



**GREEN  
CHEF**

## MONTEREY JACK SMOTHERED CHICKEN

*creamy mushroom sauce, roasted zucchini, tomato & almonds*

### COOK TIME

30 MIN

### SERVINGS

2

### CALORIES PER SERVING

650

### NET CARBS PER SERVING

7 GRAMS

### MENU

KETO // GLUTEN-FREE

Chicken, melty cheese, and creamy sauce make for the ultimate comfort trifecta—the culinary equivalent of a warm and cozy blanket. Here, chicken is seasoned with a smoky cumin and coriander blend, seared, then topped with a velvety mushroom-studded sauce and Monterey Jack cheese. On the side, there's a heap of roasted zucchini half-moons, juicy tomato wedges, and sliced almonds.

### INGREDIENTS (9 ITEMS)

1 whole	<b>Zucchini</b>
1 whole	<b>Roma tomato</b>
1 whole	<b>Scallion</b>
4 oz	<b>Cremini mushrooms</b>
½ oz	<b>Sliced almonds</b> <span>T</span>
1½ tsp	<b>Smoky cumin &amp; coriander blend</b>
2 (5 oz)	<b>Chicken cutlets*</b>
1½ oz	<b>Creamy mushroom broth</b> <span>M</span>
1 oz	<b>Monterey Jack cheese</b> <span>M</span>



### CUSTOM CHEF

If you chose to modify your meal, follow the **Custom Chef** instructions on the flip side of this card.



**2 (5 oz)** **Organic chicken cutlets\***  
Calories: 650 Net Carbs: 7 grams

### WHAT YOU'LL NEED

large sauté pan with lid  
baking sheet  
medium bowl  
measuring cup & spoons  
thermometer  
oven mitt  
cooking oil  
1 tbsp butter M  
salt & pepper

### ALLERGENS

T TREE NUTS (almonds)  
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°.

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 425 degrees.
- Trim ends from **zucchini\***. Halve lengthwise. Lay flat and slice across into half-moons, about ½ inch thick.
- Cut **Roma tomato** lengthwise into wedges, about ½ inch thick.
- Trim and thinly slice **scallion**, separating whites from greens.
- Wipe **cremini mushrooms** clean with damp paper towels. Remove stems if desired. Cut into slices, about ¼ inch thick.

*\*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 & ROAST VEGGIES

- Place **zucchini**, **tomato**, and **sliced almonds** in a medium bowl. Drizzle with about 1 tablespoon cooking oil. Season with about half the **smoky cumin and coriander blend**, about ¼ teaspoon salt, and a pinch of pepper. Stir to coat.
- Spread **veggies and almonds** out in a single layer on a lightly oiled, foil-lined baking sheet. Roast 12-15 minutes, or until veggies are fork-tender, flipping halfway through.

## 3 SEASON & COOK CHICKEN

- Pat **chicken cutlets** dry with paper towels. Season with salt, pepper, and remaining **smoky cumin and coriander blend**.
- Heat about 1½ tablespoons cooking oil in a large sauté pan over medium-high heat. Add **chicken** to hot pan. Cook 4-6 minutes on each side, or until fully cooked.
- Transfer **chicken** to a cutting board.

🔄 Swap in **organic chicken cutlets** for chicken cutlets.

## 4 MAKE SAUCE

- Heat about 1½ tablespoons cooking oil in pan used for chicken over medium-high heat. Add **scallion whites** and **mushrooms** to hot pan. Cook 3-5 minutes, or until softened, stirring occasionally.
- Add **creamy mushroom broth** and about ¼ cup water. Simmer 2-3 minutes, or until broth has slightly reduced, stirring occasionally.
- Add 1 tablespoon butter. Season with salt and pepper to taste. Stir until butter has melted.

## 5 FINISH CHICKEN

- Reduce heat under pan with **sauce** to medium low. Transfer **chicken** to pan. Spoon **sauce** over chicken. Sprinkle with **Monterey Jack cheese**. Cover pan with lid. Cook 1-2 minutes, or until cheese melts.

## 6 PLATE YOUR DISH

- Pool **creamy mushroom sauce** from pan on one side of each plate. Top with **Monterey Jack smothered chicken**. Serve **roasted veggies and almonds** on the side. Garnish with **scallion greens**. Enjoy!



# Nutrition Facts

2 Servings per container

Serving size (436g)

Amount per serving

Calories 650

	% Daily Value*
Total Fat 51g	65%
Saturated Fat 14g	70%
Trans Fat 0g	
Cholesterol 155mg	52%
Sodium 900mg	39%
Total Carbohydrate 10g	4%
Dietary Fiber 3g	11%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 42g	
Vitamin D 0mcg	0%
Calcium 165mg	15%
Iron 1mg	6%
Potassium 1198mg	25%

\* 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], Cremini Mushrooms, Monterey Jack Cheese [pasteurized milk, cheese cultures, salt, enzymes, anti-caking agent (potato starch, powdered cellulose, natamycin)], Scallions, 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]), Zucchini, Roma Tomatoes, Almonds [almonds], Smoky Cumin & Coriander Blend (Ground Cumin, Ground Coriander, Crushed Red Pepper Flakes, Granulated Garlic, Black Pepper, Dried Oregano, Smoked Paprika, Sea Salt)

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.