



CHEESY LEMON PEPPER CHICKEN

Pan sauce, cauliflower "rice," zucchini & roasted red peppers

COOK TIME
30 MIN

SERVINGS
2

CALORIES PER SERVING
880

NET CARBS PER SERVING
14 GRAMS

MENU
KETO // GLUTEN-FREE

A lemon pepper herb blend and a blanket of melty Swiss cheese takes chicken from ordinary to extraordinary in this dish. Hot out of the oven, these chicken breasts are served over sautéed cauliflower "rice" with tender zucchini and roasted red peppers. A buttery pan sauce with caramelized onions and white balsamic vinegar (that comes together in minutes!) adds a tangy finish.

INGREDIENTS (10 ITEMS)

- 2 (6 oz) **Chicken breasts**
- 2 oz **Swiss cheese** M
- 1 ½ cups **Cauliflower "rice"**
- 1 whole **Zucchini***
- 1 oz **Roasted red peppers**
- ¼ oz **Garlic**
- 2 ½ oz **Yellow onions**
- 1 tbsp **White balsamic vinegar**
- ¼ cup **Vegetable broth with lemon juice**
- 1 ¼ tsp **Lemon pepper herb blend**

WHAT YOU'LL NEED

- medium & large sauté pans
- baking sheet
- medium bowl
- measuring spoons
- thermometer
- oven mitt
- cooking oil
- 4 tbsp butter M
- salt & pepper

ALLERGENS

- 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 Food Service (GFFS) program.

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

*This ingredient may be a different color. Either way, this dish will still be delicious!

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

1 PREP

- Preheat oven to 425 degrees.
- Mince **garlic**.
- Trim ends off **zucchini**; discard. Quarter lengthwise. Lay flat and slice across into about 1/4-inch thick quarter moons.

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 SEASON & COOK CHICKEN

- Pat **chicken breasts** dry with a paper towel. Place in a medium bowl. Season with salt, pepper, and about half of the **lemon pepper herb blend**. Drizzle with about 1 tablespoon cooking oil. Turn to evenly coat.
- Heat about 1 ½ tablespoons cooking oil in a medium sauté pan over medium-high heat. Add **chicken** to hot pan. Sear about 3 minutes on each side.
- Transfer **chicken** to a lightly oiled, foil-lined baking sheet. Sprinkle **Swiss cheese** over chicken. Roast 8–12 minutes, or until chicken is fully cooked.*

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

3 MAKE PAN SAUCE

- Heat about 1 tablespoon cooking oil in pan used for chicken over medium-high heat. Add **yellow onions** to hot pan. Cook 3–4 minutes, or until onions are translucent, stirring occasionally.
- Add **white balsamic vinegar**, about 1 tablespoon water, 4 tablespoons butter, and remaining **herb blend**. Season with about ¼ teaspoon salt and a pinch of pepper. Stir until butter is melted.* Remove from heat.

*Chef's Tip: To infuse rich flavors into the pan sauce, scrape the bottom of the pan while stirring to release any browned bits that may be stuck.

4 COOK ZUCCHINI

- Heat about 1 ½ tablespoons cooking oil in a large sauté pan over medium-high heat. Add **zucchini** to hot pan. Lightly season with salt and pepper. Cook 3–4 minutes, or until zucchini is lightly browned, stirring occasionally.

5 ADD VEGGIES

- Add **garlic**, **cauliflower "rice,"** and **roasted red peppers** to pan with zucchini. Cook 2–3 minutes, or until garlic is fragrant, stirring frequently.
- Add **vegetable broth with lemon juice**. Stir. Cook 2–3 minutes, or until cauliflower is tender and liquid is cooked off, stirring occasionally. Salt and pepper to taste. Stir to combine.

6 PLATE YOUR DISH

- Cut **chicken** into 6–7 slices each.
- Divide **cheesy lemon pepper chicken** between plates. Spoon **pan sauce** over chicken. Serve **sautéed cauliflower "rice" and veggies** on the side. Enjoy!

