



CREAMY CHIMICHURRI CHICKEN

Roasted bell pepper & cabbage, spiced cauliflower "rice"

COOK TIME 30 MIN	SERVINGS 2	CALORIES PER SERVING 660	NET CARBS PER SERVING 15 GRAMS	MENU KETO // PALEO // GLUTEN-FREE
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Chimichurri, one of our all-time favorite condiments, is a South American herb sauce that's traditionally used to add a pop of fresh, bright flavor to meat dishes. Our version of the sauce blends in avocado mayo for creamy richness. It serves as the perfect contrast to smoky, Peruvian-spiced chicken breasts, as well as spiced cauliflower "rice" and roasted red bell pepper, cabbage, and onions.

INGREDIENTS (9 ITEMS)

- 2 (6 oz) **Chicken breasts**
- ¼ cup **Creamy chimichurri with avocado mayo** ^E
- 1 ¼ tsp **Peruvian-style spices**
- 1 ½ cups **Cauliflower "rice"**
- 3 ½ oz **Red bell pepper***
- 3 ½ oz **Cabbage***
- 2 ½ oz **Yellow onions**
- 1 whole **Roma tomato**
- 1 ¼ tbsp **Sweetened cumin-turmeric blend** ^T

WHAT YOU'LL NEED

- medium sauté pan
- large oven-safe sauté pan
- measuring cup & spoons
- thermometer
- oven mitt
- cooking oil
- salt & pepper

ALLERGENS

- ^E EGGS
- ^T TREE NUTS (coconut)



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.
- Cut **red bell pepper** lengthwise into strips, about ¼ inch thick. Halve strips widthwise.
- Medium dice **Roma tomato** into pieces, about ½ inch each.

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 START CHICKEN

- Pat **chicken breasts** dry with paper towels. Season with **Peruvian-style spices** and about ¼ teaspoon salt.*
- Heat about 1 ½ tablespoons cooking oil in a large oven-safe sauté pan over medium-high heat. Add **chicken** to hot pan. Sear 2-3 minutes on each side.

*The Peruvian-style spices already contain pepper; season accordingly.



3 FINISH CHICKEN & VEGGIES

- Add **bell pepper, cabbage, and yellow onions** to pan with chicken. Season **veggies** with about ¼ teaspoon salt and a pinch of pepper. Cook 3-5 minutes, or until onions begin to soften, stirring veggies occasionally.
- Transfer pan to oven. Roast 5-6 minutes, or until chicken is fully cooked, stirring veggies halfway through.* (Chicken is fully cooked when internal temperature reaches 165 degrees.)

*Careful! 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.



4 COOK CAULIFLOWER

- Heat about 1 ½ tablespoons cooking oil in a medium sauté pan over medium heat. Add **cauliflower "rice"** to hot pan. Season with **sweetened cumin-turmeric blend**, about ¼ teaspoon salt, and a pinch of pepper. Add about ¼ cup water. Stir to combine. Cook 4-5 minutes, or until cauliflower is tender and liquid is cooked off, stirring occasionally.



5 PLATE YOUR DISH

- Cut **chicken** into 6-8 slices each.
- Divide **spiced cauliflower "rice"** between plates. Fan **roasted chicken** over top. Drizzle **creamy chimichurri with avocado mayo** over chicken to taste. Pile **roasted veggies** next to cauliflower "rice." Sprinkle **tomato** over veggies. Enjoy!

