



**GREEN
CHEF**

CHEESY CHICKEN ENCHILADA SKILLET

cauliflower "rice," bell pepper, toasted pepitas, crema

COOK TIME

25 MIN

SERVINGS

2

CALORIES PER SERVING

520

NET CARBS PER SERVING

15 GRAMS

MENU

KETO // GLUTEN-FREE

Tonight's dinner packs all of the craveable chicken enchilada flavors you love into one simple skillet! For this 25-minute meal, veggies and smoky spiced chicken strips are simmered in enchilada sauce for a mouthwatering melding of Mexican-inspired flavors. It's all topped with a layer of bubbly, golden-brown Monterey Jack and sharp cheddar cheese, with a drizzle of crema lends a tangy finishing touch.

INGREDIENTS (10 ITEMS)

1 unit **Green bell pepper***
1 whole **Red onion**
1 oz **Sour cream** M
10 oz **Chicken strips****
2¼ tsp **Chili, cumin & paprika blend**
½ oz **Pepitas**
6½ oz **Cauliflower "rice"**
6 oz **Spiced enchilada sauce** T
1 oz **Monterey Jack cheese** M
1 oz **Sharp cheddar cheese** M

WHAT YOU'LL NEED

large oven-safe sauté pan
mixing bowls
measuring spoons
thermometer
oven mitt
cooking oil
salt & pepper

ALLERGENS

M MILK
T TREE NUTS (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.

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

- Preheat oven to 425 degrees.
- Cut **green bell pepper*** lengthwise into strips, about ¼ inch thick. Halve strips widthwise.**
- Cut ends off **red onion** and discard peel. Halve lengthwise; save one half for another use. Cut remaining half into strips, about ¼ inch thick.

**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 8.5 ounces to stay under 15 grams of net carbs per serving.*

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 CREMA

- Place **sour cream** in a small bowl. Add about 1½ teaspoons water. Stir to combine. Season with salt and pepper to taste.

3

SEASON CHICKEN

- Pat **chicken strips** dry with paper towels. Cut any larger strips in half lengthwise. Place in a medium bowl. Season with **chili, cumin, and paprika blend**, about ¼ teaspoon salt, and a pinch of pepper. Stir to coat.

4

TOAST PEPITAS

- Place **pepitas** in a dry large oven-safe 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.

5

START SKILLET

- Heat about 1½ tablespoons cooking oil in pan used for pepitas over medium heat. Add **bell pepper** and **onion** to hot pan. Season with salt and pepper. Cook 5-6 minutes, or until veggies begin to soften, stirring occasionally.
- Add **cauliflower "rice."** Season with about ¼ teaspoon salt. Cook 3-4 minutes, or until cauliflower is mostly tender, stirring occasionally.*
- Move **veggies** to sides of pan. Add **chicken** to center of pan. Cook about 3 minutes, or until chicken is lightly browned, stirring occasionally.
- Add **spiced enchilada sauce** and about 2 tablespoons water. Season with about ¼ teaspoon salt. Stir to combine the **chicken, veggies, and sauce**. Cook 1-2 minutes, or until sauce has warmed through, stirring occasionally. Remove from heat.

**If the pan seems dry while cooking, add another drizzle of cooking oil.*

6

FINISH SKILLET

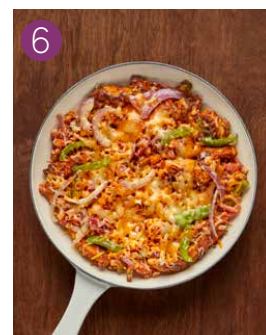
- Sprinkle **Monterey Jack cheese** and **sharp cheddar cheese** over **chicken and veggies**. Transfer pan to oven. Roast 4-6 minutes, or until chicken is fully cooked and cheese melts.
- Remove from oven.* Let cool at least 5 minutes.

**To keep your hands safe, slide a silicone cover (or pot holder) over the handle of the hot pan once it comes out of the oven.*

7

PLATE YOUR DISH

- Divide **cheesy chicken enchilada skillet** between plates. Drizzle with **crema** to taste. Sprinkle with **toasted pepitas**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (452g)

Amount per serving

Calories 520

	% Daily Value*
Total Fat 29g	37%
Saturated Fat 10g	50%
Trans Fat 0g	
Cholesterol 140mg	47%
Sodium 1720mg	75%
Total Carbohydrate 20g	7%
Dietary Fiber 5g	18%
Total Sugars 9g	
Includes 0g Added Sugars	0%
Protein 45g	
Vitamin D 0mcg	0%
Calcium 279mg	20%
Iron 4mg	20%
Potassium 1260mg	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 Strips [chicken], **Spiced Enchilada Sauce** (Diced Tomatoes [organic tomatoes, organic tomato juice, sea salt, calcium chloride, citric acid], Garlic, Red Onions, Dried Mustard, Black Pepper, Chili Powder [chili pepper, paprika, oregano, cumin, garlic, salt, spices], Ground Tomatoes [organic tomatoes, organic tomato puree, sea salt, citric acid], Apple Cider Vinegar [apple cider vinegar], Lime Juice [lime], Ground Cumin, Ground Coriander, Tomato Paste [vine ripened organic tomatoes], Sea Salt, Coconut Nectar [coconut tree sap]), **Monterey Jack Cheese** [pasteurized milk, cheese cultures, salt, enzymes, anti-caking agent (potato starch, powdered cellulose, natamycin)], **Sharp Cheddar Cheese** [part-skim milk, cheese cultures, salt, enzymes, annatto, anti caking agent (potato starch powdered cellulose, natamycin)], **Red Onion**, **Bell Peppers**, **Cauliflower**, **Sour Cream** [cultured cream], **Pepitas** [pumpkin seed kernels], **Chili, Cumin & Paprika Blend** (Smoked Paprika, Sweet Paprika, Ground Cumin, Dried Oregano, Ground Coriander, Granulated Garlic, Chili Powder [chili pepper, paprika, oregano, cumin, garlic, salt, spices])

Allergen information:

Contains Milk And 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.