



**GREEN  
CHEF**

# PAN-ROASTED COTIJA CHICKEN

*Smoky pan sauce, sautéed cabbage, cumin seeds*

## COOK TIME

30 MIN

## SERVINGS

2

## CALORIES PER SERVING

690

## NET CARBS PER SERVING

11 GRAMS

## MENU

KETO // GLUTEN-FREE

This keto-friendly dish infuses bold and earthy Mexican flavors into the classic combo of “chicken and veg.” Chicken is pan-roasted — meaning it’s seared on the stovetop, then transferred in-pan to the oven to cook through. This process helps the cutlets develop a deep brown (read: tasty) crust, and also locks in the juices. Here, we’ve also poured spiced vegetable broth into the pan for an ultra-flavorful finish. That broth — flavored with smoked paprika, cumin, chili powder, and cocoa powder — combined with the fond, is then made into a velvety pan sauce thanks to a few pats of butter. The aforementioned combination of unsweetened cocoa powder and chilis is common in Mexican cooking, adding depth and richness to sauces like mole, as well as braised meats. (Psst, try adding a pinch of cocoa powder to your next pot of chili for incredibly delicious results.)



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)

1 whole  
¼ oz  
6 ¼ oz  
2 (5 oz)  
7 oz  
½ tsp  
1 ½ oz  
1 ¼ oz

**Yellow onion**  
**Garlic**  
**Cabbage**  
**Chicken cutlets\***  
**Spiced vegetable broth** **T**  
**Cumin seeds**  
**Cilantro cider vinaigrette**  
**Cotija cheese** **M**

## WHAT YOU'LL NEED

medium oven-safe sauté pan  
large sauté pan  
measuring spoons  
whisk  
thermometer  
oven mitt  
cooking oil  
2 tbsp butter **M**  
salt & pepper

## ALLERGENS

**T** TREE NUTS (coconut)  
**M** MILK

\*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 ends off **yellow onion** and discard peel. Halve lengthwise. Lay one half flat and medium dice into pieces, about ½ inch each (reserve remaining half for another use).
- Mince **garlic**.
- Roughly chop **cabbage**\* if necessary.

*\*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 & SEAR CHICKEN

- Pat **chicken cutlets** dry with paper towels. Season with salt and pepper.
- 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.



# 3 ROAST CHICKEN

- Carefully pour **spiced vegetable broth** into pan with chicken. Transfer pan to oven. Roast 5–8 minutes, or until chicken is fully cooked.\*
- Transfer **chicken** to a cutting board.

*\*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.*



# 4 SAUTÉ CABBAGE

- Heat about 1 ½ tablespoons cooking oil in a large sauté pan over medium-high heat. Add **onion** and **garlic** to hot pan. Season with **cumin seeds**, about ¼ teaspoon salt, and a pinch of pepper. Cook 3–4 minutes, or until onion is lightly browned, stirring occasionally.
- Add **cabbage**. Cook about 5 minutes, or until cabbage is tender, stirring occasionally.
- Remove from heat. Drizzle with **cilantro cider vinaigrette**. Stir to coat.



# 5 MAKE SMOKY PAN SAUCE

- Return pan with **vegetable broth** to stovetop over medium heat. (**Careful! Pan handle is hot!**) Cook 3–5 minutes, or until broth reduces by about half, stirring occasionally.
- Remove from heat. Add 2 tablespoons butter. Whisk until butter is melted. Salt and pepper to taste.

# 6 PLATE YOUR DISH

- Cut **chicken** into 5–7 slices each.
- Divide **sautéed cabbage** between plates. Fan **pan-roasted chicken** over top. Drizzle with **smoky pan sauce** to taste. Garnish with **cotija cheese**. Enjoy!





## Nutrition Facts

2 Servings per container

**Serving size** (464g)

**Amount per serving**

**Calories** 690

	% Daily Value*
<b>Total Fat</b> 52g	67%
Saturated Fat 17g	85%
Trans Fat 0g	
<b>Cholesterol</b> 185mg	62%
<b>Sodium</b> 1070mg	47%
<b>Total Carbohydrate</b> 16g	6%
Dietary Fiber 5g	18%
Total Sugars 6g	
Includes 0g Added Sugars	0%
<b>Protein</b> 49g	
Vitamin D 2mcg	10%
Calcium 233mg	20%
Iron 3mg	15%
Potassium 989mg	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 Cutlets** [chicken], **Cotija Cheese** [pasteurized milk, salt, cheese cultures, enzymes, anti-caking agent [potato starch, corn starch, cellulose, natamycin (an all natural mold inhibitor)]], **Spiced Vegetable Broth** (Vegetable Broth [water, organic carrots, organic onions, organic celery, organic tomatoes, organic tomato paste, organic garlic, organic leeks, organic cane sugar, sea salt, organic bay leaves, organic parsley, organic thyme, organic molasses, organic carrot powder, organic onion powder, organic spices, organic expeller pressed canola and/or safflower and/or sunflower oil, organic flavoring, organic spices, organic potato flour, organic expeller pressed canola and/or safflower and/or sunflower oil], Granulated Garlic, Ground Cumin, Dried Oregano, Chili Powder, Cocoa Powder [organic cocoa powder, non-alkaline processing], Sea Salt, Cinnamon, Smoked Paprika, Coconut Nectar [coconut tree sap], Red Wine Vinegar [aged red wine vinegar]), **Cilantro Cider Vinaigrette** (Cilantro, Apple Cider Vinegar [apple cider vinegar], Garlic, Olive Oil [olive oil], Stone-Ground Mustard [water, organic mustard seeds, organic vinegar, salt, organic spices], Sea Salt), **Red Cabbage, Garlic, Cumin Seeds, Yellow Onion**

### Allergen information:

Contains Tree Nuts And 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.*