



**GREEN  
CHEF**

# MEDITERRANEAN CHICKEN SALAD

*green leaf, roasted artichokes & shallot, feta, pistachios*

## COOK TIME

15 MIN

## SERVINGS

2

## CALORIES PER SERVING

700

## NET CARBS PER SERVING

10 GRAMS

## MENU

KETO // GLUTEN-FREE // MEDITERRANEAN

Fresh, light Mediterranean flavors are on the dinner table in just 15 minutes! Chicken strips get dusted with aromatic spices, then pan-seared until tender and juicy. They're paired with roasted artichokes and shallot, and served atop a crisp bed of fresh green leaf lettuce. It's all tossed with a bright lemon-basil caper sauce and garnished with crunchy pistachios.

## INGREDIENTS (8 ITEMS)

3 oz **Artichoke hearts**  
1 whole **Shallot**  
5¾ oz **Green leaf lettuce**  
½ oz **Pistachios** T  
10 oz **Chicken strips\***  
1¼ tsp **Rosemary, basil & sage blend**  
2 oz **Feta cheese** M  
2¾ oz **Lemon-basil caper sauce**

## WHAT YOU'LL NEED

medium sauté pan  
baking sheet  
mixing bowls  
measuring spoons  
thermometer  
oven mitt  
cooking oil  
salt & pepper

## ALLERGENS

T TREE NUTS (pistachios)  
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.

\*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**

- Preheat oven to 425 degrees.
- Halve **artichoke hearts** lengthwise.
- Cut ends off **shallot** and discard peel. Halve lengthwise. Lay flat and cut lengthwise into strips, about ¼ inch thick.
- Rinse **green leaf lettuce** to remove any dirt between layers. Lay flat and slice across into ribbons, about ¼ inch wide; discard root end.
- Roughly chop **pistachios**.

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

**SEASON & ROAST VEGGIES**

- Place **artichokes** and **shallot** on a lightly oiled, foil-lined baking sheet. Drizzle with 1 tablespoon cooking oil. Lightly season with salt and pepper. Stir to evenly coat. Spread out in a single layer.
- Roast 10-12 minutes, or until artichokes are lightly browned, stirring halfway through.

3

**SEASON & COOK CHICKEN**

- Pat **chicken strips** dry with paper towels. Cut any larger strips in half lengthwise. Place in a medium bowl. Season with **rosemary, basil, and sage blend**, ¼ teaspoon salt, and a pinch of pepper. Drizzle with 1 tablespoon cooking oil. Stir to evenly coat.
- Heat 1½ tablespoons cooking oil in a medium sauté pan over medium heat. Add **chicken** to hot pan. Cook 4-6 minutes, or until fully cooked, stirring occasionally.

4

**MAKE SALAD**

- Place **lettuce** and **feta cheese** in a large bowl. Drizzle with about 2 tablespoons **lemon-basil caper sauce**. Toss to combine.

5

**PLATE YOUR DISH**

- Divide **salad** between bowls. Pile **roasted artichokes and shallot** and **chicken** over top. Drizzle with remaining **lemon-basil caper sauce** to taste. Garnish with **pistachios**. Enjoy!



# Nutrition Facts

2 Servings per container

Serving size (380g)

Amount per serving

Calories 700

	% Daily Value*
Total Fat 54g	69%
Saturated Fat 11g	55%
Trans Fat 0g	
Cholesterol 125mg	42%
Sodium 1010mg	44%
Total Carbohydrate 14g	5%
Dietary Fiber 4g	14%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 40g	
Vitamin D 0mcg	0%
Calcium 232mg	20%
Iron 3mg	15%
Potassium 871mg	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 Strips** [chicken], **Rosemary, Basil & Sage Blend** (Ground Rosemary, Dried Sage, Italian Seasoning [basil, rosemary, marjoram, oregano, thyme], Dried Basil, Granulated Garlic, Onion Powder), **Artichoke Hearts** [hearts of artichokes, water, salt, citric acid], **Shallot**, **Green Leaf Lettuce**, **Pistachios** [pistachio], **Feta Cheese** [pasteurized milk, cheese cultures, salt, enzymes, anti-caking agent (potato starch, powdered cellulose, natamycin)], **Lemon-Basil Caper Sauce** (Lemon Juice [lemon], White Balsamic Vinegar [aged white wine vinegar and must of white grapes], Basil, Capers [capers, water, vinegar, salt], Olive Oil [olive oil])

## 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.