



# CHICKEN WITH CREAMY LEMON SAUCE

*sautéed squash, Brussels sprouts, hazelnuts*

<b>COOK TIME</b> 30 MIN	<b>SERVINGS</b> 2	<b>CALORIES PER SERVING</b> 710	<b>NET CARBS PER SERVING</b> 11 GRAMS	<b>MENU</b> KETO // GLUTEN-FREE
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Roasted chicken meets its new keto-friendly best friend in tonight's 30-minute meal. Rich, vibrant lemon crema (think sour cream, lemon, parsley, and garlic) is paired with sweet sautéed shallot and spooned over savory roasted chicken for a decadently creamy complement. A hearty side of herb-seasoned yellow squash and Brussels sprouts studded with crunchy hazelnuts rounds out the meal.

## INGREDIENTS (7 ITEMS)

- 1 whole **Shallot**
- 1 whole **Yellow squash**
- 4 oz **Brussels sprouts**
- ½ oz **Hazelnuts** T
- 2 (6 oz) **Chicken breasts\***
- 3½ oz **Lemon crema** M
- 1¼ tsp **Herb, garlic & red pepper blend**

## WHAT YOU'LL NEED

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

## ALLERGENS

- T TREE NUTS (hazelnuts)
- M MILK

**COOKING TIP** 4 If you ordered the 4-serving version of this meal, refer to the guidelines in Step 1.

**Validate**  
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](http://greenchef.com/faq) 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.
- Cut ends off **shallot** and discard peel. Halve lengthwise. Lay flat and cut lengthwise into strips, about ½ inch thick.
- Trim ends off **yellow squash\***; discard. Halve lengthwise. Lay flat and slice across into half-moons, about ½ inch thick.
- Trim stem ends off **Brussels sprouts**. Quarter lengthwise.
- Roughly chop **hazelnuts** if necessary.

*\*The ingredient you received may be a different color.*

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 &amp; SEAR CHICKEN

- Pat **chicken breasts** dry with paper towels. Season with salt and pepper.
- Heat about 1½ tablespoons cooking oil in a medium oven-safe sauté pan over medium-high heat. Add **chicken** to hot pan. Sear about 3 minutes on one side.

## 3 ADD SHALLOT

- Flip **chicken**. Add **shallot** and about 1½ tablespoons cooking oil to pan around chicken. Season with salt and pepper. Cook about 3 minutes, or until shallot is translucent, stirring occasionally. Remove from heat.

## 4 MAKE SAUCE &amp; ROAST CHICKEN

- Add **lemon crema** and about ¼ cup water to pan. Stir **crema** and **shallot** to combine.
- Transfer pan to oven. Roast 10-12 minutes, or until chicken is fully cooked and sauce has thickened.\*
- Transfer **chicken** to a cutting board.

*\*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.*

## 5 SAUTÉ VEGGIES

- Heat about 2 tablespoons cooking oil in a medium sauté pan over medium heat. Add **squash** and **Brussels sprouts** to hot pan. Season with **herb, garlic, and red pepper blend**, about ¼ teaspoon salt, and a pinch of pepper. Cook 4-5 minutes, or until Brussels sprouts are just tender, stirring occasionally.
- Add **hazelnuts**. Cook 1-2 minutes, or until squash and Brussels sprouts are fork-tender, stirring occasionally.

## 6 PLATE YOUR DISH

- Cut **chicken breasts** into 5-7 slices each.
- Divide **chicken** between plates. Spoon **creamy lemon sauce** from pan over top. Serve **sautéed veggies with hazelnuts** next to chicken. Enjoy!



## Nutrition Facts

2 Servings per container

**Serving size** (439g)

Amount per serving

**Calories** **710**

	% Daily Value*
<b>Total Fat</b> 51g	65%
Saturated Fat 11g	55%
Trans Fat 0g	
<b>Cholesterol</b> 160mg	53%
<b>Sodium</b> 410mg	18%
<b>Total Carbohydrate</b> 16g	6%
Dietary Fiber 5g	18%
Total Sugars 7g	
Includes 0g Added Sugars	0%
<b>Protein</b> 45g	
Vitamin D 0mcg	0%
Calcium 105mg	8%
Iron 3mg	15%
Potassium 620mg	15%

\* 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], **Lemon Crema** (Sour Cream [cultured cream], Lemon Juice [lemon], Granulated Garlic, Parsley), **Brussels Sprouts**, **Yellow Squash**, **Hazelnuts** [hazelnuts], **Shallot**, **Herb, Garlic & Red Pepper Blend** (Granulated Garlic, Sweet Paprika, Italian Seasoning [basil, rosemary, marjoram, oregano, thyme], Ground Rosemary, Crushed Red Pepper Flakes, Onion Powder)

### Allergen information:

Contains Tree Nuts 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.*