



**GREEN
CHEF**

CUBAN CHICKEN WITH CHIMICHURRI

Red bell pepper, snap peas, cabbage, pepitas & cotija cheese

COOK TIME

25 MIN

SERVINGS

2

CALORIES PER SERVING

770

NET CARBS PER SERVING

9 GRAMS

MENU

KETO // GLUTEN-FREE

This Latin American-inspired meal gets a flavorful kick from our creamy chimichurri, a tangy herb-based sauce made with parsley, garlic, avocado mayo, and a squeeze of lemon. Here, the rich sauce is drizzled over pan-seared chicken, seasoned with a lively Cuban spice blend (think cumin, oregano, and dried orange peel). Sautéed red bell pepper, snap peas, and cabbage make a colorful base for the dish, while cotija cheese adds a savory finishing touch.

INGREDIENTS (9 ITEMS)

2 (5 oz)

Chicken cutlets

1 tsp

Cuban spice blend

3 ½ oz

Creamy chimichurri with avocado mayo ^E

3 ½ oz

Red bell pepper*

2 oz

Snap peas

2 ¾ oz

Cabbage*

2 oz

Yellow onions

½ oz

Pepitas

¾ oz

Cotija cheese ^M

WHAT YOU'LL NEED

medium & large sauté pans

measuring spoons

thermometer

cooking oil

1 tbsp butter ^M

salt & pepper

ALLERGENS

^E EGGS

^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 Food Service (GFFS) program.

GREEN CHEF IS PROUD to be a USDA Certified Organic company. All produce and eggs are organic unless otherwise labeled.

*This ingredient may be a different color. Either way, this dish will still be delicious!

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 for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

1

PREP

- Cut **red bell pepper** lengthwise into strips, about ¼ inch thick. Halve strips widthwise.
- Remove any fibrous strings from **snap peas**.^{*} Halve widthwise at an angle.
- Roughly chop **cabbage** if necessary.

^{}To quickly prep, firmly pinch one end of the pea and pull downward to remove the fibrous string.*

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 CHICKEN

- Pat **chicken cutlets** dry with paper towels. Season with **Cuban spice blend**, about ¼ teaspoon salt, and about ¼ teaspoon pepper.

3

COOK CHICKEN

- Heat about 1 ½ 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.

^{}Chicken is fully cooked when internal temperature reaches 165 degrees.*

4

SAUTÉ VEGGIES

- Heat about 1 ½ tablespoons cooking oil in a large sauté pan over medium-high heat. Add **bell pepper** and **yellow onions** to hot pan. Season with about ¼ teaspoon salt and a pinch of pepper. Cook 3–5 minutes, or until veggies begin to soften, stirring occasionally.
- Add **snap peas**, **cabbage**, and 1 tablespoon butter. Stir to combine. Cook 2–3 minutes, or until veggies are tender, stirring occasionally.
- Add **pepitas**. Cook about 1 minute, or until pepitas are lightly toasted, stirring occasionally.

5

PLATE YOUR DISH

- Cut **chicken** into 5–6 slices each.
- Divide **sautéed veggies with pepitas** between plates. Shingle **Cuban-spiced chicken** over veggies. Drizzle with **creamy chimichurri with avocado mayo** to taste. Sprinkle with **cotija cheese**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (385g)

Amount per serving

Calories 770

| | % Daily Value* |
|--------------------------|----------------|
| Total Fat 63g | 81% |
| Saturated Fat 13g | 65% |
| Trans Fat 0g | |
| Cholesterol 145mg | 48% |
| Sodium 1200mg | 52% |
| Total Carbohydrate 14g | 5% |
| Dietary Fiber 5g | 18% |
| Total Sugars 6g | |
| Includes 0g Added Sugars | 0% |
| Protein 41g | |
| Vitamin D 0mcg | 0% |
| Calcium 145mg | 10% |
| Iron 6mg | 35% |
| Potassium 360mg | 8% |

* 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, Cuban Spice Blend [dehydrated vegetables (garlic, onion, green bell pepper, tomato), spices (cumin, black pepper, oregano, coriander), salt, paprika (color), cilantro, and orange peel], **Bell Peppers, Snap Peas, Red Cabbage, Pepitas, Yellow Onions, Cotija Cheese** [cultured pasteurized grade A milk and skim milk, sea salt and enzymes], **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, Olive Oil, Avocado Oil Mayonnaise [avocado oil, egg yolks, distilled vinegar, water, salt, mustard flour])

Allergen information:
Contains Egg 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.