



**GREEN
CHEF**

CHICKEN WITH CREAMY LEMON SAUCE

sautéed yellow squash & Brussels sprouts with hazelnuts

COOK TIME

30 MIN

SERVINGS

2

CALORIES PER SERVING

710

NET CARBS PER SERVING

11 GRAMS

MENU

KETO // GLUTEN-FREE

That deep brown crust that forms when food makes contact with a hot pan is more than just for show. Searing imparts intensely concentrated flavor thanks to the Maillard reaction—the process in which food is transformed by heat to develop toasty, caramelized depth of flavor. Essentially, it's why this dish is so much more delicious than if the chicken breasts were, say, boiled. (Browning = major flavor.) Science aside, it's easy to understand why this dish is so tasty. The pan-seared chicken is paired with sautéed yellow squash and Brussels sprouts studded with toasted hazelnuts and drizzled with a creamy lemon sauce for a tangy-rich finishing touch.

INGREDIENTS (7 ITEMS)

1 whole **Red onion**
1 whole **Yellow squash**
4 oz **Brussels sprouts**
½ oz **Hazelnuts** ^T
2 (6 oz) **Chicken breasts***
3½ oz **Lemon crema** ^M
1¼ tsp **Herb, garlic & red pepper blend**

WHAT YOU'LL NEED

medium sauté pan
large oven-safe sauté pan
measuring cup & spoons
thermometer
oven mitt
cooking oil
salt & pepper

ALLERGENS

^T TREE NUTS (hazelnuts)
^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 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 **red onion** and discard peel. Halve lengthwise; save one half for another use. Cut remaining half lengthwise into strips, about ½ inch thick.
- Trim ends off **yellow squash***; discard. Halve lengthwise. Lay flat and slice across into half-moons, about ½ inch thick.
- Trim stem ends off **Brussels sprouts**. Quarter lengthwise.
- Roughly chop **hazelnuts** 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 breasts** dry with paper towels. Season both sides with salt and pepper.
- Heat about 1½ tablespoons cooking oil in a large oven-safe sauté pan over medium-high heat. Add **chicken** to hot pan. Sear 3 minutes on each side.
- Transfer **chicken** to a plate. (You'll finish the chicken in Step 4.)

3

SAUTÉ ONION

- Heat about 1½ tablespoons cooking oil in pan used for chicken over medium-high heat. Add **onion** to hot pan. Season with salt and pepper. Cook 2-3 minutes, or until onion is translucent, stirring occasionally. Remove from heat.

4

FINISH CHICKEN

- Add **lemon crema** and about ¼ cup water to pan with **onion**. Stir to combine. Return **chicken** to pan.
- Transfer pan to oven. Roast 8-10 minutes, or until sauce is thickened and 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

SAUTÉ VEGGIES

- Heat about 2 tablespoons cooking oil in a medium sauté pan over medium heat. Add **squash** and **Brussels sprouts** to hot pan. Season with **herb, garlic, and red pepper blend**, about ¼ teaspoon salt, and a pinch of pepper. Cook 4-5 minutes, or until Brussels sprouts are just tender, stirring occasionally.
- Add **hazelnuts**. Cook 1-2 minutes, or until squash and Brussels sprouts are fork-tender, stirring occasionally.

6

PLATE YOUR DISH

- Cut **chicken** into 5-7 slices each.
- Divide **roasted chicken** between plates. Spoon **creamy lemon sauce with onion** over top. Pile **sautéed squash and Brussels sprouts with hazelnuts** next to chicken. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (456g)

Amount per serving

Calories **710**

	% Daily Value*
Total Fat 51g	65%
Saturated Fat 11g	55%
Trans Fat 0g	
Cholesterol 160mg	53%
Sodium 410mg	18%
Total Carbohydrate 16g	6%
Dietary Fiber 5g	18%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 45g	
Vitamin D 0mcg	0%
Calcium 107mg	8%
Iron 3mg	15%
Potassium 622mg	15%

* 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], **Lemon Crema** (Sour Cream [cultured cream], Lemon Juice [lemon], Granulated Garlic, Parsley), **Brussels Sprouts**, **Yellow Squash**, **Hazelnuts** [hazelnuts], **Red Onion**, **Herb, Garlic & Red Pepper Blend** (Granulated Garlic, Sweet Paprika, Italian Seasoning [basil, rosemary, marjoram, oregano, thyme], Ground Rosemary, Crushed Red Pepper Flakes, Onion Powder)

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.