



**GREEN
CHEF**

CHICKEN CON QUESO

tomato cauliflower "rice," cabbage, toasted pepitas

COOK TIME

30 MIN

SERVINGS

2

CALORIES PER SERVING

710

NET CARBS PER SERVING

7 GRAMS

MENU

KETO // GLUTEN-FREE

There's nothing quite like homemade queso. This version (which also happens to be keto and gluten-free) is ultra-decadent: there's Monterey Jack, rich cream cheese, and a dash of Cholula sauce for tangy-spicy depth. It also couldn't be easier to make—all you have to do is whisk the ingredients together in a hot pan, add a splash of water, and voilà! A warm, bubbly, cheesy sauce that drapes over chili, cumin, and paprika-spiced chicken like a cozy, velvety blanket. On the side, we're serving up sautéed cauliflower "rice" with tomato, cabbage, and toasted pepitas—it's the perfect accompaniment for catching any queso overflow (and trust us, you won't want to waste a drop).



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.

INGREDIENTS (10 ITEMS)

2 oz **Cabbage**
1 whole **Scallion**
1 whole **Roma tomato**
½ oz **Pepitas**
1½ tsp **Chili, cumin & paprika blend**
6½ oz **Cauliflower "rice"**
2 (5 oz) **Chicken cutlets***
2 oz **Monterey Jack cheese** **M**
1 oz **Cream cheese** **M**
2 tsp **Cholula sauce**

WHAT YOU'LL NEED

small pot
medium & large sauté pans
small bowl
measuring spoons
whisk
thermometer
cooking oil
1 tbsp butter **M**
salt & pepper

ALLERGENS

M MILK

*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 **cabbage*** if necessary.
- Thinly slice **scallion**; discard root end. Separate **white ends** and **green tops**.
- Small dice **Roma tomato** into pieces, about ¼ inch each.

**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 TOAST PEPITAS

- Place **pepitas** in a dry large sauté pan over medium heat. Toast 2-3 minutes, or until fragrant, shaking pan frequently.
- Transfer **pepitas** to a cutting board and allow to cool. Roughly chop.



3 COOK VEGGIES

- Heat about 1½ tablespoons cooking oil in pan used for pepitas over medium-high heat. Add **cabbage** and **white scallion ends** to hot pan. Season with about half of the **chili, cumin, and paprika blend**. Cook 1-2 minutes, or until cabbage begins to soften, stirring occasionally.
- Add **cauliflower "rice"**. Cook 3-4 minutes, or until cauliflower is lightly browned, stirring occasionally.
- Transfer **pepitas** to pan. Add **tomato** and 1 tablespoon butter. Season with about ¼ teaspoon salt and a pinch of pepper. Stir until butter melts.



4 SEASON & COOK CHICKEN

- Pat **chicken cutlets** dry with paper towels. Season with salt, pepper, and remaining **chili, cumin, and paprika blend**.
- Heat about 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 chicken is fully cooked.
- Transfer **chicken** to a cutting board.

5 START QUESO

- Place **Monterey Jack cheese**, **cream cheese**, and **Cholula sauce*** in a small bowl. Stir to combine.

**If heat sensitive, use Cholula sauce sparingly, or omit entirely.*



6 FINISH QUESO

- Heat about 1 tablespoon cooking oil in a small pot over medium heat. Whisk **queso mixture** and 2 tablespoons water into pot. Cook 1-2 minutes, or until cheese is melted and sauce thickens, whisking occasionally.
- Remove from heat. Season with about ¼ teaspoon salt and a pinch of pepper. Whisk to combine.

7 PLATE YOUR DISH

- Cut **chicken** into 5-7 slices each.
- Divide **cauliflower "rice" with cabbage, pepitas, and tomato** between plates. Serve **pan-seared chicken** next to veggies. Spoon **queso** over chicken. Garnish plates with **green scallion tops**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (411g)

Amount per serving

Calories **710**

	% Daily Value*
Total Fat 52g	67%
Saturated Fat 15g	75%
Trans Fat 0g	
Cholesterol 185mg	62%
Sodium 1050mg	46%
Total Carbohydrate 11g	4%
Dietary Fiber 4g	14%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 56g	
Vitamin D 2mcg	10%
Calcium 316mg	25%
Iron 3mg	15%
Potassium 1166mg	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], **Roma Tomatoes**, **Monterey Jack Cheese** [pasteurized milk, cheese cultures, salt, enzymes], **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)], **Cholula Sauce** [water, peppers (arbol & piquin), salt, vinegar, garlic powder, spices, xanthan gum], **Chili, Cumin & Paprika Blend** (Smoked Paprika, Sweet Paprika, Ground Cumin, Dried Oregano, Ground Coriander, Granulated Garlic, Chili Powder), **Cauliflower**, **Pepitas** [pumpkin seed kernels], **Scallions**, **Green Cabbage**

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.