



CHIMICHURRI CHICKEN BOWLS

cauliflower "rice," roasted squash, bell pepper, pepitas

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|----------------------------|----------------------|------------------------------------|--|---|
| COOK TIME 30 MIN | SERVINGS 2 | CALORIES PER SERVING 740 | NET CARBS PER SERVING 16 GRAMS | MENU KETO // PALEO // GLUTEN-FREE |
|----------------------------|----------------------|------------------------------------|--|---|

Bring the bold flavors of Latin American cuisine to your dinner table in just 30 minutes. Our house-made chimichurri is a creamy take on one of Argentina’s most popular condiments—a tangy green sauce packed with parsley, garlic, and spices. Here, we’ve drizzled it over Cuban-spiced chicken strips, which sit atop roasted butternut squash, red bell pepper, cabbage, and a bed of cauliflower “rice.” Toasted pepitas add a nutty crunch throughout.

- INGREDIENTS (8 ITEMS)**
- 5¼ oz **Butternut squash***
 - 1 unit **Red bell pepper**
 - 3½ oz **Cabbage**
 - ½ oz **Pepitas**
 - 9 oz **Cauliflower “rice”**
 - 1 tsp **Cuban spice blend**
 - 10 oz **Chicken strips****
 - 2½ oz **Creamy chimichurri with avocado mayo** E

- WHAT YOU’LL NEED**
- medium & large sauté pans
 - baking sheet
 - measuring spoons
 - peeler
 - thermometer
 - oven mitt
 - cooking oil
 - salt & pepper

ALLERGENS
E EGGS

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

Validated
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.

*Due to the varying nature of organic produce, we may have sent a larger squash than needed.
**Chicken is fully cooked when internal temperature reaches 165 degrees and it’s no longer pink in the center.

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 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.
- Remove any seeds from **butternut squash** with a spoon. Carefully peel with a sharp peeler.* Medium dice into pieces, about ½ inch each.**
- Cut **red bell pepper***** lengthwise into strips, about ¼ inch thick. Halve strips widthwise.
- Roughly chop **cabbage***** if necessary.

**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.*

***Use about 1½ cups squash, saving the rest for another day. If you have a food scale, use 8 ounces to stay under 20 grams of net carbs per serving.*

****The ingredient you received may be a different color.*

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 VEGGIES

- Place **squash**, **bell pepper**, and **cabbage** on a lightly oiled, foil-lined baking sheet. Drizzle with about 1½ tablespoons cooking oil. Season with about ½ teaspoon salt and a pinch of pepper. Stir to combine. Spread out in a single layer.
- Roast 18-20 minutes, or until squash is fork-tender, stirring halfway through.

3 TOAST PEPITAS

- Place **pepitas** in a dry medium sauté pan over medium heat. Toast 2-3 minutes, or until fragrant, shaking pan frequently.
- Transfer **pepitas** to a plate.

4 COOK CAULIFLOWER "RICE"

- Heat about 1½ tablespoons cooking oil in pan used for pepitas over medium-high heat. Add **cauliflower "rice"** to hot pan. Season with about half of the **Cuban spice blend**, about ½ teaspoon salt, and a pinch of pepper. Cook 3-4 minutes, or until tender, stirring occasionally.

5 SEASON & COOK CHICKEN

- Pat **chicken strips** dry with paper towels. Cut any larger strips in half lengthwise.
- Heat about 1½ tablespoons cooking oil in a large sauté pan over medium heat. Add **chicken** to hot pan. Season with remaining **spice blend**, about ½ teaspoon salt, and a pinch of pepper. Cook 4-6 minutes, or until fully cooked, stirring occasionally.

6 PLATE YOUR DISH

- Divide **cauliflower "rice"** between bowls. Top with **roasted veggies** and **Cuban-spiced chicken**. Drizzle with **creamy chimichurri with avocado mayo** to taste. Sprinkle with **toasted pepitas**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (512g)

Amount per serving

Calories **740**

| | % Daily Value* |
|-------------------------------|----------------|
| Total Fat 57g | 73% |
| Saturated Fat 8g | 40% |
| Trans Fat 0g | |
| Cholesterol 115mg | 38% |
| Sodium 2170mg | 94% |
| Total Carbohydrate 23g | 8% |
| Dietary Fiber 7g | 25% |
| Total Sugars 8g | |
| Includes 0g Added Sugars | 0% |
| Protein 38g | |
| Vitamin D 0mcg | 0% |
| Calcium 109mg | 8% |
| Iron 4mg | 20% |
| Potassium 949mg | 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 Strips [chicken], **Cauliflower**, **Bell Peppers**, **Green Cabbage**, **Butternut Squash**, **Cuban Spice Blend** [dehydrated vegetables (garlic, onion, green bell pepper, tomato), spices (cumin, black pepper, oregano, coriander), salt, paprika (color), cilantro, and orange peel], **Pepitas** [pumpkin seed kernels], **Creamy Chimichurri** (Yellow Onions, Parsley, Garlic, Dried Oregano, Sea Salt, Black Pepper, Crushed Red Pepper Flakes, Apple Cider Vinegar [apple cider vinegar], Lemon Juice [lemon], Olive Oil [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.