



**GREEN
CHEF**

SPICY HONEY-GLAZED HARISSA CHICKEN

schug rice with peas, turmeric cauliflower, almonds

COOK TIME

30 MIN

SERVINGS

2

CALORIES PER SERVING

820

MENU

GLUTEN-FREE // MEDITERRANEAN

Harissa, a North African hot pepper paste that's spicy, earthy, and aromatic, is used here in the spice-blend version as a flavor-packed rub for chicken. Once the chicken hits the pan, the seasoning turns toasty and fragrant in the hot oil. The finished cutlets are sliced into strips, then piled over rice mixed with herby schug (a spicy green sauce with Yemeni origins) and peas. On the side, there's roasted turmeric cauliflower for even more earthy notes. Finally, everything is drizzled with a warm honey glaze and sprinkled with roasted almonds.

INGREDIENTS (9 ITEMS)

9¾ oz **Cauliflower**
 ½ oz **Roasted almonds** **T**
 ¼ tsp **Turmeric**
 ½ cup **Jasmine rice**
 2 (5 oz) **Chicken cutlets***
 1 tsp **Smoky harissa & ginger blend**
 2½ oz **Peas**
 2 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: 820

*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
 large bowl
 measuring cup & spoons
 thermometer
 oven mitt
 cooking oil
 1 tbsp butter **M**
 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.

1 PREP & ROAST CAULIFLOWER

- Preheat oven to 400 degrees.
- Cut **cauliflower** into bite-size pieces if necessary.
- Roughly chop **roasted almonds**.
- Place **cauliflower** in a large bowl. Drizzle with 1½ tablespoons cooking oil. Season with **turmeric**, salt, and pepper. Stir to coat. Spread out in a single layer on a lightly oiled, foil-lined baking sheet.
- Roast 22-24 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 COOK RICE

- Bring **jasmine rice**, 1 cup water, and ¼ teaspoon salt to a boil in a small pot. Stir, then reduce heat to medium low and cover pot with lid. Simmer 16-18 minutes, or until rice is tender and water is absorbed.
- Remove from heat. Let rest, covered, 3 minutes. (You'll finish the rice in Step 4.)

3 COOK CHICKEN

- Pat **chicken cutlets** dry with paper towels. Season both sides with **smoky harissa and ginger blend***, salt, and pepper.
- Heat 1½ tablespoons 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.
- Transfer **chicken** to a cutting board. (Reserve pan.)

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

**If heat sensitive, use smoky harissa and ginger blend sparingly.*

4 FINISH RICE

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

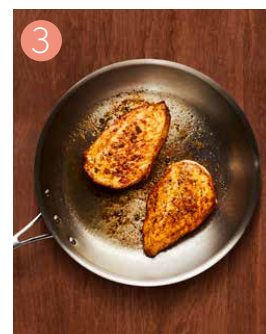
**If heat sensitive, use schug sauce sparingly, or omit entirely.*

5 MAKE HONEY GLAZE

- Return pan used for chicken to stovetop over medium heat. Add **honey**, 1 tablespoon butter, and about 2 tablespoons 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 rice with peas** between bowls. Top with **harissa chicken** and **turmeric cauliflower**. Drizzle with **spicy honey glaze**. Garnish with **almonds**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (449g)

Amount per serving

Calories 820

	% Daily Value*
Total Fat 45g	58%
Saturated Fat 8g	40%
Trans Fat 0g	
Cholesterol 125mg	42%
Sodium 570mg	25%
Total Carbohydrate 64g	23%
Dietary Fiber 6g	21%
Total Sugars 12g	
Includes 1g Added Sugars	2%
Protein 44g	
Vitamin D 0mcg	0%
Calcium 84mg	6%
Iron 2mg	10%
Potassium 1126mg	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], **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), **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), **Jasmine Rice** [jasmine rice], **Cauliflower**, **Turmeric**, **Peas** [peas], **Almonds** [almonds]

Allergen information:
Contains 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.