



**GREEN  
CHEF**

# MEDITERRANEAN CHICKEN

*artichokes & roasted red peppers, pepita pesto, Brussels sprouts*

## COOK TIME

35 MIN

## SERVINGS

2

## CALORIES PER SERVING

550

## NET CARBS PER SERVING

10 GRAMS

## MENU

KETO // GLUTEN-FREE // MEDITERRANEAN

Briny marinated artichoke hearts and sweet roasted red peppers, two hallmark ingredients of Mediterranean-style cuisine, star in this keto-friendly dinner. Chicken cutlets are pan-seared, then nestled into the veggies and finished in the oven until tender and juicy. A side of roasted Brussels sprouts topped with creamy feta completes the satisfying meal.

## INGREDIENTS (7 ITEMS)

8 oz **Brussels sprouts**  
1 oz **Artichoke hearts**  
½ oz **Roasted almonds** T  
2 (5 oz) **Chicken cutlets\***  
1 oz **Roasted red peppers**  
2 oz **Feta cheese** M  
2 oz **Parsley-basil pepita pesto** T

## WHAT YOU'LL NEED

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

## ALLERGENS

T TREE NUTS (almonds, coconut)  
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.
- Trim stem ends off **Brussels sprouts**. Quarter lengthwise.
- Roughly chop **artichoke hearts**.
- Roughly chop **roasted almonds**.

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; ROAST BRUSSELS SPROUTS

- Place **Brussels sprouts** in a medium bowl. Drizzle with 1 tablespoon cooking oil. Season with ¼ teaspoon salt and a pinch of pepper. Stir to coat.
- Spread **Brussels sprouts** out in a single layer on a lightly oiled, foil-lined baking sheet. (Reserve bowl.) Roast 10-15 minutes, or until fork-tender, stirring halfway through. (You'll finish the Brussels sprouts in Step 5.)

## 3 SEASON &amp; SEAR CHICKEN

- Pat **chicken cutlets** dry with paper towels. Season with salt and pepper.
- Heat 1½ tablespoons cooking oil in a medium oven-safe sauté pan over medium-high heat. Add **chicken** to hot pan. Sear about 2 minutes on one side.

## 4 ROAST CHICKEN &amp; VEGGIES

- Flip **chicken**. Add **artichokes**, **roasted red peppers**, and about 2 tablespoons water to pan. Season **veggies** with salt and pepper.
- Transfer pan to oven. Roast 6-8 minutes, or until chicken is fully cooked.\*

*\*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 FINISH BRUSSELS SPROUTS

- Return **Brussels sprouts** to bowl used for seasoning. (**Careful! Baking sheet may still be hot!**) Add **feta cheese** and about half of the **almonds**. Drizzle with about half of the **parsley-basil pepita pesto**. Stir to combine.

## 6 PLATE YOUR DISH

- Cut **chicken cutlets** into 5-7 slices each.
- Make a pool of the remaining **pepita pesto** on one side of each plate. Fan **chicken** over top. Top with **artichokes and roasted red peppers**. Serve **Brussels sprouts** on the side. Garnish with remaining **almonds**. Enjoy!



## Nutrition Facts

2 Servings per container

**Serving size** (368g)

**Amount per serving**

**Calories** 550

	% Daily Value*
<b>Total Fat</b> 35g	45%
Saturated Fat 10g	50%
Trans Fat 0g	
<b>Cholesterol</b> 135mg	45%
<b>Sodium</b> 930mg	40%
<b>Total Carbohydrate</b> 16g	6%
Dietary Fiber 6g	21%
Total Sugars 4g	
Includes 0g Added Sugars	0%
<b>Protein</b> 44g	
Vitamin D 0mcg	0%
Calcium 220mg	15%
Iron 3mg	15%
Potassium 1091mg	25%

\* 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], **Brussels Sprouts**, **Almonds** [almonds], **Parsley-Basil Pepita Pesto** (Lemon Juice [lemon], Parsley, Basil, Granulated Garlic, Coconut Milk [organic coconut, coconut extract, water, organic guar gum], Sea Salt, Black Pepper, Dijon Mustard [water, organic mustard seeds, organic vinegar, salt, organic turmeric, organic spices], Pepitas [pumpkin seeds], Red Wine Vinegar [aged red wine vinegar], Ascorbic Acid [ascorbic acid]), **Artichoke Hearts** [hearts of artichokes, water, salt, citric acid], **Roasted Red Peppers** [bell pepper], **Feta Cheese** [pasteurized milk, cheese cultures, salt, enzymes, anti-caking agent (potato starch, powdered cellulose, natamycin)]

### Allergen information:

Contains Milk And 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.*