



# CAJUN-SPICED CHICKPEA POWER BOWLS

*maple Brussels sprouts, kale rice, toasted pecans*

**COOK TIME**  
30 MIN

**SERVINGS**  
2

**CALORIES PER SERVING**  
920

These power bowls are brimming with a bevy of veggies in various forms. For the base, jasmine rice is simmered with vegetable broth until tender, then mixed with ribbons of lacinato kale. On top sit sweet maple-roasted Brussels sprouts and blackened Cajun-spiced chickpeas. Everything is finished with a drizzle of Creole Dijonnaise for creamy richness and a sprinkle of toasted pecans for a buttery crunch.

## INGREDIENTS (9 ITEMS)

- ½ cup **Jasmine rice**
- 1 whole **Vegetable stock concentrate**
- 13¼ oz **Garbanzo beans (chickpeas)**
- 1 tsp **Blackening spices**
- 8 oz **Brussels sprouts**
- 1 oz **Maple syrup**
- ½ oz **Pecans** T
- 2¾ oz **Lacinato kale**
- 2 oz **Creole Dijonnaise** E S



## CUSTOM CHEF

If you chose to modify your meal, follow the **Custom Chef** instructions on the flip side of this card.



**2 (5 oz)** **Chicken cutlets\***  
Calories: 1180

\*Chicken is fully cooked when internal temperature reaches 165°.

## WHAT YOU'LL NEED

- small pot with lid
- medium sauté pan
- large sauté pan E
- 2 baking sheets
- medium bowl
- measuring cup & spoons
- strainer
- thermometer E
- oven mitt
- cooking oil
- 1 tbsp butter M
- salt & pepper

## ALLERGENS

- T TREE NUTS (pecans)
- E EGGS
- S SOY
- 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.

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](http://greenchef.com/faq) for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.



## 1 COOK RICE

- Preheat oven to 425 degrees.
- Bring **jasmine rice**, **vegetable stock concentrate**, 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 has absorbed.
- Add 1 tablespoon butter. Stir until butter has melted.
- Remove from heat. Let rest, covered, 3 minutes. (You'll finish the rice in Step 5.)

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 ROAST CHICKPEAS

- Strain and rinse **garbanzo beans (chickpeas)**.
- Place **chickpeas** in a medium bowl. Drizzle with 1 tablespoon cooking oil. Season with **blackening spices**, ¼ teaspoon salt, and a pinch of pepper. Stir to coat.
- Spread **chickpeas** out in a single layer on a lightly oiled, foil-lined baking sheet. Roast 18-22 minutes, or until slightly crispy, stirring halfway through.

🔁 Pat **chicken cutlets** dry with paper towels. Season with salt and pepper. Heat 1½ tablespoons cooking oil in a large 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.

## 3 ROAST BRUSSELS SPROUTS

- Trim stem ends off **Brussels sprouts**. Quarter lengthwise.
- Place **Brussels sprouts** in bowl used to season chickpeas. Drizzle with **maple syrup** and 1 tablespoon cooking oil. Season with ¼ teaspoon salt and a pinch of pepper. Stir to coat.
- Spread **Brussels sprouts** out in a single layer on a second lightly oiled, foil-lined baking sheet. Roast 6-10 minutes, or until fork-tender, stirring halfway through.

## 4 TOAST PECANS

- Place **pecans** in a dry, medium sauté pan over medium heat. Toast 2-3 minutes, or until fragrant, shaking pan frequently.
- Transfer **pecans** to a plate.

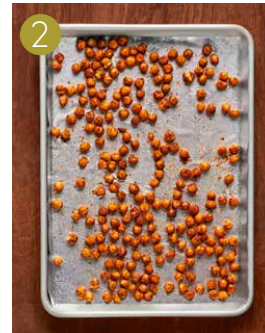
## 5 FINISH RICE

- Remove and discard any thick center stems from **lacinato kale**. Roll leaves into a large "cigar" and slice across into ribbons, about ¼ inch wide.
- Heat 1 tablespoon cooking oil in pan used for pecans over medium heat. Add **kale** to hot pan. Season with salt and pepper. Cook 1-2 minutes, or until lightly wilted, stirring occasionally.
- Transfer **rice** to pan. Stir to combine. Season with salt and pepper to taste.

