



**GREEN
CHEF**

CUBAN CHICKEN WITH CHIMICHURRI

Sautéed black beans & red bell pepper, toasted pepitas

COOK TIME

30 MIN

SERVINGS

2

CALORIES PER SERVING

910

MENU

GLUTEN-FREE

This Latin American-inspired meal gets a flavorful kick from our creamy chimichurri, a tangy herb-based sauce made with parsley, mayo, apple cider vinegar, 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 black beans with red bell pepper make a savory side, while a sprinkle of toasted pepitas adds a light crunch to the dish.

INGREDIENTS (8 ITEMS)

2 (5 oz)

Chicken cutlets

1 tbs

Cuban spice blend

3 oz

Creamy chimichurri sauce E S

13 ¼ oz

Black beans

3 ½ oz

Red bell pepper*

2 oz

Yellow onions

½ oz

Pepitas

¼ oz

Cilantro

WHAT YOU'LL NEED

small & large sauté pans

large bowl

measuring spoons

strainer

thermometer

cooking oil

salt & pepper

ALLERGENS

E EGGS

S SOY



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

- Small dice **red bell pepper** into pieces, about ¼ inch each.
- Strain and rinse **black beans**.
- De-stem **cilantro**; finely chop leaves.

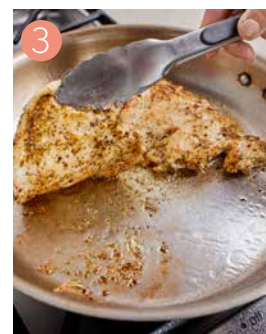
COOKING FOR
4

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 small sauté pan over medium heat. Toast 2-3 minutes, or until fragrant, shaking pan frequently. Transfer **pepitas** to a cutting board.



3 SEASON & START CHICKEN

- Pat **chicken cutlets** dry with paper towels. Place in a large bowl. Season with **Cuban spice blend**, salt, and pepper. Drizzle with about 1 tablespoon cooking oil. Rub to coat.
- Heat about 1 ½ tablespoons cooking oil in a large sauté pan over medium-high heat. Add **chicken** to hot pan. Cook 4-5 minutes.



4 ADD VEGGIES & FINISH CHICKEN

- Flip **chicken**. Add **bell pepper** and **yellow onions** to pan around chicken. Lightly season **veggies** with salt and pepper. Stir **veggies** to combine. Cook 4-5 minutes, or until chicken is fully cooked* and bell pepper is tender, stirring veggies occasionally. Transfer **chicken** to a cutting board.

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



5 ADD BEANS

- Add **beans** and about 1 ½ tablespoons cooking oil to pan with **veggies**. Stir to combine. Cook 1-2 minutes, or until beans are warmed through, stirring occasionally. Salt and pepper to taste.*

*Taste the beans and veggies after seasoning and adjust as needed. Adding salt and pepper throughout the cooking process is key to a delicious final product.

6 PLATE YOUR DISH

- Cut **chicken** into 5-7 slices each.
- Divide **Cuban-spiced chicken** between plates. Drizzle with **creamy chimichurri sauce** to taste. Pile **sautéed black beans and veggies** next to chicken. Garnish with **toasted pepitas** and **cilantro**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (496g)

Amount per serving

Calories **910**

	% Daily Value*
Total Fat 57g	73%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 110mg	37%
Sodium 520mg	23%
Total Carbohydrate 50g	18%
Dietary Fiber 4g	14%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 51g	
Vitamin D 0mcg	0%
Calcium 143mg	10%
Iron 9mg	50%
Potassium 876mg	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 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], **Cilantro, Bell Peppers, Pepitas, Yellow Onions, 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, Sunflower Oil, Mayonnaise [organic expeller pressed soybean oil, water, organic egg yolks, organic whole eggs, organic distilled white vinegar, salt, organic white mustard (organic distilled vinegar, water, organic mustard seeds, salt, organic spices), organic lemon juice concentrate]), **Black Beans** [black beans, water, salt, firming agent: calcium chloride]

Allergen information:

Contains Egg And Soy

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.