



# BALSAMIC-HERB CHICKEN

*Green lemon-herb sauce, butternut squash, creminis, tomato & feta*

<b>COOK TIME</b> 35 MIN	<b>SERVINGS</b> 2	<b>CALORIES PER SERVING</b> 820	<b>NET CARBS PER SERVING</b> 18 GRAMS	<b>MENU</b> KETO // GLUTEN-FREE
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Cilantro and parsley — mixed with garlic, lemon juice, and olive oil — lend this green lemon-herb sauce its vibrant color and bright, herbaceous flavors. The sauce is drizzled over savory garlic-herb chicken for a pop of green. A hearty, veggie-packed side of roasted butternut squash, sautéed cremini mushrooms, and tomato finishes the dish along with a sprinkle of creamy-briny feta cheese.

## INGREDIENTS (9 ITEMS)

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

## 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 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](http://greenchef.com/faq) for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

## 1 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 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).
- Small dice **Roma tomato** into pieces, about ¼ inch each.

## 3 SEASON & SEAR CHICKEN

- Pat **chicken cutlets** 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 3–5 minutes, or until chicken is fully cooked and sauce is slightly reduced.\*

*\*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 SAUTÉ VEGGIES

- Heat about 1 ½ tablespoons olive oil in a large sauté pan over medium heat. Add **mushrooms** and **onion** to hot pan. Lightly season with salt, pepper, and remaining **garlic-herb seasoning**. Cook 3–4 minutes, or until onion begins to soften, stirring occasionally.
- Add **tomato**. Stir to combine. Cook 2–3 minutes, or until tomato is 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. Stir to combine. 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 squash and sautéed veggies** next to chicken. Garnish with **feta cheese**. Enjoy!



## Nutrition Facts

2 Servings per container

**Serving size** (472g)

Amount per serving

**Calories** 820

	% Daily Value*
<b>Total Fat</b> 63g	81%
Saturated Fat 15g	75%
Trans Fat 0g	
<b>Cholesterol</b> 170mg	57%
<b>Sodium</b> 1090mg	47%
<b>Total Carbohydrate</b> 22g	8%
Dietary Fiber 4g	14%
Total Sugars 9g	
Includes 0g Added Sugars	0%
<b>Protein</b> 47g	
Vitamin D 2mcg	10%
Calcium 242mg	20%
Iron 3mg	15%
Potassium 1313mg	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], **Balsamic Vinegar With Dijon** (Balsamic Vinegar [balsamic vinegar, grape must], Dijon Mustard [water, organic mustard seeds, organic vinegar, salt, organic turmeric, organic spices]), **Roma Tomatoes**, **Yellow Onion**, **Garlic-Herb Seasoning** (Ground Rosemary, Granulated Garlic, Black Pepper, Italian Seasoning [spices (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.*