



ROMESCO CHICKEN & SAUTÉED KALE

Grape tomato, green olive & pine nut relish

COOK TIME 25 MIN	SERVINGS 2	NET CARBS PER SERVING 10 GRAMS	CALORIES PER SERVING 400	MENU PALEO // KETO // GLUTEN-FREE
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This colorful dish is inspired by Spanish flavors. Boneless chicken thighs are spiced with chorizo-style seasoning (featuring smoked paprika, fennel seed, cumin, and coriander), then pan-seared. Drizzled in a tangy red pepper romesco sauce, the chicken is roasted to a tender finish and served over sautéed kale. A tomato, olive, and pine nut garnish adds sweet and briny notes on top.

INGREDIENTS (7 ITEMS)

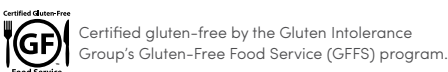
- 12 oz **Boneless chicken thighs**
- 1 ½ tsp **Chorizo-style seasoning**
- ½ cup **Red pepper romesco sauce** T
- 3 oz **Green kale***
- 3 ½ oz **Grape tomatoes**
- 1 ½ oz **Green olives**
- ½ oz **Pine nuts** T

WHAT YOU'LL NEED

- large sauté pan
- baking sheet
- large bowl
- measuring spoons
- thermometer
- oven mitt

ALLERGENS

- T TREE NUT



GREEN CHEF IS PROUD to be a USDA Certified Organic company. All produce is organic unless otherwise labeled.

*You may receive a different color variety of this ingredient.

Wash and dry fresh produce. Wash hands and surfaces after handling raw poultry. Consuming raw or undercooked poultry can be harmful to your health. Go to help.greenchef.com for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at help@greenchef.com

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1 TOAST NUTS

- Preheat oven to 400 degrees.
- Place **pine nuts** in a dry large sauté pan over medium heat. Toast 3-4 minutes, or until fragrant, shaking pan frequently.
- Transfer **nuts** to cutting board. Roughly chop cooled nuts.



2 SEASON CHICKEN

- Place **boneless chicken thighs** in a large bowl. Drizzle with 1-2 tablespoons cooking oil. Season with **chorizo-style seasoning**, salt, and pepper. Turn to coat.

3 COOK CHICKEN

- Heat about 1 ½ tablespoons cooking oil in pan used for nuts over medium-high heat. Add **chicken** to hot pan (wash bowl). Sear 3 minutes on each side.
- Transfer **chicken** to a lightly oiled foil-lined baking sheet. Spoon about half of the **red pepper romesco sauce** over chicken.*
- Transfer baking sheet to oven. Roast 10-12 minutes, or until chicken is fully cooked. (Chicken is fully cooked when internal temperature reaches 165 degrees.)

**Careful: Add a dollop of sauce on each chicken thigh first before spreading to avoid cross-contamination with uncooked meat (sauce is used in Step 6).*



4 PREP TOMATOES, OLIVES & KALE

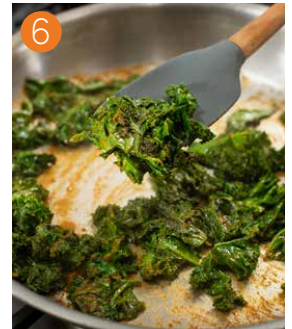
- Roughly chop **green olives** and **grape tomatoes** together.
- Remove center stems from **green kale**; discard. Roughly chop **leaves** into bite-size pieces.



5 MAKE RELISH

- Place **tomatoes, olives, and nuts** in a clean bowl used for chicken. Drizzle with 1-2 teaspoons olive oil. Season with pepper.* Stir to combine.

**Take Note: Olives are naturally salty; season accordingly.*



6 COOK KALE

- Heat about 1 tablespoon olive oil in pan used for chicken over medium heat. Add **kale** to hot pan. Lightly season with salt and pepper. Stir. Cook 1 minute, or until leaves begin to slightly wilt.
- Add remaining **romesco sauce** and 1 tablespoon water. Stir to combine. Cook 3-4 minutes, or until kale is tender and sauce has thickened slightly, stirring occasionally.

7 PLATE YOUR DISH

- Cut **chicken thighs** into bite-size pieces.
- Divide **kale** between plates. Top with **roasted romesco chicken**. Garnish dish with **relish**.
- Enjoy!