## 6 PLATE YOUR DISH

- Divide **kale rice** between bowls. Top with **Cajun-spiced chickpeas** and **maple Brussels sprouts**. Drizzle **Creole Dijonnaise** over chickpeas. Garnish with **toasted pecans**. Enjoy!

🔁 Cut **chicken cutlets** into 5-7 slices each. Serve atop **Cajun-spiced chickpeas**.



# Cajun-Spiced Chickpea Power Bowls

## Nutrition Facts

2 servings per container

**Serving size**

**1 (468g)**

**Amount per serving**

**Calories**

**920**

**% Daily Value\***

**Total Fat** 53g **68%**

Saturated Fat 9g **45%**

*Trans* Fat 0g

**Cholesterol** 30mg **10%**

**Sodium** 1630mg **71%**

**Total Carbohydrate** 97g **35%**

Dietary Fiber 16g **57%**

Total Sugars 20g

Includes 1g Added Sugars **2%**

**Protein** 19g

Vitamin D 0mcg 0%

Calcium 173mg 15%

Iron 6mg 35%

Potassium 1172mg 25%

\* The % Daily Values (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.

**INGREDIENTS:** GARBANZO BEANS (ORGANIC GARBANZO BEANS, WATER, SEA SALT, CALCIUM CHLORIDE (FIRMING AGENT)), BRUSSELS SPROUTS, JASMINE RICE, KALE, 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), OLIVE OIL\*\*, MAPLE SYRUP, PECANS, BUTTER\*\*, VEGETABLE BROTH CONCENTRATE (VEGETABLE JUICE CONCENTRATES (TOMATO, MUSHROOM, ONION, CARROT, CELERY), SUGAR, MALTODEXTRIN, SALT, YEAST EXTRACT, AND NATURAL FLAVOR), DIJON MUSTARD (ORGANIC GRAIN VINEGAR, WATER, ORGANIC MUSTARD SEED, SALT, ORGANIC SPICES), SALT\*\*, APPLE CIDER VINEGAR, BLACKENING SPICE BLEND (PAPRIKA (COLOR), DEHYDRATED ONION, SPICES (BLACK PEPPER, WHITE PEPPER, RED PEPPER, THYME, OREGANO), DEHYDRATED GARLIC, SALT), GRANULATED GARLIC, PAPRIKA, SEA SALT, GROUND CUMIN, CELERY SEED, SMOKED PAPRIKA, BASIL, CAYENNE PEPPER.

**CONTAINS:** EGGS, MILK, PECANS, SOY

\*\*Information derived from the USDA's FoodData Central is used in the nutrition analysis, ingredient list, and allergen declaration of pantry items. Pantry items are found in the "What You'll Need" section of the recipe card.

Perishable Keep Refrigerated. It is recommended to consume recipes with shellfish and fish first. Produced in a facility that processes milk, eggs, fish, shellfish, tree nuts, peanuts, wheat, sesame, and soy beans.

**Net Wt. 31.7oz (899.6g)**

# Cajun-Spiced Chickpea Power Bowls

## Nutrition Facts

4 servings per container

**Serving size**

**1 (468g)**

**Amount per serving**

**Calories**

**920**

**% Daily Value\***

**Total Fat** 53g **68%**

Saturated Fat 9g **45%**

*Trans* Fat 0g

**Cholesterol** 30mg **10%**

**Sodium** 1630mg **71%**

**Total Carbohydrate** 97g **35%**

Dietary Fiber 16g **57%**

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**Net Wt. 63.5oz (1799.2g)**