



**GREEN
CHEF**

MEMPHIS-STYLE BBQ CHICKEN SALAD

corn, black beans, tomato, creamy chimichurri

COOK TIME

25 MIN

SERVINGS

2

CALORIES PER SERVING

630

MENU

GLUTEN-FREE // FAST & FIT

We put a fresh spin on BBQ chicken with this dinner salad. Chicken strips get a one-two punch of smoky-sweet heat from a Memphis-style spice rub and mild barbecue sauce. Corn, black beans, and shallot are also broiled with the barbecue spices, reinforcing the smoky vibes. It's all served over a crisp bed of romaine lettuce with diced tomato. For a cooling touch, creamy chimichurri is tossed with the veggies, tying all the flavors together.

INGREDIENTS (9 ITEMS)

13¼ oz **Black beans**
1 whole **Shallot**
5¼ oz **Romaine lettuce**
1 whole **Roma tomato**
1½ oz **Corn**
1 tsp **Memphis-style barbecue spices** ^T
10 oz **Chicken strips***
1¾ oz **Mild barbecue sauce**
1¾ oz **Creamy parsley & cilantro chimichurri** ^{E S}

WHAT YOU'LL NEED

medium sauté pan
baking sheet
large bowl
measuring spoons
strainer
thermometer
oven mitt
cooking oil
salt & pepper

ALLERGENS

^T TREE NUTS (coconut)
^E EGGS
^S SOY



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

- Set oven to low broil with rack in the center.
- Strain and rinse **black beans**.
- Cut ends off **shallot** and discard peel. Cut widthwise into slices, about ¼ inch thick. Separate slices.
- Halve **romaine lettuce** lengthwise. Lay flat and slice across into ribbons, about ¼ inch wide; discard root end.
- Small dice **Roma tomato** into pieces, about ¼ inch each.

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

BROIL BEANS & VEGGIES

- Place **corn**, **black beans**, and **shallot** on a lightly oiled, foil-lined baking sheet. Season with salt, pepper, and about half the **Memphis-style barbecue spices**. Drizzle with 1 tablespoon cooking oil. Stir to coat. Spread out in a single layer.
- Broil 5–6 minutes, or until veggies are lightly browned, stirring halfway through.

3

SEASON & COOK CHICKEN

- Pat **chicken strips** dry with paper towels. Season with salt, pepper, and remaining **Memphis-style barbecue spices**.
- Heat 1 teaspoon cooking oil in a medium sauté pan over medium-high heat. Add **chicken** to hot pan. Cook 4–6 minutes, or until fully cooked, stirring occasionally.
- Remove from heat. Add **mild barbecue sauce** to pan. Stir to combine.

4

MAKE SALAD

- Place **lettuce** and **broiled beans and veggies** in a large bowl. Drizzle with **creamy parsley and cilantro chimichurri**. Toss to combine. Lightly season with salt and pepper to taste.

5

PLATE YOUR DISH

- Divide **salad** between bowls. Top with **Memphis-style BBQ chicken**. Garnish with **tomato**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (548g)

Amount per serving

Calories 630

	% Daily Value*
Total Fat 26g	33%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 110mg	37%
Sodium 630mg	27%
Total Carbohydrate 51g	19%
Dietary Fiber 10g	36%
Total Sugars 17g	
Includes 0g Added Sugars	0%
Protein 44g	
Vitamin D 0mcg	0%
Calcium 115mg	8%
Iron 5mg	30%
Potassium 1503mg	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 Strips [chicken], **Memphis-Style Barbecue Spices** (Sweet Paprika, Granulated Garlic, Onion Powder, Celery Seeds, Dried Oregano, Dried Mustard, Ground Cumin, Ground Coriander, Chili Powder [chili pepper, paprika, oregano, cumin, garlic, salt, spices], Allspice [pimento], Coconut Sugar [organic coconut sugar]), **Romaine Lettuce**, **Corn** [corn], **Black Beans** [organic black beans, water, sea salt, calcium chloride (firming agent)], **Shallot**, **Roma Tomatoes**, **Barbecue Sauce** [tomato puree (filtered water, tomato paste), sugar, white vinegar, molasses, natural hickory smoke flavor, salt, corn starch, Worcestershire sauce (white vinegar, molasses, filtered water, sugar, sea salt, caramel color, garlic powder, spices, cayenne pepper, black pepper, xanthan gum), caramel color, onion powder, garlic powder, ground red peppers, xanthan gum], **Creamy Chimichurri** (Yellow Onions, Parsley, Cilantro, Garlic, Dried Oregano, Sea Salt, Black Pepper, Crushed Red Pepper Flakes, Apple Cider Vinegar [apple cider vinegar], Sunflower Oil [high oleic sunflower oil], Mayonnaise [organic expeller pressed soybean oil, water, organic egg yolks, organic whole eggs, organic distilled white vinegar, salt, organic white mustard (organic distilled vinegar, water, organic mustard seeds, salt, organic spices), organic lemon juice concentrate], Lemon Juice [lemon])

Allergen information:

Contains Egg, Soy 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.