



# CHICKEN FAJITA SALAD

*Bell pepper, creminis & jicama with cilantro dressing*

**COOK TIME**  
25 MIN

**SERVINGS**  
2

**CALORIES PER SERVING**  
450

**NET CARBS PER SERVING**  
9 GRAMS

**MENU**  
KETO // GLUTEN-FREE

A Mexican favorite gets a keto update. Here, fajitas are prepared sans tortilla. Boneless chicken thighs seasoned in a Cuban spice blend (featuring cumin, oregano, and orange peel) are pan-seared and roasted. They're served over romaine lettuce tossed with sautéed bell pepper, mushrooms, and a cilantro-cider vinaigrette. A jicama garnish adds a crisp crunch on top.

## INGREDIENTS (8 ITEMS)

- 12 oz **Boneless chicken thighs**
- 3 tsp **Cuban spice blend**
- 1 heart **Romaine lettuce**
- 3 ½ oz **Green bell pepper\***
- 3 ½ oz **Cremini mushrooms**
- 1 ½ oz **Red onions**
- 2 ¾ oz **Jicama**
- ¼ cup **Cilantro-cider vinaigrette**

## WHAT YOU'LL NEED

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



Certified gluten-free by the Gluten Intolerance Group's Gluten-Free Food Service (GFFS) program.

**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](http://help.greenchef.com) for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at [help@greenchef.com](mailto:help@greenchef.com)

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## 1 PREP LETTUCE

- Preheat oven to 425 degrees.
- Halve **romaine lettuce** lengthwise. Lay flat and slice across into about ¼-inch wide ribbons; discard root end. Place in a large bowl.



## 2 PREP BELL PEPPER & MUSHROOMS

- Cut **green bell pepper** lengthwise into about ¼-inch thick strips.
- Wipe **cremini mushrooms** clean with a damp paper towel. Remove stems, if desired. Cut **mushrooms** into about ¼-inch thick slices.



## 3 PREP JICAMA

- Lay **jicama** flat and carefully peel. Cut lengthwise into about ¼-inch thick planks. Cut planks lengthwise into about ¼-inch thick matchsticks.

## 4 SEASON & COOK CHICKEN

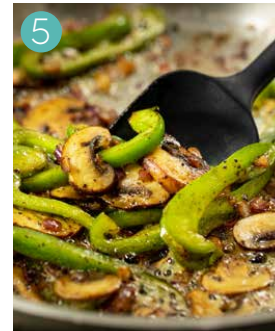
- Season both sides of **boneless chicken thighs** with **Cuban spice blend** (to taste) and salt.
- Heat about 1 ½ tablespoons cooking oil in a large sauté pan over medium-high heat. Add **chicken** to hot pan. Sear 3 minutes on each side.
- Transfer **chicken** to a foil-lined baking sheet. Roast 10–12 minutes, or until chicken is fully cooked.\*

*\*Take Note: Chicken is fully cooked when internal temperature reaches 165 degrees.*



## 5 SAUTÉ BELL PEPPER, MUSHROOMS & ONIONS

- Heat about 1 ½ tablespoons cooking oil in pan used for chicken over medium-high heat. Add **bell pepper, mushrooms, and red onions** to hot pan. Season with salt and pepper. Stir. Cook 5–6 minutes, or until veggies are tender, stirring occasionally. Remove from heat.



## 6 MAKE SALAD

- Transfer **sautéed veggies** to bowl with lettuce. Drizzle with about half of the **cilantro-cider vinaigrette**. Salt and pepper to taste. Toss to combine.

## 7 PLATE YOUR DISH

- Slice **chicken** into 3–4 pieces each.
- Divide **fajita salad** between plates. Serve **roasted chicken** over top. Drizzle with remaining **vinaigrette** to taste. Garnish with **jicama**.
- Enjoy!

