



**GREEN
CHEF**

BLACKENED CHICKEN WITH BACON BRUSSELS SPROUTS

paprika-Dijon aioli, cheddar scallion mashed potatoes

COOK TIME

35 MIN

SERVINGS

2

CALORIES PER SERVING

780

MENU

GLUTEN-FREE

The side dishes are the stars of tonight's savory, indulgent dinner. Creamy mashed potatoes are enhanced with sharp cheddar cheese, sour cream, and scallion greens, while Brussels sprouts get a touch of smokiness from bacon. And this restaurant-worthy meal wouldn't be complete without seared chicken seasoned with blackening spices, a drizzle of creamy vegan paprika-Dijon aioli, and a garnish of sweet pecans.

INGREDIENTS (10 ITEMS)

12 oz **Yellow potatoes**
4 oz **Brussels sprouts**
1 whole **Scallion**
2 (5 oz) **Chicken cutlets***
½ tsp **Blackening spices**
4 oz **Bacon****
1 oz **Sour cream** M
1 oz **Sharp cheddar cheese** M
2 oz **Vegan paprika-Dijon aioli**
½ oz **Pecans** T

WHAT YOU'LL NEED

large pot with lid
medium sauté pan
baking sheet
measuring cup & spoons
strainer
potato masher
thermometer
oven mitt
cooking oil
1 tbsp butter M
salt & pepper

ALLERGENS

M MILK
T TREE NUTS (pecans)



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°. **Bacon is fully cooked when internal temperature reaches 145°.

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 COOK POTATOES

- Preheat oven to 425 degrees.
- Medium dice **yellow potatoes*** into pieces, about ½ inch each.
- Place **potatoes** in a large pot. Cover with 3 cups cold, lightly salted water. Cover pot with lid. Bring to a boil over high heat. Cook 12–13 minutes, or until fork-tender.
- Reserve about ¼ cup **potato cooking liquid**. Strain **potatoes**; shake off excess water. Return to pot and cover with lid to keep warm. (You'll finish the potatoes in Step 6.)

**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 PREP

- Halve **Brussels sprouts** lengthwise. Lay flat and cut across into strips, about ¼ inch wide; discard stem ends.
- Trim and thinly slice **scallion**, separating whites from greens.

3 SEASON & ROAST CHICKEN

- Pat **chicken cutlets** dry with paper towels. Season with **blackening spices**, salt, and pepper.
- Place **chicken** on a lightly oiled, foil-lined baking sheet. Roast 12–16 minutes, or until fully cooked.

4 COOK BACON

- Heat a dry, medium sauté pan over medium-high heat. Add **bacon** to hot pan. Cook 6–10 minutes, or until crispy, turning occasionally and adjusting heat if browning too quickly.
- Turn off heat. Transfer **bacon** to a paper-towel-lined plate. Discard all but a thin layer of **bacon fat** from pan.
- Once cool enough to handle, roughly chop **bacon**.

5 SAUTÉ BRUSSELS SPROUTS

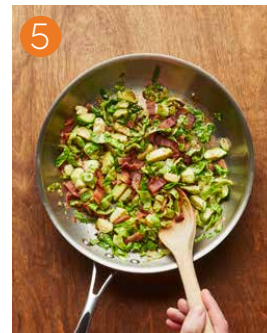
- Return pan with reserved **bacon fat** to stovetop over medium heat. Add **Brussels sprouts** and **scallion whites**. Season with salt and pepper. Cook 5–7 minutes, or until just tender, stirring occasionally.
- Remove from heat. Add **chopped bacon**. Stir to combine.

6 MASH POTATOES

- Mash **potatoes** with a potato masher (or fork) until smooth.
- Add **sour cream**, **sharp cheddar cheese**, **scallion greens**, reserved **potato cooking liquid**, and 1 tablespoon butter. Season with about ¼ teaspoon salt and a pinch of pepper. Stir to combine.

7 PLATE YOUR DISH

- Cut **chicken cutlets** into 5–7 slices each.
- Divide **bacon Brussels sprouts** and **cheddar scallion mashed potatoes** between plates. Shingle **chicken** on the side. Drizzle chicken with **vegan paprika-Dijon aioli**. Garnish chicken with **pecans**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (513g)

Amount per serving

Calories **780**

	% Daily Value*
Total Fat 42g	54%
Saturated Fat 12g	60%
Trans Fat 0g	
Cholesterol 185mg	62%
Sodium 730mg	32%
Total Carbohydrate 49g	18%
Dietary Fiber 5g	18%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 56g	
Vitamin D 0mcg	0%
Calcium 221mg	15%
Iron 5mg	30%
Potassium 823mg	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], **Bacon** [pork, cured with: water, salt, sodium phosphate, sodium erythorbate, sodium nitrite], **Brussels Sprouts**, **Yellow Potatoes**, **Sour Cream** [cultured cream], **Sharp Cheddar Cheese** [part-skim milk, cheese cultures, salt, enzymes, annatto, anti caking agent (potato starch powdered cellulose, natamycin)], **Scallions**, **Blackening Spices** [paprika (color), dehydrated onion, spices (black pepper, white pepper, red pepper, thyme, oregano), dehydrated garlic, and salt], **Pecans** [pecans, canola and/or peanut and/or sunflower oil], **Paprika-Dijon Aioli** (Vegan Mayonnaise [sunflower oil, organic aquafaba (water, chickpeas), fair trade organic cane sugar, sea salt, distilled vinegar, water, organic lemon juice, acacia gum, xanthan gum, black pepper], Dijon Mustard [water, organic mustard seeds, organic vinegar, salt, organic turmeric, organic spices], Sweet Paprika, Smoked Paprika, Dried Thyme, Dried Basil, Dried Oregano, White Pepper, Granulated Garlic, Lemon Juice [lemon])

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.

