



**GREEN
CHEF**

CHICKEN & VEGGIE PHO

spaghetti squash "noodles," red bell pepper, lime, scallion, cashews

COOK TIME

40 MIN

SERVINGS

2

CALORIES PER SERVING

550

NET CARBS PER SERVING

32 GRAMS

MENU

PALEO // GLUTEN-FREE

Pho, a beloved Vietnamese noodle soup, is typically made with a warm, fragrant broth, meat, and fresh vegetables. Here, we've swapped out the traditional rice noodles for pasta-like strands of spaghetti squash and added chicken and red bell pepper to make a savory, satisfying meal. It's all finished with a drizzle of salty-sweet hoisin-style amino sauce and a sprinkle of cashews.

INGREDIENTS (10 ITEMS)

17½ oz **Spaghetti squash**
1 unit **Red bell pepper***
1 whole **Scallion**
1 whole **Lime**
½ oz **Roasted cashews** **T**
10 oz **Chicken strips****
1½ tsp **Ginger, anise & clove blend**
2¾ oz **Pho-style broth** **T**
½ tsp **Crushed red pepper flakes**
1 oz **Hoisin-style amino sauce** **T**

WHAT YOU'LL NEED

large pot
baking sheet
small bowl
measuring cup & spoons
microplane
thermometer
oven mitt
cooking oil
salt & pepper

ALLERGENS

T TREE NUTS (cashews, coconut)



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 bell pepper than needed.

**Chicken is fully cooked when internal temperature reaches 165 degrees and it's no longer pink in the center.

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 SEASON & ROAST SQUASH

- Preheat oven to 425 degrees.
- Halve **spaghetti squash** if necessary. Remove seeds with a spoon. Drizzle insides with 1-2 tablespoons cooking oil. Season insides with salt and pepper.
- Place **squash**, cut sides down, on a lightly oiled, foil-lined baking sheet. Roast 25-30 minutes, or until squash strands easily separate when pierced with a fork. (You'll finish the squash in Step 5.)

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 PREP

- Cut **red bell pepper*** lengthwise into strips, about ¼ inch thick.** Halve strips widthwise.
- Thinly slice **scallion**; discard root end.
- Zest whole **lime** with a microplane (or on small holes of a box grater) over a small bowl. Quarter **lime**.
- Roughly chop **roasted cashews** if necessary.

*The ingredient you received may be a different color.

**Use enough bell pepper to match the size of a softball, saving the rest for another day. If you have a food scale, use 10 ounces to stay under 35 grams of net carbs per serving.

3 START PHO

- Pat **chicken strips** dry with paper towels. Cut any larger strips in half lengthwise.
- Heat about 1½ tablespoons cooking oil in a large pot over medium-high heat. Add **chicken** to hot pot. Season with **ginger, anise, and clove blend** and salt.* Cook 2-3 minutes, stirring occasionally.
- Add **bell pepper** and about half of the **scallion**. Cook 2-3 minutes, or until chicken begins to brown and veggies begin to soften, stirring occasionally.

*The spice blend already contains pepper; season accordingly.

4 FINISH PHO

- Reduce heat on pot with **chicken and veggies** to medium-low. Add about 2 cups water and **pho-style broth**. Squeeze juice from 1-2 **lime wedges** over pot. Season with salt, pepper, and **crushed red pepper flakes*** to taste. Simmer 3-5 minutes, or until chicken is fully cooked, stirring occasionally.

*If heat sensitive, use crushed red pepper flakes sparingly, or omit entirely.

5 FORM SQUASH "NOODLES"

- Carefully separate **squash** from peel into strands with a fork.*

*We recommend using tongs or an oven mitt to hold the spaghetti squash while it's hot.

6 PLATE YOUR DISH

- Divide **squash "noodles"** between bowls. Ladle **chicken and veggie pho** over squash. Drizzle with **hoisin-style amino sauce** to taste. Garnish with **cashews, lime zest**, and remaining **scallion**. Serve with remaining **lime wedges**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (545g)

Amount per serving

Calories 550

	% Daily Value*
Total Fat 30g	38%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 100mg	33%
Sodium 1270mg	55%
Total Carbohydrate 39g	14%
Dietary Fiber 7g	25%
Total Sugars 13g	
Includes 2g Added Sugars	4%
Protein 35g	
Vitamin D 0mcg	0%
Calcium 131mg	10%
Iron 4mg	20%
Potassium 676mg	15%

* 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:

Hoisin-Style Amino Sauce (Coconut Aminos [organic coconut tree sap, sea salt], Molasses [blackstrap molasses], Balsamic Vinegar [wine vinegar, concentrated grape must], Granulated Garlic, Lime Juice [lime]), **Crushed Red Pepper Flakes**, **Lime**, **Scallions**, **Cashews** [cashews, canola and/or peanut and/or sunflower oil], **Chicken Strips** [chicken], **Spaghetti Squash**, **Bell Peppers**, **Ginger**, **Anise & Clove Blend** (Ground Cloves, Dried Ginger, Cinnamon, Anise Seeds, Ground Coriander, Black Pepper), **Pho-Style Broth** (Green Curry Paste [green chili pepper, garlic, lemongrass, spices, salt, shallot, lime peel], Garlic, Coconut Aminos [organic coconut tree sap, sea salt], Sea Salt, Tamarind Paste [organic tamarind pulp], Mushroom Broth [water, organic mushrooms, sea salt, organic garlic], Puréed Ginger [ginger])

Allergen information:

Contains Tree Nuts

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.