



PISTOU CHICKEN COUSCOUS BOWLS

zucchini, roasted red peppers, kale, dates

COOK TIME
30 MIN

SERVINGS
2

CALORIES PER SERVING
800

Our riff on *pistou* (the Provençal take on pesto) includes nutty sunflower seeds and a touch of tangy red wine vinegar—and it’s just the thing to make these couscous bowls sing. First, seasoned chicken cutlets are seared until browned, then roasted with tender red peppers and zucchini to a juicy finish. That’s all served atop pearl couscous and kale, enriched with dates and a spoonful of herby pistou. The chicken is drizzled with even more pistou for a colorful (and delicious) finishing touch.

INGREDIENTS (9 ITEMS)

- ¼ oz **Garlic**
- 2¾ oz **Lacinato kale**
- ½ cup **Toasted pearl couscous** w
- 1 whole **Zucchini**
- ¾ oz **Dates**
- 2 (5 oz) **Chicken cutlets***
- 1½ tsp **Oregano-garlic seasoning**
- 2¼ oz **Roasted red peppers**
- 2¾ oz **Basil pistou**

WHAT YOU’LL NEED

- small pot
- large oven-safe sauté pan
- measuring cup & spoons
- thermometer
- oven mitt
- cooking & olive oils
- 1 tbsp butter m
- salt & pepper

ALLERGENS

- w WHEAT
- m MILK

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: 800

*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 for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.



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 START PREP

- Preheat oven to 425 degrees.
- Mince **garlic**.
- Remove and discard any thick center stems from **lacinato kale**.^{*} Roughly chop leaves into bite-size pieces.

^{}To quickly prep, hold the stem end with one hand; pinch and strip the leaves down and away with your other hand (like pulling a zipper!).*

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 tablespoon olive oil in a small pot over medium heat. Add **toasted pearl couscous** and **garlic** to hot pot. Cook 1-2 minutes, or until lightly toasted, stirring frequently.
- Add 1¼ cups water and ¼ teaspoon salt. Stir to combine. Bring to a boil, then reduce heat to medium low. Simmer 11-14 minutes, or until couscous is al dente and water has absorbed.
- Remove from heat. Add **kale** and 1 tablespoon olive oil. Stir to combine. (You'll finish the couscous in Step 6.)

3 FINISH PREP

- Trim ends from **zucchini**^{*}. Quarter lengthwise. Lay flat and slice across into quarter-moons, about ¼ inch thick.
- Small dice **dates** into pieces, about ¼ inch each.

^{}The ingredient you received may be a different color.*

4 SEASON & SEAR CHICKEN

- Pat **chicken cutlets** dry with paper towels. Season all over with **oregano-garlic seasoning**, salt, and pepper.
- Heat 1½ tablespoons cooking oil in a large oven-safe sauté pan over medium-high heat. Add **chicken** to hot pan. Sear 3 minutes on one side.

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

5 ROAST CHICKEN & VEGGIES

- Flip **chicken**. Add **roasted red peppers**, **zucchini**, and 1 tablespoon butter to pan around chicken. Season **veggies** with ¼ teaspoon salt and a pinch of pepper.
- Transfer pan to oven. Roast 10-12 minutes, or until chicken is fully cooked.^{*}

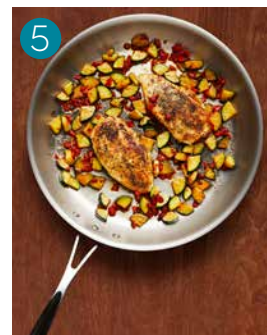
^{}To keep your hands safe, slide a silicone cover (or pot holder) over the handle of the hot pan once it comes out of the oven.*

6 FINISH COUSCOUS

- Add **dates** and about 2 tablespoons **basil pistou** to pot with **couscous**. Stir to combine. Season with salt and pepper to taste.

7 PLATE YOUR DISH

- Cut **chicken cutlets** into 5-7 slices each.
- Divide **couscous with kale and dates** between bowls. Fan **chicken** over top. Spoon **roasted veggies** next to chicken. Drizzle chicken with remaining **basil pistou**. Enjoy!



Pistou Chicken Couscous Bowls

Nutrition Facts

2 servings per container

Serving size

1 (442g)

Amount per serving

Calories

800

% Daily Value*

Total Fat 48g **62%**

Saturated Fat 9g **45%**

Trans Fat 0g

Cholesterol 125mg **42%**

Sodium 880mg **38%**

Total Carbohydrate 51g **19%**

Dietary Fiber 5g **18%**

Total Sugars 14g

Includes 2g Added Sugars **4%**

Protein 44g

Vitamin D 0mcg 0%

Calcium 125mg 10%

Iron 3mg 15%

Potassium 1123mg 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: CHICKEN CUTLET (CHICKEN BREAST), ZUCCHINI, COUSCOUS (PEARLED COUSCOUS (WHEAT FLOUR)), ROASTED RED PEPPERS (BELL PEPPER), KALE, OLIVE OIL**, CANOLA OIL, DATES, BUTTER**, GARLIC, RICE WINE VINEGAR (RICE VINEGAR, SUGAR, SALT, WATER), LEMON JUICE, RED ONION, BASIL, SUNFLOWER SEEDS, SALT**, AGAVE NECTAR, GINGER PUREE (GINGER), GRANULATED GARLIC, ONION POWDER, OREGANO, PARSLEY, SEA SALT, BLACK PEPPER.

CONTAINS: MILK, WHEAT

**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. 27.4oz (778g)

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Net Wt. 54.9oz (1556g)