



**GREEN
CHEF**

CREAMY CHICKEN WITH CAPER SAUCE

garlicky sautéed chard, roasted acorn squash, brown butter

COOK TIME

40 MIN

SERVINGS

2

CALORIES PER SERVING

610

NET CARBS PER SERVING

17 GRAMS

MENU

KETO // GLUTEN-FREE // MEDITERRANEAN

Want to wow your dinner date? This decadent chicken dish is sure to impress. For the main event, chicken cutlets are dusted with a fragrant rosemary, basil, and sage blend; coated with cream cheese; then roasted to tender perfection. They're drizzled in our lemon-basil caper sauce for a bright and tangy finish. On the side, roasted acorn squash is topped with nutty brown butter and garlicky sautéed chard.

INGREDIENTS (7 ITEMS)

10½ oz **Acorn squash***
5¼ oz **Green chard**
¼ oz **Garlic**
1¼ tsp **Rosemary, basil & sage blend**
2 (5 oz) **Chicken cutlets****
1 oz **Cream cheese** **M**
1¼ oz **Lemon-basil caper sauce**



CUSTOM CHEF

If you chose to modify your meal, follow the **Custom Chef** instructions on the flip side of this card.



2 (5 oz) **Organic chicken cutlets****
Calories: 610 Net Carbs: 17 grams

WHAT YOU'LL NEED

medium sauté pan
2 baking sheets
mixing bowls
measuring spoons
thermometer
oven mitt
cooking & olive oils
2 tbsp butter **M**
salt & pepper

ALLERGENS

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.

*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°.

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 425 degrees.
- Remove seeds from **acorn squash*** with a spoon. Lay flat and cut widthwise into slices, about ¼ inch thick.**
- Roughly chop **green chard***** (including stems) into bite-size pieces.
- Mince **garlic**.

**Acorn squash skin is tender and edible once cooked. If you prefer to remove it, carefully peel the slices.*

***Use enough squash to match the size of a softball, saving the rest for another day. If you have a food scale, use 12 ounces to stay under 20 grams of net carbs per serving.*

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

COOKING TIP
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 SQUASH

- Place **squash** in a medium bowl. Drizzle with 1½ tablespoons cooking oil. Season with about half the **rosemary, basil, and sage blend**, salt, and pepper. Stir to coat.
- Spread **squash** out in a single layer on a lightly oiled, foil-lined baking sheet. Roast 15-20 minutes, or until fork-tender, flipping halfway through.

3 SEASON & ROAST CHICKEN

- Pat **chicken cutlets** dry with paper towels. Season with remaining **rosemary, basil, and sage blend**, salt, and pepper. Spread **cream cheese** evenly over chicken.
- Place **chicken** on a second lightly oiled, foil-lined baking sheet. Roast 8-10 minutes, or until fully cooked.

🔄 Swap in **organic chicken cutlets** for chicken cutlets.

4 MAKE BROWN BUTTER

- Melt 2 tablespoons butter in a medium sauté pan over medium heat. Cook 1-2 minutes, or until butter is fragrant and begins to brown, stirring constantly.*
- Transfer butter to a small bowl.

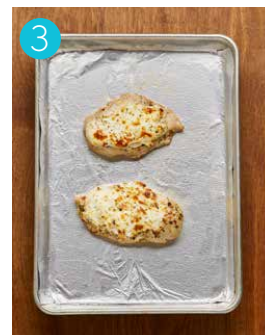
**Keep an eye on the butter while it cooks to prevent it from burning.*

5 SAUTÉ CHARD

- Heat 1 tablespoon olive oil in pan used for butter over medium heat. Add **chard** to hot pan. Season with ¼ teaspoon salt and a pinch of pepper. Cook 2-3 minutes, or until slightly wilted, stirring occasionally.
- Add **garlic** and about 1 tablespoon water. Cook 1-2 minutes, or until chard is tender and liquid has cooked off, stirring occasionally.
- Remove from heat. Add about 1 tablespoon **lemon-basil caper sauce**. Stir to coat.

6 PLATE YOUR DISH

- Divide **garlicky sautéed chard** between plates. Top with **creamy chicken**. Drizzle with remaining **lemon-basil caper sauce** to taste. Serve **roasted acorn squash** next to chicken. Drizzle **brown butter** over squash. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (427g)

Amount per serving

Calories **610**

	% Daily Value*
Total Fat 43g	55%
Saturated Fat 12g	60%
Trans Fat 0g	
Cholesterol 150mg	50%
Sodium 630mg	27%
Total Carbohydrate 21g	8%
Dietary Fiber 4g	14%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 39g	
Vitamin D 0mcg	0%
Calcium 174mg	15%
Iron 3mg	15%
Potassium 1310mg	30%

* 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], **Cream Cheese** [cultured pasteurized skim milk and cream, whey protein, milk proteins, less than 2% salt, inulin (natural dietary fiber), natural acids, xanthan, locust bean and guar gums, potassium sorbate (maintains freshness)], **Rosemary, Basil & Sage Blend** (Ground Rosemary, Dried Sage, Italian Seasoning [basil, rosemary, marjoram, oregano, thyme], Dried Basil, Granulated Garlic, Onion Powder), **Garlic**, **Acorn Squash**, **Green Chard**, **Lemon-Basil Caper Sauce** (Lemon Juice [lemon], White Balsamic Vinegar [aged white wine vinegar and must of white grapes], Basil, Capers [capers, water, vinegar, salt], Olive Oil [olive oil])

Allergen information:

Contains 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.