



**GREEN
CHEF**

HONEY-GLAZED TURMERIC CHICKEN

schug couscous with peas, harissa rainbow carrots

COOK TIME

25 MIN

SERVINGS

2

CALORIES PER SERVING

670

MENU

MEDITERRANEAN // FAST & FIT

The best part of this 25-minute meal (other than all the flavor, of course)? No chopping or cutting required! You'll toss pre-cut rainbow carrots in our smoky harissa and ginger spice blend, then roast them until tender. Couscous is cooked with fragrant yellow onions and ginger (also pre-diced!) before herby schug sauce and peas are stirred in. To top it all off, simply spiced seared chicken cutlets are drizzled in a honey glaze for a vibrant and speedy meal.

INGREDIENTS (10 ITEMS)

8¾ oz **Rainbow carrots**
1 tsp **Smoky harissa & ginger blend**
2 oz **Yellow onions**
& ¼ oz **& ginger**
½ cup **Whole-wheat couscous** ^W
1 whole **Chicken stock concentrate**
2 (5 oz) **Chicken cutlets***
¾ tsp **Turmeric-cumin spice blend**
2½ oz **Peas**
1½ oz **Schug sauce**
½ oz **Honey**



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: 660

*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.

WHAT YOU'LL NEED

small pot with lid
medium sauté pan
baking sheet
medium bowl
measuring cup & spoons
thermometer
oven mitt
cooking oil
1 tbsp butter ^M
salt & pepper

ALLERGENS

^W WHEAT

^M MILK



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

GREEN CHEF IS PROUD to be a USDA Certified Organic company. All produce and eggs are organic unless otherwise labeled.

1 ROAST CARROTS

- Preheat oven to 425 degrees.
- Place **rainbow carrots*** in a medium bowl. Drizzle with 1 teaspoon cooking oil. Season with **smoky harissa and ginger blend**, salt, and pepper. Stir to coat.
- Spread **carrots** out in a single layer on a lightly oiled, foil-lined baking sheet. Roast 12-14 minutes, or until fork-tender, stirring halfway through.

**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 COOK COUSCOUS

- Heat 1 teaspoon cooking oil in a small pot over medium heat. Add **yellow onions and ginger** to hot pot. Cook 3-4 minutes, or until onion has softened, stirring occasionally.
- Add **whole-wheat couscous**. Cook about 1 minute, or until lightly toasted, stirring frequently.
- Add $\frac{3}{4}$ cup water, **chicken stock concentrate**, and $\frac{1}{4}$ teaspoon salt. Bring to a boil, then remove from heat. Cover pot with lid. Let rest about 5 minutes, or until water is absorbed. (You'll finish the couscous in Step 4.)

3 COOK CHICKEN

- Pat **chicken cutlets** dry with paper towels. Season with **turmeric-cumin spice blend***, salt, and pepper.
- Heat 1 teaspoon cooking oil in a medium sauté pan over medium-high heat. Add **chicken** to hot pan. Cook 4-6 minutes on each side, or until fully cooked.
- Turn off heat. Transfer **chicken** to a cutting board. (Reserve pan.)

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

**If heat sensitive, use turmeric-cumin spice blend sparingly.*

4 FINISH COUSCOUS

- Fluff **couscous** with a fork. Add **peas** and **schug sauce** to pot. Stir to combine. Season with salt and pepper to taste.*

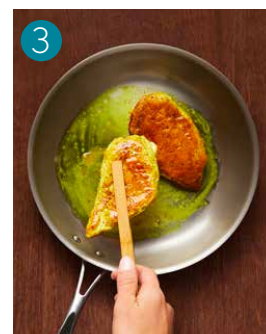
**Taste the couscous after seasoning and adjust as needed. Adding salt and pepper throughout the cooking process is key to a delicious dish.*

5 MAKE HONEY GLAZE

- Return pan used for chicken to stovetop over medium heat. Add **honey**, 1 tablespoon butter, and about 1 tablespoon water. Lightly season with salt. Cook 1-2 minutes, or until sauce has thickened slightly, stirring occasionally.

6 PLATE YOUR DISH

- Cut **chicken cutlets** into 5-7 slices each.
- Divide **schug couscous with peas** between plates. Top with **turmeric chicken**. Drizzle chicken with **honey glaze**. Serve **harissa rainbow carrots** on the side. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (444g)

Amount per serving

Calories **670**

	% Daily Value*
Total Fat 27g	35%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 125mg	42%
Sodium 670mg	29%
Total Carbohydrate 67g	24%
Dietary Fiber 7g	25%
Total Sugars 17g	
Includes 1g Added Sugars	2%
Protein 45g	
Vitamin D 0mcg	0%
Calcium 101mg	8%
Iron 3mg	15%
Potassium 1271mg	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], **Honey** [honey], **Whole-Wheat Couscous** [whole durum wheat semolina], **Peas** [peas], **Yellow Onions**, **Ginger** [organic ginger, organic cane sugar, organic rice vinegar, citric acid], **Chicken Stock Concentrate** [chicken stock, maltodextrin, natural flavor, chicken fat, sugar, salt, yeast extract and xanthan gum], **Schug** (Cilantro, Parsley, Sunflower Oil [high oleic sunflower oil], Granulated Garlic, Lemon Juice [lemon], Ground Coriander, Ground Cumin, Ground Cardamom, Sea Salt, Black Pepper, Water, Agave [organic agave syrup], Crushed Red Pepper Flakes), **Rainbow Carrots**, **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), **Turmeric-Cumin Spice Blend** (Ground Cumin, Turmeric, Ground Cardamom, Ground Cayenne Pepper, Ground Coriander)

Allergen information:

Contains Wheat

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.

