



**GREEN  
CHEF**

## PESTO PANKO CHICKEN WITH MOZZARELLA

*Roasted red potatoes, kale salad with tomato & Caesar dressing*

### COOK TIME

30 MIN

### SERVINGS

2

### CALORIES PER SERVING

740

We love the way panko breadcrumbs form a crispy, golden-brown crust on roasted chicken. In this savory dish, our chefs added extra layers of flavor by coating the chicken in an herbaceous basil pesto before topping it with breadcrumbs and mozzarella cheese. Roasted red potatoes and a crisp kale salad with diced tomato round out the Italian-inspired meal.

### INGREDIENTS (8 ITEMS)

2 (5 oz) **Chicken cutlets**  
 2 oz **Basil pesto** M  
 ¼ cup **Breadcrumbs** W  
 2 oz **Mozzarella cheese** M  
 9 ½ oz **Red potatoes\***  
 4 ¼ oz **Lacinato kale**  
 1 whole **Roma tomato**  
 1 ¾ oz **Caesar dressing** M S

### WHAT YOU'LL NEED

2 baking sheets  
 mixing bowls  
 measuring spoons  
 thermometer  
 oven mitt  
 cooking & olive oils  
 salt & pepper

### ALLERGENS

M MILK  
W WHEAT  
S SOY



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

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

\*This ingredient may be a different color. Either way, this dish will still be delicious!

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](https://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 425 degrees.
- Medium dice **red potatoes** into pieces, about ½ inch each.
- Remove and discard any thick center stems from **Lacinato kale**. Roll leaves into a large “cigar” and slice across into ribbons, about ¼ inch wide.
- Medium dice **Roma tomato** into pieces, about ½ inch each.

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 POTATOES

- Place **potatoes** in a medium bowl. Drizzle with about 1 tablespoon cooking oil. Season with about ¼ teaspoon salt and a pinch of pepper. Stir to evenly coat.
- Spread **potatoes** out in a single layer on a lightly oiled, foil-lined baking sheet. Roast 20–22 minutes, or until potatoes are fork tender, stirring halfway through.



3

## MAKE BREADING

- Place **breadcrumbs** and **mozzarella cheese** in a small bowl. Drizzle with about 2 teaspoons olive oil. Lightly season with salt and pepper. Stir to combine.

4

## SEASON & BREAD CHICKEN

- Pat **chicken cutlets** dry with paper towels. Place **chicken** in bowl used for potatoes. Season with salt and pepper. Add **basil pesto** and about 1 tablespoon cooking oil. Turn to evenly coat.
- Place **chicken** on a second lightly oiled, foil-lined baking sheet. Spoon **breading** over tops of chicken.\* Press to adhere.

*\*If the breading spills onto the baking sheet, scoop up the excess and place it back on the chicken. The thicker the breading, the better!*



5

## ROAST CHICKEN

- Transfer baking sheet with chicken to oven. Roast 12–15 minutes, or until chicken is fully cooked.\*

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



6

## MAKE SALAD

- Place **kale** in a second medium bowl. Drizzle with about 2 tablespoons of the **Caesar dressing**. Lightly season with salt. Massage until leaves soften.
- Add **tomato** to bowl. Drizzle with remaining **dressing** to taste. Salt and pepper to taste. Toss to combine.

7

## PLATE YOUR DISH

- Divide **pesto panko chicken with mozzarella** between plates. Serve **roasted red potatoes** and **kale salad** on the side. Enjoy!



## Nutrition Facts

2 Servings per container

**Serving size** (490g)

**Amount per serving**

**Calories** 740

|                               | % Daily Value* |
|-------------------------------|----------------|
| <b>Total Fat</b> 40g          | 51%            |
| Saturated Fat 9g              | 45%            |
| Trans Fat 0g                  |                |
| <b>Cholesterol</b> 130mg      | 43%            |
| <b>Sodium</b> 1010mg          | 44%            |
| <b>Total Carbohydrate</b> 43g | 16%            |
| Dietary Fiber 5g              | 18%            |
| Total Sugars 5g               |                |
| Includes 0g Added Sugars      | 0%             |
| <b>Protein</b> 51g            |                |
| Vitamin D 0mcg                | 0%             |
| Calcium 325mg                 | 25%            |
| Iron 4mg                      | 20%            |
| Potassium 1045mg              | 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, Breadcrumbs** [bleached wheat flour, yeast, sugar, salt], **Mozzarella Cheese** [part-skim milk, cheese cultures, salt, enzymes, anti caking agent (potato starch powdered cellulose, natamycin)], **Basil Pesto** [basil, canola oil, water, parmesan cheese (pasteurized part-skim cows' milk, cheese culture, salt, enzymes), granulated garlic, salt], **Red Potatoes, Roma Tomatoes, Lacinato Kale, Caesar Dressing** (Greek Yogurt [yogurt (cultured pasteurized nonfat milk, cream)], Granulated Garlic, Lemon Juice, Sunflower Oil, Parmesan Cheese [pasteurized cow's milk (cheese cultures, salt, and enzymes), cellulose (to prevent caking) and potassium sorbate ], Sea Salt, Black Pepper, Worcestershire Sauce [organic apple cider vinegar, molasses, wheat-free tamari (water, soybeans, salt), filtered water, cane sugar, salt, lemon juice concentrate, ginger puree, tamarind, chili pepper, garlic powder, xanthan gum, shiitake mushrooms, allspice, cloves, orange extract, lemon extract, smoke flavor, onion oil.], Agave [blue agave nectar], Ascorbic Acid [ascorbic acid])

### Allergen information:

Contains Soy, Milk And Wheat

*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.*

