



**GREEN
CHEF**

CHICKEN WITH LEMON-CHIVE SAUCE

cauliflower "rice" pilaf, peas, roasted almonds

COOK TIME

25 MIN

SERVINGS

2

CALORIES PER SERVING

630

NET CARBS PER SERVING

13 GRAMS

MENU

KETO // GLUTEN-FREE
// FAST & FIT

Tonight's lemon-chive pan sauce comes together in mere minutes, bringing bright richness to this hearty chicken dinner. To make the sauce, simply whisk together our lemon-chive vinaigrette with cream cheese in the hot pan used to sear the chicken, scraping up the flavorful browned bits at the bottom of the skillet (aka the *fond*) as you go. Spoon it over the juicy cutlets and savory cauliflower "rice" pilaf, and dinner is served!

INGREDIENTS (8 ITEMS)

½ oz **Roasted almonds** T
1 whole **Roma tomato**
9 oz **Cauliflower "rice"**
1½ tsp **Oregano-garlic seasoning**
2½ oz **Peas**
2 (5 oz) **Chicken cutlets***
1 oz **Lemon-chive vinaigrette** T
1 oz **Cream cheese** M

WHAT YOU'LL NEED

medium & large sauté pans
measuring cup & spoons
whisk
thermometer
cooking oil
3 tbsp butter M
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

- Roughly chop **roasted almonds**.
- Small dice **Roma tomato** into pieces, about ¼ 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 MAKE "RICE" PILAF

- Heat 1 tablespoon butter in a large sauté pan over medium heat. Add **almonds** to hot pan. Cook 1-2 minutes, or until fragrant, stirring frequently.
- Add **cauliflower "rice," tomato**, and about 2 tablespoons water. Season with **oregano-garlic seasoning**, ½ teaspoon salt, and a pinch of pepper. Cook 3-4 minutes, or until cauliflower is tender and liquid has cooked off, stirring occasionally.
- Remove from heat. Add **peas** and 2 tablespoons butter. Stir until butter has melted. Season with salt and pepper to taste.

3 SEASON & COOK CHICKEN

- Pat **chicken cutlets** dry with paper towels. Season with salt and pepper.
- Heat 1½ tablespoons cooking oil in a medium sauté pan over medium-high heat. Add **chicken** to hot pan. Cook 4-6 minutes on each side, or until fully cooked.
- Transfer **chicken** to a cutting board.

4 MAKE LEMON-CHIVE SAUCE

- Return pan used for chicken to stovetop over medium heat. Add about ¼ cup water. Stir to deglaze pan.* Add **lemon-chive vinaigrette**. Cook 1-2 minutes, or until liquid has slightly reduced, stirring occasionally.
- Remove from heat. Add **cream cheese**. Whisk until cream cheese is incorporated. Season with salt and pepper to taste.

**Be sure to scrape up any browned bits in the bottom of the pan as you stir—those unassuming specks are full of concentrated flavor and will bring additional richness to your sauce.*

5 PLATE YOUR DISH

- Cut **chicken cutlets** into 5-7 slices each.
- Divide **cauliflower "rice" pilaf** between plates. Fan **chicken** over top. Spoon **lemon-chive sauce** over top. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (426g)

Amount per serving

Calories 630

	% Daily Value*
Total Fat 44g	56%
Saturated Fat 15g	75%
Trans Fat 0.5g	
Cholesterol 165mg	55%
Sodium 930mg	40%
Total Carbohydrate 19g	7%
Dietary Fiber 6g	21%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 43g	
Vitamin D 0mcg	0%
Calcium 130mg	10%
Iron 2mg	10%
Potassium 1140mg	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], **Cauliflower**, **Almonds** [almonds], **Roma Tomatoes**, **Peas** [peas], **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)], **Lemon-Chive Vinaigrette** (Chives, Dijon Mustard [water, organic mustard seeds, organic vinegar, salt, organic turmeric, organic spices], Apple Cider Vinegar [apple cider vinegar], Lemon Juice [lemon], Coconut Nectar [coconut tree sap], Sea Salt, Black Pepper, Olive Oil [olive oil]), **Oregano-Garlic Seasoning** (Dried Oregano, Granulated Garlic, Onion Powder, Dried Parsley)

Allergen information:
Contains Tree Nuts And 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.