



**GREEN
CHEF**

PERUVIAN-STYLE ROASTED CHICKEN

carrots, bell pepper, tomato, creamy chimichurri, pepitas

COOK TIME

35 MIN

SERVINGS

2

CALORIES PER SERVING

710

NET CARBS PER SERVING

18 GRAMS

MENU

KETO // PALEO // GLUTEN-FREE

This vibrant dish takes your classic chicken-and-veggies to delicious heights thanks to South American flavors. Here, roasted chicken, carrots, bell pepper, and tomato are sprinkled with Peruvian-style spices (starring cumin, paprika, and dried orange peel) for a warm, citrusy lift. A drizzle of creamy Argentinian chimichurri adds herby richness. If you have a few minutes to spare, skip chopping your pepitas in Step 1—instead, toast them whole in a dry pan over medium heat for extra crunch and depth.



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.

INGREDIENTS (8 ITEMS)

3 whole **Carrots**
1 unit **Green bell pepper***
1 whole **Shallot**
1 whole **Roma tomato**
½ oz **Pepitas**
1 tbs **Peruvian-style spices**
2 (6 oz) **Chicken breasts****
2½ oz **Creamy chimichurri with avocado mayo** **E**

WHAT YOU'LL NEED

medium oven-safe sauté pan
baking sheet
medium bowl
measuring spoons
peeler
thermometer
oven mitt
cooking oil
salt & pepper

ALLERGENS

E EGGS

*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 400 degrees.
- Cut tops off **carrots** and peel. Cut across at an angle into rounds, about ½ inch thick.
- Medium dice **green bell pepper*** into pieces, about ½ inch each.**
- Cut ends off **shallot** and discard peel. Halve lengthwise. Lay flat and cut lengthwise into strips, about ¼ inch thick.
- Small dice **Roma tomato** into pieces, about ¼ inch each.
- Roughly chop **pepitas**.

**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 10 ounces to stay under 20 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

SEASON VEGGIES

- Place **carrots, bell pepper, shallot**, and about half of the **tomato** in a medium bowl. Drizzle with about 1½ tablespoons cooking oil. Season with about half of the **Peruvian-style spices**, about ½ teaspoon salt, and a pinch of pepper. Stir to coat.

3

ROAST VEGGIES

- Spread **veggies** out in a single layer on a lightly oiled, foil-lined baking sheet. Roast 20–22 minutes, or until fork-tender, stirring halfway through.

4

SEASON & COOK CHICKEN

- Pat **chicken breasts** dry with paper towels. Season with salt, pepper, and remaining **spice blend**.
- Heat about 1½ 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.
- Transfer pan to oven. Roast 10–12 minutes, or until chicken is fully cooked.*

**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

PLATE YOUR DISH

- Cut **chicken breasts** into 6–7 slices each.
- Divide **roasted veggies** between plates. Shingle **Peruvian-style roasted chicken** over top. Drizzle with **creamy chimichurri with avocado mayo** to taste. Garnish with **pepitas** and remaining **tomato**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (513g)

Amount per serving

Calories 710

	% Daily Value*
Total Fat 49g	63%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 140mg	47%
Sodium 1020mg	44%
Total Carbohydrate 26g	9%
Dietary Fiber 8g	29%
Total Sugars 12g	
Includes 0g Added Sugars	0%
Protein 44g	
Vitamin D 0mcg	0%
Calcium 88mg	6%
Iron 3mg	15%
Potassium 880mg	20%

* 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** [chicken], **Peruvian-Style Spices** (Ancho Chili Powder, Ground Cumin, Turmeric, Sweet Paprika, Granulated Garlic, Smoked Paprika, Dried Orange Peel), **Shallot**, **Roma Tomatoes**, **Bell Peppers**, **Pepitas** [pumpkin seed kernels], **Creamy Chimichurri** (Yellow Onions, Parsley, Garlic, Dried Oregano, Sea Salt, Black Pepper, Crushed Red Pepper Flakes, Apple Cider Vinegar [apple cider vinegar], Lemon Juice [lemon], Olive Oil [olive oil], Avocado Oil Mayonnaise [avocado oil, organic eggs, organic egg yolks, organic vinegar, sea salt, organic rosemary extract]), **Carrots**

Allergen information:
Contains Egg

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.