



**GREEN  
CHEF**

## MEDITERRANEAN CHICKEN

*Artichokes & roasted red peppers, pepita pesto, Brussels sprouts*

### COOK TIME

35 MIN

### SERVINGS

2

### CALORIES PER SERVING

550

### NET CARBS PER SERVING

10 GRAMS

### MENU

KETO // GLUTEN-FREE

This Mediterranean-inspired dish features briny flavors that will take your taste buds on a trip to the seaside. Chicken breasts are pan-roasted, aka seared on the stovetop, then transferred to the oven in their sauté pan to finish cooking. This process helps lock in juices while guaranteeing the development of a deep brown crust. For an ultra-flavorful finish, we add artichoke hearts and roasted red peppers to the pan before roasting. That's all served over an herbaceous parsley-basil pepita pesto alongside a heap of feta-sprinkled roasted Brussels sprouts. All you need to complete the experience is sand in your toes (unfortunately not included).



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 (6 ITEMS)

8 oz **Brussels sprouts**  
1 ¼ oz **Artichoke hearts**  
2 (6 oz) **Chicken breasts\***  
1 oz **Roasted red peppers**  
2 oz **Feta cheese** M  
2 oz **Parsley-basil pepita pesto** T

### WHAT YOU'LL NEED

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

### ALLERGENS

M MILK  
T TREE NUTS (coconut)

\*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.
- Trim stem ends off **Brussels sprouts**. Quarter lengthwise.
- Roughly chop **artichoke hearts**.

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 &amp; ROAST BRUSSELS SPROUTS

- Place **Brussels sprouts** in a medium bowl. Drizzle with about 1 tablespoon cooking oil. Season with about ¼ teaspoon salt and a pinch of pepper. Stir to coat.
- Spread **Brussels sprouts** out in a single layer on a lightly oiled, foil-lined baking sheet. Roast 10-15 minutes, or until fork-tender, stirring halfway through.

## 3 SEASON &amp; SEAR CHICKEN

- Pat **chicken breasts** 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.

## 4 ROAST CHICKEN &amp; VEGGIES

- Flip **chicken**. Add **artichokes**, **roasted red peppers**, and about 2 tablespoons water to pan. Season **veggies** with salt and pepper.
- 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 FINISH BRUSSELS SPROUTS

- Return **Brussels sprouts** to bowl used for seasoning. (**Careful! Baking sheet is hot!**) Add **feta cheese**. Drizzle with about half of the **parsley-basil pepita pesto**. Stir to combine.

## 6 PLATE YOUR DISH

- Cut **chicken** into 6-8 slices each.
- Make a pool of the remaining **pepita pesto** on one side of each plate. Fan **Mediterranean chicken** over top. Spoon **roasted artichokes and roasted red peppers** over chicken. Serve **Brussels sprouts** next to chicken. Enjoy!



# Nutrition Facts

2 Servings per container

Serving size (399g)

Amount per serving

Calories 550

	% Daily Value*
Total Fat 32g	41%
Saturated Fat 9g	45%
Trans Fat 0g	
Cholesterol 150mg	50%
Sodium 960mg	42%
Total Carbohydrate 16g	6%
Dietary Fiber 6g	21%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 48g	
Vitamin D 0mcg	0%
Calcium 189mg	15%
Iron 3mg	15%
Potassium 525mg	10%

\* 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], **Brussels Sprouts**, **Parsley-Basil Pepita Pesto** (Lemon Juice [lemon], Parsley, Basil, Granulated Garlic, Coconut Milk [coconut milk, water, xanthan gum], Sea Salt, Black Pepper, Dijon Mustard [water, organic mustard seeds, organic vinegar, salt, organic turmeric, organic spices], Pepitas [pumpkin seeds], Red Wine Vinegar [aged red wine vinegar], Ascorbic Acid [ascorbic acid]), **Artichoke Hearts** [hearts of artichokes, water, salt, citric acid], **Roasted Red Peppers** [bell pepper], **Feta Cheese** [pasteurized milk, cheese cultures, salt, enzymes, anti-caking agent (potato starch, powdered cellulose, natamycin)]

## Allergen information:

Contains Milk And Tree Nuts

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.