



**GREEN
CHEF**

ZA'ATAR-ROASTED CHICKEN

Cauliflower "couscous" with red peppers & olives, carrots, tahini

COOK TIME

35 MIN

SERVINGS

2

CALORIES PER SERVING

740

NET CARBS PER SERVING

17 GRAMS

MENU

KETO // PALEO // GLUTEN-FREE

We love the tart, nutty complexity of Middle Eastern za'atar seasoning. For this savory dish, the spice blend adds depth of flavor to juicy roasted chicken breasts. Drizzled in a bright, creamy lemon almond-tahini sauce to echo the tangy notes in the spices, the chicken is paired with cauliflower "couscous" studded with roasted red peppers and Kalamata olives. Roasted carrots add earthy-sweet notes on the side.

INGREDIENTS (10 ITEMS)

2 (6 oz) **Chicken breasts**
 2 oz **Lemon almond-tahini sauce** T
 1 tsp **Za'atar seasoning**
 2 whole **Carrots**
 1 ½ cups **Cauliflower "couscous"**
 ¼ cup **Roasted red peppers**
 ¼ oz **Kalamata olives**
 1 whole **Scallion**
 ¼ oz **Garlic**
 ½ oz **Sliced almonds** T

WHAT YOU'LL NEED

medium sauté pan
 2 baking sheets
 medium bowl
 measuring spoons
 peeler
 thermometer
 oven mitt
 cooking & olive oils
 salt & pepper

ALLERGENS

T TREE NUTS (almonds)



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.

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.
- Cut tops off **carrots** and peel. Cut across at an angle into slices, about ¼ inch thick.
- Mince **garlic**.
- Roughly chop **Kalamata olives**.
- Thinly slice **scallion**; discard root end.

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 & ROAST CARROTS

- Place **carrots** in a medium bowl. Drizzle with about 1 ½ tablespoons cooking oil. Season with about ½ teaspoon of the **za'atar seasoning**, about ¼ teaspoon salt, and a pinch of pepper. Stir to coat.
- Spread **carrots** out in a single layer on a lightly oiled, foil-lined baking sheet. Roast 14-16 minutes, or until fork tender, stirring halfway through.

3 SEASON & SEAR CHICKEN

- Pat **chicken breasts** dry with paper towels. Season with salt, pepper, and remaining **za'atar seasoning**.
- 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, or until chicken is lightly browned.

4 ROAST CHICKEN

- Transfer **chicken** to a second lightly oiled, foil-lined baking sheet. Roast 10-12 minutes, or until chicken is fully cooked.*

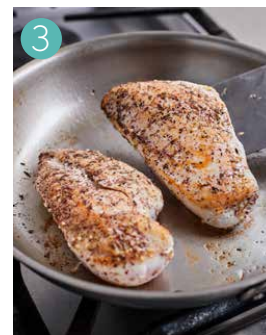
**Chicken is fully cooked when internal temperature reaches 165 degrees.*

5 COOK CAULIFLOWER

- Heat about 1 ½ tablespoons olive oil in pan used for chicken over medium heat. Add **cauliflower "couscous"** and **garlic** to hot pan. Season with about ¼ teaspoon salt and a pinch of pepper. Cook about 1 minute, or until garlic is fragrant, stirring frequently.
- Add 1-2 tablespoons water. Cook 4-6 minutes, or until cauliflower is tender and liquid is cooked off, stirring occasionally.
- Add **roasted red peppers**, **olives**, **scallion**, and about 1 tablespoon olive oil. Cook about 1 minute, stirring occasionally. Salt and pepper to taste. Stir to combine.

6 PLATE YOUR DISH

- Cut **chicken** into 6-8 slices each.
- Divide **za'atar-roasted chicken** between plates. Drizzle with **lemon almond-tahini sauce** to taste. Pile **cauliflower "couscous"** next to chicken. Serve **roasted carrots** on the side. Garnish with **sliced almonds**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (480g)

Amount per serving

Calories 740

	% Daily Value*
Total Fat 53g	68%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 95mg	32%
Sodium 1100mg	48%
Total Carbohydrate 24g	9%
Dietary Fiber 7g	25%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 47g	
Vitamin D 0mcg	0%
Calcium 135mg	10%
Iron 3mg	15%
Potassium 742mg	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, Za'atar Seasoning [white sesame seeds, thyme, sumac, marjoram, savory, and traces of salt], Carrots, Roasted Red Peppers [roasted red pepper, water, citric acid, sea salt], Cauliflower, Scallions, Garlic, Almonds [almonds], Kalamata Olives [kalamata olives, water, red wine vinegar, sea salt, grape must], Lemon Almond-Tahini Sauce (Tahini Sauce [sesame seeds], Lemon Juice, Garlic, Dried Oregano, Black Pepper, Sea Salt, Almond Milk [almonds], Ascorbic Acid [ascorbic acid])

Allergen information:
Contains Tree Nuts

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.