



**GREEN  
CHEF**

# CREAMY CHICKEN ALFREDO

*with spaghetti squash noodles, peas & Parmesan cheese*

## COOK TIME

35 MIN

## SERVINGS

2

## CALORIES PER SERVING

780

## NET CARBS PER SERVING

18 GRAMS

## MENU

KETO // GLUTEN-FREE

Our chefs took all of the creamy comfort of chicken Alfredo and transformed it into a decadent keto-friendly dish you'll love. In lieu of traditional carb-heavy noodles, tender roasted spaghetti squash, seasoned with Italian herbs, is tossed in a rich homemade sauce strewn with peas and Parmesan cheese. Juicy chicken cutlets are fanned over top for a savory, filling finish.

## INGREDIENTS (7 ITEMS)

2 (5 oz) **Chicken cutlets**  
1 tbsp **Garlic, paprika & herb blend**  
17 ½ oz **Spaghetti squash**  
2 ½ oz **Peas**  
2 oz **Parmesan cheese** M  
3 ½ oz **Creamy mushroom broth** M  
1 oz **Cream cheese** M

## WHAT YOU'LL NEED

large sauté pan  
baking sheet  
measuring cup & spoons  
thermometer  
oven mitt  
cooking oil  
2 tbsp butter M  
salt & pepper

## ALLERGENS

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.

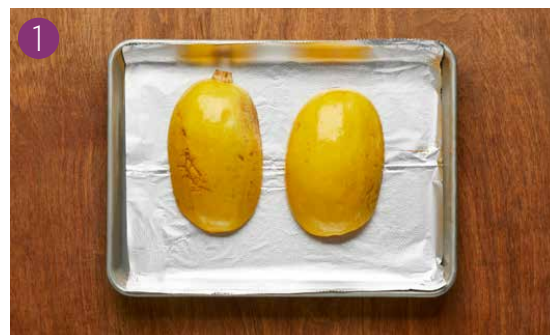
Wash and dry fresh produce. Wash hands and surfaces after handling raw poultry. Consuming raw or undercooked poultry may increase your risk of foodborne illness. Go to [help.greenchef.com](https://help.greenchef.com) for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

## 1 SEASON & ROAST SQUASH

- Preheat oven to 450 degrees.
- Halve **spaghetti squash** if necessary. Remove seeds with a spoon. Drizzle insides with 1-2 tablespoons cooking oil. Season insides with about 2 teaspoons of the **garlic, paprika, and herb blend**, about ½ teaspoon salt, and a pinch of pepper.
- Place **squash** (cut-sides down) on a lightly oiled, foil-lined baking sheet. Roast 20-25 minutes, or until squash strands easily separate when pierced with a fork.

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.

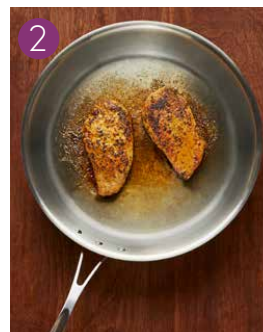


## 2 SEASON & COOK CHICKEN

- Pat **chicken cutlets** dry with paper towels. Season with salt, pepper, and remaining **herb blend**.\*
- Heat about 1 ½ tablespoons cooking oil in a large sauté pan over medium 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.

\*We suggest letting the squash roast for 10 minutes before cooking the chicken so that all components of the dish are warm for mealtime.

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



## 3 START SAUCE

- Return pan used for chicken to stovetop over medium heat. Add **creamy mushroom broth, cream cheese**, 2 tablespoons butter, and ⅓ cup water to hot pan. Cook 2-4 minutes, or until cream cheese is incorporated and sauce coats the back of a cooking spoon, stirring occasionally.\* Remove from heat.

\*Be sure to scrape up any browned bits in the bottom of the pan as you stir — those unassuming specks are full of concentrated flavor and will add additional richness to your sauce.



## 4 FORM SQUASH NOODLES

- Separate **squash strands** from peel with a fork.\*

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



## 5 FINISH SAUCE

- Transfer **squash strands** to pan with **sauce**. Add **peas** and about half of the **Parmesan cheese**. Salt and pepper to taste. Stir to combine.

## 6 PLATE YOUR DISH

- Cut **chicken** into 5-7 slices each.
- Divide **spaghetti squash Alfredo** between bowls. Fan **chicken** over top. Garnish with remaining **Parmesan cheese**. Enjoy!





## Nutrition Facts

2 Servings per container

**Serving size** (487g)

**Amount per serving**

**Calories** **780**

	% Daily Value*
<b>Total Fat</b> 56g	72%
Saturated Fat 24g	120%
Trans Fat 1g	
<b>Cholesterol</b> 205mg	68%
<b>Sodium</b> 1430mg	62%
<b>Total Carbohydrate</b> 23g	8%
Dietary Fiber 5g	18%
Total Sugars 8g	
Includes 0g Added Sugars	0%
<b>Protein</b> 50g	
Vitamin D 1mcg	6%
Calcium 420mg	30%
Iron 4mg	20%
Potassium 316mg	6%

\* 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, Peas, Spaghetti Squash, 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)], **Creamy Mushroom Broth** (Whipping Cream [organic grade A cream (milk), carrageenan], Mushroom Broth [water, mushrooms, sea salt, garlic], Stone-Ground Mustard [grain vinegar, water, mustard seed, salt, spices ], Lemon Juice [lemon], Sea Salt, Black Pepper, Ascorbic Acid [ascorbic acid]), **Garlic, Paprika & Herb Blend** (Granulated Garlic, Sweet Paprika, Italian Seasoning [basil, rosemary, marjoram, oregano, thyme], Dried Parsley, Onion Powder), **Parmesan Cheese** [pasteurized milk, cheese cultures, salt, enzymes]

### 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.*