



**GREEN  
CHEF**

# PARMESAN-CRUSTED CHICKEN

*marinated tomatoes, green beans with hazelnuts*

## COOK TIME

30 MIN

## SERVINGS

2

## CALORIES PER SERVING

770

## NET CARBS PER SERVING

8 GRAMS

## MENU

KETO // GLUTEN-FREE // MEDI

Tender, cheesy chicken Parmesan doesn't need to keep you waiting by the oven. Our chefs' spin on the classic Italian-inspired dish is ready to eat in just 30 minutes! Here, chicken is coated in a fragrant herb blend before it's slathered in creamy lemon aioli and sprinkled with Parmesan cheese. It's baked until bubbly, then served with two vibrant sides: tangy marinated tomatoes and sautéed green beans with toasted hazelnuts.

## INGREDIENTS (8 ITEMS)

2 whole **Roma tomatoes**  
6 oz **Green beans**  
½ oz **Hazelnuts** T  
1 oz **Basil vinaigrette**  
2 (6 oz) **Chicken breasts\***  
1¼ tsp **Rosemary, basil & sage blend**  
1¼ oz **Dairy-free lemon aioli** E  
1 oz **Parmesan cheese** M

## WHAT YOU'LL NEED

medium & large sauté pans  
baking sheet  
medium bowl  
measuring cup & spoons  
meat mallet  
thermometer  
oven mitt  
cooking oil  
salt & pepper

## ALLERGENS

T TREE NUTS (hazelnuts)  
E EGGS  
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 Safe Spot Program.

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

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

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 [greenchef.com/faq](https://www.greenchef.com/faq) for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

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## PREP

- Preheat oven to 400 degrees.
- Medium dice **Roma tomatoes** into pieces, about ½ inch each.
- Trim stem ends off **green beans**.
- Roughly chop **hazelnuts** if necessary.

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

## MARINATE TOMATOES

- Place **tomatoes** and **basil vinaigrette** in a medium bowl. Season with salt and pepper. Stir to coat. Marinate at least 5 minutes, stirring occasionally.

3

## SEASON & COOK CHICKEN

- Pat **chicken breasts** dry with paper towels. Place **chicken** between two pieces of plastic wrap. Lightly pound with a meat mallet to about a 1-inch thickness.\*
- Transfer **chicken** to a plate. Season with **rosemary, basil, and sage blend**, salt, and pepper. Drizzle with 2 teaspoons cooking oil. Rub to coat.
- Heat 1½ tablespoons cooking oil in a large 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. Spread **dairy-free lemon aioli** over top. Sprinkle with **Parmesan cheese**.
- Roast 10-12 minutes, or until fully cooked. (You'll finish the chicken in Step 5.)

*\*If you don't have a meat mallet, a rolling pin or heavy-bottomed pan will also get the job done.*

4

## COOK GREEN BEANS

- Heat 1½ tablespoons cooking oil in a medium sauté pan over medium heat. Add **green beans** to hot pan. Season with about ¼ teaspoon salt and a pinch of pepper. Cook about 2 minutes, or until green beans begin to soften, stirring occasionally.
- Carefully add about ¼ cup water. Cook 3-5 minutes, or until liquid has cooked off and green beans are lightly browned, stirring occasionally.
- Stir in **hazelnuts**. Cook 2-3 minutes, or until green beans are tender and hazelnuts are lightly toasted, stirring occasionally.

5

## FINISH CHICKEN

- Set oven to high broil. Broil **chicken** 2-4 minutes, or until cheese is lightly browned.

6

## PLATE YOUR DISH

- Divide **Parmesan-crusted chicken** between plates. Serve **marinated tomatoes** and **green beans with hazelnuts** on the side. Enjoy!



## Nutrition Facts

2 Servings per container

**Serving size** (421g)

**Amount per serving**

**Calories** 770

	% Daily Value*
<b>Total Fat</b> 59g	76%
Saturated Fat 10g	50%
Trans Fat 0g	
<b>Cholesterol</b> 160mg	53%
<b>Sodium</b> 690mg	30%
<b>Total Carbohydrate</b> 13g	5%
Dietary Fiber 5g	18%
Total Sugars 6g	
Includes 0g Added Sugars	0%
<b>Protein</b> 47g	
Vitamin D 0mcg	0%
Calcium 226mg	15%
Iron 3mg	15%
Potassium 466mg	10%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### All ingredients in this recipe:

**Chicken Breasts** [chicken], **Parmesan Cheese** [pasteurized milk, cheese cultures, salt, enzymes], **Dairy-Free Lemon Aioli** (Avocado Oil Mayonnaise [avocado oil, organic certified humane free range egg yolks, water, distilled vinegar, salt, lime juice concentrate, citric acid, lime oil], Granulated Garlic, Lemon Juice [lemon], Stone-Ground Mustard [water, organic mustard seeds, organic vinegar, salt, organic spices]), **Green Beans**, **Hazelnuts** [hazelnuts], **Basil Vinaigrette** (Basil, Garlic, Lemon Juice [lemon], White Wine Vinegar [aged white wine vinegar], Olive Oil [olive oil], Sea Salt, Black Pepper), **Roma Tomatoes**, **Rosemary, Basil & Sage Blend** (Ground Rosemary, Dried Sage, Italian Seasoning [basil, rosemary, marjoram, oregano, thyme], Dried Basil, Granulated Garlic, Onion Powder)

### Allergen information:

Contains Tree Nuts, Egg And Milk

*Allergens may be reflected in pantry items listed in the “What You’ll Need” section of the recipe card.*

*Manufactured on equipment that processes products containing egg, fish/shellfish, milk, sesame, soy, peanuts, and tree nuts.*