



**GREEN
CHEF**

ROASTED CHICKEN WITH LEMON CREMA

Butternut squash & Brussels sprouts with Parmesan, hazelnuts

COOK TIME

30 MIN

SERVINGS

2

CALORIES PER SERVING

600

NET CARBS PER SERVING

17 GRAMS

MENU

KETO // GLUTEN-FREE

Our bright and creamy lemon sauce is roasted chicken's new best friend. In tonight's rustic dish, the flavorful pan sauce (think sour cream, lemon, parsley, and garlic) is spooned over juicy roasted chicken cutlets for a rich finishing touch. Parmesan-roasted butternut squash and Brussels sprouts add earthy-sweet flavors on the side. A sprinkle of roasted hazelnuts completes the meal with a subtle nutty crunch.

INGREDIENTS (9 ITEMS)

| | |
|----------|--|
| 2 (5 oz) | Chicken cutlets |
| 3 ½ oz | Lemon crema <small>M</small> |
| 5 ¼ oz | Butternut squash |
| 4 oz | Brussels sprouts |
| 2 ¾ oz | Cabbage* |
| 1 whole | Red onion |
| ½ oz | Hazelnuts <small>T</small> |
| 1 oz | Parmesan cheese <small>M</small> |
| 1 ¼ tsp | Herb, garlic & red pepper blend |

WHAT YOU'LL NEED

large oven-safe sauté pan
baking sheet
medium bowl
measuring spoons
peeler
thermometer
oven mitt
cooking oil
salt & pepper

ALLERGENS

- M MILK
- T TREE NUTS (hazelnuts)



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 400 degrees.
- Remove any seeds from **butternut squash** with a spoon. Carefully peel with a sharp peeler.* Medium dice into pieces, about ½ inch each.
- Trim stem ends off **Brussels sprouts**. Quarter lengthwise.
- Cut ends off **red onion**** and discard peel. Halve lengthwise. Lay flat and cut lengthwise into strips, about ½ inch thick.

**If you don't have a sharp peeler, carefully use a sharp knife. Place squash cut-sides down, then slice away the skin, curving your knife with the shape of the squash as you go.*

***We recommend using the whole onion in this recipe, but feel free to add it to your taste.*

4 COOKING FOR

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 SQUASH & BRUSSELS SPROUTS

- Place **squash** and **Brussels sprouts** in a medium bowl. Drizzle with about 1 ½ tablespoons cooking oil. Season with **herb, garlic, and red pepper blend**, salt, and pepper. Stir to coat.
- Spread **squash and Brussels sprouts** out in a single layer on a lightly oiled, foil-lined baking sheet. Roast 15–18 minutes, or until veggies are fork tender and golden brown, stirring halfway through.

See Step 6 to finish.

3 TOAST NUTS

- Place **hazelnuts** in a dry large oven-safe sauté pan over medium heat. Toast 2–3 minutes, or until fragrant, shaking pan frequently.
- Transfer **hazelnuts** to a cutting board. Roughly chop cooled **hazelnuts** if necessary.

4 SEASON & SEAR CHICKEN & VEGGIES

- Pat **chicken cutlets** dry with paper towels. Season with salt and pepper.
- Heat about 1 ½ tablespoons cooking oil in pan used for hazelnuts over medium-high heat. Add **chicken** to hot pan. Sear about 3 minutes on one side.
- Flip **chicken**. Add **cabbage, onion, lemon crema**, and about 1 tablespoon water to pan around chicken. Season **veggies** with salt and pepper. Stir to combine.* Cook about 3 minutes, or until veggies begin to soften, stirring veggies occasionally.

**If the crema is too thick, stir in a splash more water.*

5 ROAST CHICKEN & VEGGIES

- Transfer pan with chicken and veggies to oven. Roast 5–7 minutes, or until chicken is fully cooked and onion is caramelized.* (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.*

6 FINISH SQUASH & BRUSSELS SPROUTS

- Sprinkle **Parmesan cheese** over baking sheet with squash and Brussels sprouts. (**Careful! Baking sheet is hot!**) Return baking sheet to oven. Roast 2–3 minutes, or until cheese is lightly browned.

7 PLATE YOUR DISH

- Cut **chicken** into 5–7 slices each.
- Spoon **lemon crema with cabbage** on one side of each plate. Fan **roasted chicken** over top. Serve **roasted butternut squash and Brussels sprouts** next to chicken. Garnish with **toasted hazelnuts**. Enjoy!

