



**GREEN
CHEF**

PARMESAN-CRUSTED CHICKEN

lemon aioli, green beans & hazelnuts, marinated tomatoes

COOK TIME

30 MIN

SERVINGS

2

CALORIES PER SERVING

640

NET CARBS PER SERVING

8 GRAMS

MENU

KETO // GLUTEN-FREE // MEDITERRANEAN

This Parmesan chicken is juicy, crispy, cheesy—and keto! Here, the traditional breaded chicken cutlet gets a flavorful makeover with a sprinkle of rosemary, basil, and sage, plus lemon aioli and a coating of golden Parmesan (instead of the usual breadcrumbs). Two fresh sides bring it all together: sautéed green beans with toasted hazelnuts and herby marinated Roma tomatoes.

INGREDIENTS (8 ITEMS)

2 whole **Roma tomatoes**
6 oz **Green beans**
½ oz **Hazelnuts** T
2 (5 oz) **Chicken cutlets***
1¼ tsp **Rosemary, basil & sage blend**
1¼ oz **Dairy-free lemon aioli** E
1 oz **Parmesan cheese** M
1 oz **Basil vinaigrette**

WHAT YOU'LL NEED

medium sauté pan
baking sheet
medium bowl
measuring cup & spoons
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.

1 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**.

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 SEASON & ROAST CHICKEN

- Pat **chicken cutlets** dry with paper towels. Season with **rosemary, basil, and sage blend**, salt, and pepper. Drizzle with 2 teaspoons cooking oil. Rub to evenly coat.
- Place **chicken** on 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.)

3 MARINATE TOMATOES

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

4 COOK GREEN BEANS

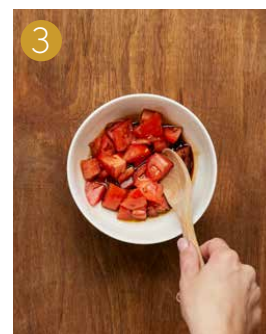
- Heat 1½ tablespoons cooking oil in a medium sauté pan over medium heat. Add **green beans** to hot pan. Season with ¼ teaspoon salt and a pinch of pepper. Cook about 2 minutes, or until green beans begin to soften, stirring occasionally.
- Carefully add about ¼ cup water. Cook 3-5 minutes, or until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

5 FINISH CHICKEN

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

6 PLATE YOUR DISH

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



Nutrition Facts

2 Servings per container

Serving size (380g)

Amount per serving

Calories **640**

	% Daily Value*
Total Fat 49g	63%
Saturated Fat 9g	45%
Trans Fat 0g	
Cholesterol 140mg	47%
Sodium 700mg	30%
Total Carbohydrate 12g	4%
Dietary Fiber 4g	14%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 42g	
Vitamin D 0mcg	0%
Calcium 230mg	20%
Iron 2mg	10%
Potassium 924mg	20%

* 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 Cutlets [chicken], **Parmesan Cheese** [pasteurized milk, cheese cultures, salt, enzymes, anti caking agent (potato starch powdered cellulose, natamycin)], **Dairy-Free Lemon Aioli** (Avocado Oil Mayonnaise [avocado oil, organic eggs, organic egg yolks, organic vinegar, sea salt, organic rosemary extract], 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.