



**GREEN  
CHEF**

# PERUVIAN ROASTED CHICKEN

*Butternut squash, bell pepper, tomato & creamy chimichurri*

## COOK TIME

35 MIN

## SERVINGS

2

## CALORIES PER SERVING

700

## NET CARBS PER SERVING

20 GRAMS

## MENU

KETO // PALEO // GLUTEN-FREE

The warm, earthy spices and herby chimichurri integral to South American cuisine inspired our chefs to create this vibrant chicken dinner. Here, a Peruvian-style seasoning (starring cumin, paprika, and dried orange peel) adds citrusy spice to chicken breasts that are fanned over a bed of butternut squash, bell pepper, and tomato. Our signature chimichurri sauce, made creamy with avocado mayo, adds a rich finishing touch.

## INGREDIENTS (8 ITEMS)

2 (6 oz) **Chicken breasts**  
2 ½ oz **Creamy chimichurri with avocado mayo** <sup>E</sup>  
1 tbsp **Peruvian-style spices**  
10 ½ oz **Butternut squash**  
1 whole **Green bell pepper**  
1 whole **Roma tomato**  
1 whole **Red onion**  
½ oz **Pepitas**

## WHAT YOU'LL NEED

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

## ALLERGENS

<sup>E</sup> EGGS



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](http://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.
- Remove any seeds from **butternut squash** with a spoon. Carefully peel with a sharp peeler.\* Medium dice into pieces, about ½ inch each.
- Cut sides off **green bell pepper**.\*\* Discard seed pod and stem. Medium dice into pieces, about ½ inch each.
- Cut ends off **red onion** and discard peel. Halve lengthwise. Lay flat and cut lengthwise into strips, about ¼ inch thick.
- Small dice **Roma tomato** into pieces, about ¼ inch each.
- Roughly chop **pepitas**.

*\*If you don't have a sharp peeler, carefully use a sharp knife. Place squash cut-sides down, then slice away the skin, curving your knife with the shape of the squash as you go.*

*\*\*Your bell pepper may be a different color. Either way, this dish will still be delicious!*

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 VEGGIES

- Place **squash, bell pepper, onion**, and about half of the **tomato** in a medium bowl. Drizzle with about 1 ½ tablespoons cooking oil. Season with about half of the **Peruvian-style spices**, about ½ teaspoon salt, and a pinch of pepper. Stir to coat.

## 3 ROAST VEGGIES

- Spread **veggies** out in a single layer on a lightly oiled, foil-lined baking sheet. Roast 20–22 minutes, or until fork tender, stirring halfway through.

## 4 SEASON &amp; COOK CHICKEN

- Pat **chicken breasts** dry with paper towels. Season with salt, pepper, and remaining **spice blend**.
- Heat about 1 ½ tablespoons cooking oil in a medium oven-safe sauté pan over medium-high heat. Add **chicken** to hot pan. Sear about 3 minutes on each side.
- Transfer pan to oven. Roast 10–12 minutes, or until chicken is fully cooked.\* (Chicken is fully cooked when internal temperature reaches 165 degrees.)

*\*Careful! 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 PLATE YOUR DISH

- Cut **chicken** into 6–7 slices each.
- Divide **roasted veggies** between plates. Shingle **Peruvian roasted chicken** over top. Drizzle with **creamy chimichurri with avocado mayo** to taste. Garnish with **pepitas** and remaining **tomato**. Enjoy!



## Nutrition Facts

2 Servings per container

**Serving size** (481g)

**Amount per serving**

**Calories** **700**

	% Daily Value*
<b>Total Fat</b> 48g	62%
Saturated Fat 6g	30%
Trans Fat 0g	
<b>Cholesterol</b> 110mg	37%
<b>Sodium</b> 990mg	43%
<b>Total Carbohydrate</b> 26g	9%
Dietary Fiber 6g	21%
Total Sugars 8g	
Includes 0g Added Sugars	0%
<b>Protein</b> 44g	
Vitamin D 0mcg	0%
Calcium 104mg	8%
Iron 4mg	20%
Potassium 862mg	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 Breasts, Peruvian-Style Spices** (Ancho Chili Powder, Ground Cumin, Turmeric, Sweet Paprika, Granulated Garlic, Smoked Paprika, Dried Orange Peel), **Butternut Squash, Red Onion, Roma Tomatoes, Bell Peppers, Pepitas, Creamy Chimichurri** (Yellow Onions, Parsley, Garlic, Dried Oregano, Sea Salt, Black Pepper, Crushed Red Pepper Flakes, Apple Cider Vinegar [raw and unfiltered organic apple cider vinegar], Lemon Juice [lemon], Olive Oil, Avocado Oil Mayonnaise [avocado oil, organic certified humane free range egg yolks, water, distilled vinegar, salt, lime juice concentrate, citric acid, lime oil])

### Allergen information:

Contains Egg

*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.*