but a thin layer of **bacon fat** from pan. (Reserve pan.) Roughly chop **bacon**.

## 5 COOK CREAMY KALE

- Heat about 1 tablespoon oil in pan used for bacon over medium-high heat.
- Add **kale**, **garlic**, and 2 tablespoons water to pan. Cook 2–3 minutes, or until kale is wilted, stirring occasionally.
- Transfer **chopped bacon** to pan. Add **sour cream** and 1 tablespoon butter. Cook 1–2 minutes, or until sour cream is fully incorporated, stirring occasionally.\* Season with salt and pepper to taste. Remove from heat.

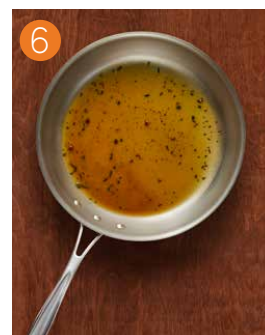
*\*If the creamy kale is too thick, stir in a splash of water. If too thin, cook a bit longer until reduced.*

## 6 MAKE HONEY THYME SAUCE

- Heat 1 tablespoon butter in a medium sauté pan over medium heat. Add 1 teaspoon **chopped thyme**. Cook 1–2 minutes, or until fragrant.
- Add **honey**, **chicken stock concentrate**, and ¼ cup water. Simmer for 2–3 minutes, or until reduced by about half, stirring constantly. Season with salt and pepper to taste.

## 7 PLATE YOUR DISH

- Cut **chicken cutlets** into 5–7 slices each.
- Divide **walnut-crusted chicken** between plates. Drizzle with **honey thyme sauce**. Serve **smoky roasted carrots** and **creamy kale with bacon** on the side. Enjoy!





## Nutrition Facts

2 Servings per container

**Serving size** (489g)

**Amount per serving**

**Calories** **780**

	% Daily Value*
<b>Total Fat</b> 49g	63%
Saturated Fat 16g	80%
Trans Fat 0g	
<b>Cholesterol</b> 195mg	65%
<b>Sodium</b> 450mg	20%
<b>Total Carbohydrate</b> 31g	11%
Dietary Fiber 7g	25%
Total Sugars 16g	
Includes 0g Added Sugars	0%
<b>Protein</b> 53g	
Vitamin D 0mcg	0%
Calcium 218mg	15%
Iron 2mg	10%
Potassium 1313mg	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 Cutlets** [chicken], **Bacon**, **Dijon Mustard** [water, mustard seeds, vinegar, salt, citric acid, sulphur dioxide], **Chicken Stock Concentrate** [chicken stock, maltodextrin, natural flavor, chicken fat, sugar, salt, yeast extract and xanthan gum], **Walnuts** [walnuts], **Green Kale**, **Garlic**, **Sour Cream** [cultured cream], **Carrots**, **Thyme**, **Honey** [honey], **Smoky Paprika & Onion Blend** (Smoked Paprika, Onion Powder, Sweet Paprika, Black Pepper)

### 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.*