



BALSAMIC-HERB CHICKEN

Roasted butternut squash, sautéed mushrooms & tomatoes, feta

COOK TIME 35 MIN	SERVINGS 2	CALORIES PER SERVING 780	NET CARBS PER SERVING 18 GRAMS	MENU KETO // GLUTEN-FREE
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Cilantro and parsley, blended with garlic, lemon, and olive oil, give this lemon-herb sauce its delightfully vibrant green hue. Here, it's drizzled over garlic-herb-dusted chicken, lending bright, earthy flavors to every savory bite. A filling side of roasted butternut squash with sautéed cremini mushrooms and grape tomatoes (and sprinkled with creamy crumbles of feta) completes the meal.

INGREDIENTS (9 ITEMS)

- 2 (6 oz) **Chicken breasts**
- 2 oz **Green lemon-herb sauce**
- 1 ¼ tsp **Garlic-herb seasoning**
- 5 ¼ oz **Butternut squash**
- 4 oz **Cremini mushrooms**
- 4 oz **Grape tomatoes**
- 2 oz **Feta cheese** M
- 1 whole **Yellow onion**
- 1 oz **Balsamic vinegar with Dijon mustard**

WHAT YOU'LL NEED

- medium oven-safe sauté pan
- large sauté pan
- baking sheet
- medium bowl
- measuring spoons
- peeler
- thermometer
- oven mitt
- cooking & olive oils
- 1 tbs 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 [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 400 degrees.
- Remove any seeds from **butternut squash** with a spoon. Carefully peel with a sharp peeler.* Medium dice into pieces, about ½ inch each.
- Place **squash** on a lightly oiled, foil-lined baking sheet. Drizzle with about 1 ½ tablespoons cooking oil. Season with about ½ teaspoon salt and a pinch of pepper. Stir to coat. Spread out in a single layer.
- Transfer baking sheet to oven. Roast 20-22 minutes, or until squash is fork tender, stirring halfway through.

**If you don't have a sharp peeler, carefully use a sharp knife. Place squash cut-sides down, then slice away the skin, curving your knife with the shape of the squash as you go.*

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

- Wipe **cremini mushrooms** clean with damp paper towels. Remove stems if desired. Halve or quarter **mushrooms**, depending on size.
- Cut ends off **yellow onion** and discard peel. Halve lengthwise. Lay one half flat and small dice into pieces, about ¼ inch each (reserve remaining half for another use).
- Halve **grape tomatoes**.

3 SEASON & SEAR CHICKEN

- Pat **chicken breasts** dry with paper towels. Place in a medium bowl. Season with salt, pepper, and about half of the **garlic-herb seasoning**. Drizzle with about 1 tablespoon cooking oil. Turn to coat.
- Heat about 1 ½ tablespoons cooking oil in a medium oven-safe sauté pan over medium-high heat. Add **chicken** to hot pan. Sear about 3 minutes on each side.
- Remove from heat. Add **balsamic vinegar with Dijon mustard** and about 3 tablespoons water. Stir to combine.

4 ROAST CHICKEN

- Transfer pan with chicken to oven. Roast 10-12 minutes, or until chicken is fully cooked and sauce is slightly reduced.* (Chicken is fully cooked when internal temperature reaches 165 degrees.)

**Careful! 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.*

5 COOK VEGGIES

- Heat about 1 ½ tablespoons olive oil in a large sauté pan over medium heat. Add **mushrooms** and **onion** to hot pan. Season with remaining **garlic-herb seasoning**. Lightly season with salt and pepper. Stir to combine. Cook 3-4 minutes, or until onion begins to soften, stirring occasionally.
- Add **tomatoes**. Cook 2-3 minutes, or until tomatoes are slightly blistered, stirring occasionally.
- Transfer **squash** to pan. Add 1 tablespoon butter, about 1 tablespoon water, and about half of the **green lemon-herb sauce**. Salt and pepper to taste. Cook about 1 minute, or until sauce is warmed through, stirring occasionally.

6 PLATE YOUR DISH

- Cut **chicken** into 5-7 slices each.
- Divide **balsamic-herb chicken** and any remaining **sauce from pan** between plates. Drizzle with remaining **green lemon-herb sauce**. Pile **roasted butternut squash and sautéed veggies** next to chicken. Garnish with **feta cheese**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (473g)

Amount per serving

Calories **780**

	% Daily Value*
Total Fat 60g	77%
Saturated Fat 14g	70%
Trans Fat 0g	
Cholesterol 140mg	47%
Sodium 1080mg	47%
Total Carbohydrate 22g	8%
Dietary Fiber 4g	14%
Total Sugars 9g	
Includes 0g Added Sugars	0%
Protein 41g	
Vitamin D 0mcg	0%
Calcium 211mg	15%
Iron 5mg	30%
Potassium 736mg	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:

Chicken Breasts, Balsamic Vinegar With Dijon (Balsamic Vinegar [balsamic vinegar, grape must], Dijon Mustard [grain vinegar, water, mustard seed, salt, spices]), **Grape Tomatoes, Yellow Onion, Garlic-Herb Seasoning** (Ground Rosemary, Granulated Garlic, Black Pepper, Italian Seasoning [basil, rosemary, marjoram, oregano, thyme]), **Butternut Squash, Feta Cheese** [pasteurized milk, cheese cultures, salt, enzymes, anti-caking agent (potato starch, powdered cellulose, natamycin)], **Herb Sauce** (Parsley, Cilantro, Ground Cumin, Sea Salt, Crushed Red Pepper Flakes, Lemon Juice [lemon], Water, Garlic, Olive Oil), **Cremini Mushrooms**

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.