



CHICKEN & CREAMY ZUCCHINI NOODLES

Roasted red peppers, peas, Parmesan, Italian herbs

COOK TIME 25 MIN	SERVINGS 2	CALORIES PER SERVING 750	NET CARBS PER SERVING 8 GRAMS	MENU KETO // GLUTEN-FREE
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All you need is a trusty vegetable peeler to form the zucchini noodles in this low-carb chicken dinner—no fancy tools required! With a few quick swipes, the nutrient-packed veggie is transformed into the perfect vehicle for soaking up a rich, buttery sauce. Juicy, Italian-seasoned chicken cutlets (sprinkled with Parmesan) are fanned over top, finishing the 25-minute meal.

INGREDIENTS (7 ITEMS)

- 2 whole **Zucchini**
- 2 (5 oz) **Chicken cutlets***
- ¾ tsp **Italian herb & red pepper blend**
- 3 oz **Creamy mushroom broth** M
- 2 ½ oz **Peas**
- 1 oz **Roasted red peppers**
- 1 oz **Parmesan cheese** M

WHAT YOU'LL NEED

- medium & large sauté pans
- medium bowl
- measuring spoons
- peeler
- thermometer
- cooking & olive oils
- 2 tbsp butter M
- salt & pepper

ALLERGENS

M MILK

COOKING TIP 4 If you ordered the 4-serving version of this meal, refer to the guidelines in Step 1.

Validate
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.

*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 for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

1 PREP & SEASON ZUCCHINI

- Trim ends off **zucchini**;* discard. Peel lengthwise, forming long ribbons; discard seedy cores.
- Place **zucchini** in a medium bowl. Drizzle with about 1 tablespoon olive oil. Season with salt and pepper. Stir to coat.

*The ingredient you received may be a different color.

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 CHICKEN

- Pat **chicken cutlets** dry with paper towels. Season with **Italian herb and red pepper blend**, salt, and pepper.



3 COOK CHICKEN

- 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.



4 COOK VEGGIES

- Heat about 1 ½ tablespoons cooking oil in a medium sauté pan over medium-high heat. Add **creamy mushroom broth** and about 1 tablespoon water to hot pan. Simmer 3–4 minutes, or until sauce thickens slightly, stirring occasionally.
- Add **zucchini, peas, and roasted red peppers**. Season with salt and pepper. Cook 2–3 minutes, or until zucchini is tender and peas are warmed through, stirring occasionally.
- Remove from heat. Add about half of the **Parmesan cheese** and 2 tablespoons butter. Stir until butter is melted.



5 PLATE YOUR DISH

- Cut **chicken** into 5–7 slices each.
- Divide **creamy zucchini noodles** between bowls. Fan **chicken** over top. Sprinkle with remaining **Parmesan**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (511g)

Amount per serving

Calories 750

	% Daily Value*
Total Fat 59g	76%
Saturated Fat 22g	110%
Trans Fat 0g	
Cholesterol 220mg	73%
Sodium 520mg	23%
Total Carbohydrate 12g	4%
Dietary Fiber 4g	14%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 51g	
Vitamin D 2mcg	10%
Calcium 256mg	20%
Iron 3mg	15%
Potassium 1303mg	30%

* 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 [chicken], **Roasted Red Peppers** [bell pepper], **Peas** [peas], **Parmesan Cheese** [pasteurized milk, cheese cultures, salt, enzymes], **Zucchini, Italian Herb & Red Pepper Blend** (Granulated Garlic, Italian Seasoning [basil, rosemary, marjoram, oregano, thyme], Dried Parsley, Crushed Red Pepper Flakes, Onion Powder), **Creamy Mushroom Broth** (Whipping Cream [organic grade A cream (milk), carrageenan], Mushroom Broth [water, organic mushrooms, sea salt, organic garlic], Stone-Ground Mustard [water, organic mustard seeds, organic vinegar, salt, organic spices], Lemon Juice [lemon], Sea Salt, Black Pepper, Ascorbic Acid [ascorbic acid])

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.