



**GREEN
CHEF**

CUBAN CHICKEN WITH CHIMICHURRI

Red bell pepper, snap peas, cabbage, pepitas & cotija cheese

COOK TIME

25 MIN

SERVINGS

2

CALORIES PER SERVING

810

NET CARBS PER SERVING

13 GRAMS

MENU

KETO // GLUTEN-FREE

This Latin American-inspired meal gets a flavorful kick from our creamy chimichurri: a bright and tangy herb-based sauce made with parsley, garlic, avocado mayo, and a squeeze of lemon juice. Here, the sauce is drizzled over pan-seared chicken seasoned with an earthy Cuban spice blend (featuring cumin, oregano, and dried orange peel). Sautéed red bell pepper, snap peas, and cabbage make a colorful and delicious base for the chicken, while pepitas add a craveable crunch. Cotija rounds out the meal with a creamy-salty finishing touch.

INGREDIENTS (9 ITEMS)

1 unit **Red bell pepper***
1 whole **Yellow onion**
2 oz **Snap peas**
3 ½ oz **Cabbage**
2 (5 oz) **Chicken cutlets****
1 tsp **Cuban spice blend**
½ oz **Pepitas**
3 ½ oz **Creamy chimichurri with avocado mayo E**
¾ oz **Cotija cheese M**

WHAT YOU'LL NEED

medium & large sauté pans
measuring spoons
thermometer
cooking oil
1 tbsp butter M
salt & pepper

ALLERGENS

E EGGS
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.

*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

- Cut **red bell pepper*** lengthwise into strips, about ¼ inch thick. Halve strips widthwise.
- Cut ends off **yellow onion** and discard peel. Halve lengthwise; save one half for another use. Small dice remaining half into pieces, about ¼ inch each.
- Remove any fibrous strings from **snap peas****. Halve widthwise at an angle.
- Roughly chop **cabbage*** if necessary.

**The ingredient you received may be a different color.*

***To quickly prep, firmly pinch one end of the pea and pull downward to remove the fibrous string.*

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 CHICKEN

- Pat **chicken cutlets** dry with paper towels. Season with **Cuban spice blend**, about ¼ teaspoon salt, and about ¼ teaspoon pepper.

3

COOK CHICKEN

- Heat about 1 ½ tablespoons cooking oil in a medium sauté pan over medium-high heat. Add **chicken** to hot pan. Cook 4–6 minutes on each side, or until chicken is fully cooked. Transfer **chicken** to a cutting board.

4

SAUTÉ VEGGIES

- Heat about 1 ½ tablespoons cooking oil in a large sauté pan over medium-high heat. Add **bell pepper** and **onion** to hot pan. Season with about ¼ teaspoon salt and a pinch of pepper. Cook 3–5 minutes, or until veggies begin to soften, stirring occasionally.
- Add **snap peas**, **cabbage**, and 1 tablespoon butter. Stir to combine. Cook 2–3 minutes, or until veggies are tender, stirring occasionally.
- Add **pepitas**. Cook about 1 minute, or until pepitas are lightly toasted, stirring occasionally.

5

PLATE YOUR DISH

- Cut **chicken** into 5–6 slices each.
- Divide **sautéed veggies with pepitas** between plates. Shingle **Cuban-spiced chicken** over veggies. Drizzle with **creamy chimichurri with avocado mayo** to taste. Sprinkle with **cotija cheese**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (419g)

Amount per serving

Calories 810

	% Daily Value*
Total Fat 64g	82%
Saturated Fat 13g	65%
Trans Fat 0g	
Cholesterol 180mg	60%
Sodium 1290mg	56%
Total Carbohydrate 18g	7%
Dietary Fiber 5g	18%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 50g	
Vitamin D 2mcg	10%
Calcium 157mg	10%
Iron 4mg	20%
Potassium 1091mg	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], **Cuban Spice Blend** [dehydrated vegetables (garlic, onion, green bell pepper, tomato), spices (cumin, black pepper, oregano, coriander), salt, paprika (color), cilantro, and orange peel], **Bell Peppers**, **Snap Peas**, **Red Cabbage**, **Pepitas** [pumpkin seed kernels], **Yellow Onion**, **Cotija Cheese** [pasteurized milk, salt, cheese cultures, enzymes, anti-caking agent [potato starch, corn starch, cellulose, natamycin (an all natural mold inhibitor)]], **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 certified humane free range egg yolks, water, distilled vinegar, salt, lime juice concentrate, citric acid, lime oil])

Allergen information:

Contains Egg 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.