



# KALE-STUFFED CHICKEN

*Spaghetti squash tossed in artichoke tomato sauce*

## COOK TIME

40 MIN

## SERVINGS

2

## CALORIES PER SERVING

420

## MENU

KETO // PALEO // GLUTEN-FREE

A hearty dish inspired by Italian flavors. Chicken breasts are stuffed with sautéed kale, then topped with Italian-spiced sunflower seeds for a gentle crunch. Roasted to a juicy finish, the chicken is served over a creamy coconut milk-based tomato sauce tossed with spaghetti squash and artichoke hearts. A parsley garnish adds herbaceous notes on top.

## INGREDIENTS (9 ITEMS)

- 2 (6 oz) **Chicken breasts**
- 2 ¼ tbsp **Crushed sunflower seeds with Italian spice blend**
- 1 ¾ oz **Artichoke hearts**
- ¼ oz **Parsley**
- 1 ¾ oz **Red kale**
- ½ oz **Red onions**
- 1 half **Spaghetti squash**
- ¼ cup **Creamy tomato sauce** T
- ¼ oz & 1 stalk **Garlic & celery**

## WHAT YOU'LL NEED

- basic cooking tools
- basic pantry items
- medium sauté pan
- small bowl
- thermometer
- measuring cup & spoons
- oven mitt
- baking sheet

## ALLERGENS

- T TREE NUT



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

Green Chef is a USDA Certified Organic company. Look for the "USDA Organic" seal on our ingredients.

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)



## 1 START SQUASH

- Preheat oven to 425 degrees.
- Remove seeds from **spaghetti squash** with a spoon. Drizzle insides with 1–2 tablespoons cooking oil. Season insides with salt and pepper. Place squash (cut-side down) on one side of a lightly oiled foil-lined baking sheet. Roast 15 minutes.

*See Step 5 to continue.*



## 2 MAKE KALE FILLING

- Remove center stems from **red kale**; discard. Roughly chop leaves into bite-size pieces.
- Mince **garlic**.
- Heat about 1 tablespoon olive oil in a medium sauté pan over medium heat. Add kale, **red onions**, and garlic to hot pan; stir. Cook 3–4 minutes, or until kale wilts, stirring occasionally. Season with salt and pepper. Remove from heat.

*See Step 4 to continue.*



## 3 SEASON SUNFLOWER SEEDS

- Place **crushed sunflower seeds with Italian spice blend** in a small bowl.
- De-stem **parsley**; finely chop leaves.
- Add half of the parsley to bowl with sunflower seeds. Drizzle with about 1 tablespoon cooking oil. Lightly season with salt and pepper. Stir to combine.



## 4 STUFF CHICKEN

- Lay **chicken breasts** flat and slice horizontally, forming a pocket.\* Season both sides with salt and pepper. Stuff chicken with **kale filling**.

*\*Chef's Tip: Stabilize chicken while cutting by gently pressing down on top with hand. Be careful not to slice through to other side.*



## 5 ROAST CHICKEN & SQUASH

- Place **chicken** on open side of baking sheet with squash. (**Careful: Baking sheet is hot!**) Spoon **sunflower seeds** over chicken.
- Return baking sheet to oven. Roast 20–25 minutes, or until chicken is fully cooked and squash strands easily separate when pierced with a fork. (Chicken is fully cooked when internal temperature reaches 165 degrees. Insert thermometer horizontally into chicken to avoid the filling.)

*See Step 7 to finish squash.*

## 6 MAKE SAUCE

- Small dice **celery** into about ¼-inch pieces.
- Roughly chop **artichoke hearts**.
- Heat 1–2 tablespoons olive oil in pan used for kale over medium heat. Add celery to hot pan. Cook 1–2 minutes, or until celery begins to soften, stirring occasionally.
- Add artichokes, **creamy tomato sauce**, and ½ cup water. Cook 3–4 minutes, or until sauce is warm, stirring occasionally. Remove from heat.

## 7 FINISH SQUASH

- Separate **squash strands** from peel with a fork.\*
  - Add squash to pan with sauce. Stir to combine. Salt and pepper to taste.
- \*Careful: Squash is hot! Hold squash steady with tongs or by using an oven mitt.*

## 8 PLATE YOUR DISH

- Slice **kale-stuffed chicken** into 5–7 slices each.
- Divide **spaghetti squash** between plates. Serve chicken over top. Garnish with remaining **parsley**.
- Enjoy!