



**GREEN
CHEF**

CHICKEN WITH CREAMY CHIMICHURRI

roasted bell pepper & cabbage, spiced cauliflower "rice"

COOK TIME

30 MIN

SERVINGS

2

CALORIES PER SERVING

670

NET CARBS PER SERVING

16 GRAMS

MENU

KETO // PALEO // GLUTEN-FREE

Chimichurri is an herby South American condiment that's traditionally used to add a pop of fresh, tangy flavor to *churrasco* (grilled meat). Our version gets a rich and creamy twist thanks to avocado mayo. This luscious sauce serves as the perfect contrast to smoky, Peruvian-spiced chicken breasts, a sautéed melange of veggies, and cumin-turmeric-spiced cauliflower "rice."

INGREDIENTS (9 ITEMS)

1 unit **Red bell pepper***
 1 whole **Yellow onion**
 1 whole **Roma tomato**
 2 (6 oz) **Chicken breasts****
 1½ tsp **Peruvian-style spices**
 3½ oz **Cabbage**
 6½ oz **Cauliflower "rice"**
 1¼ tbsp **Sweetened cumin-turmeric blend** **T**
 2¾ oz **Creamy chimichurri with avocado mayo** **E**

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 (coconut)
E EGGS



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

- Preheat oven to 425 degrees.
- 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.
- Medium dice **Roma tomato** into pieces, about ½ inch each.

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

***Use enough bell pepper to match the size of a baseball, saving the rest for another day. If you have a food scale, use 8 oz to stay under 20 grams of net carbs per serving.*

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

START CHICKEN

- Pat **chicken breasts** dry with paper towels. Season with **Peruvian-style spices** and about ¼ teaspoon salt.*
- Heat about 1½ tablespoons cooking oil in a large oven-safe sauté pan over medium-high heat. Add **chicken** to hot pan. Sear 2–3 minutes on each side.

**The Peruvian-style spices already contain pepper; season accordingly.*

3

FINISH CHICKEN & COOK VEGGIES

- Add **bell pepper, cabbage***, and **onion** to pan with chicken. Season with about ¼ teaspoon salt and a pinch of pepper. Cook 3–5 minutes, or until onion begins to soften, stirring veggies occasionally.
- Transfer pan to oven. Roast 5–6 minutes, or until chicken is fully cooked, stirring veggies halfway through.**

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

***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

COOK CAULIFLOWER “RICE”

- Heat about 1½ tablespoons cooking oil in a medium sauté pan over medium heat. Add **cauliflower “rice”** and about ¼ cup water to hot pan. Season with **sweetened cumin-turmeric blend**, about ¼ teaspoon salt, and a pinch of pepper. Stir to combine. Cook 4–5 minutes, or until cauliflower is tender and liquid is cooked off, stirring occasionally.

5

PLATE YOUR DISH

- Cut **chicken** into 6–8 slices each.
- Divide **spiced cauliflower “rice”** between plates. Fan **roasted chicken** over top. Drizzle **creamy chimichurri with avocado mayo** over chicken to taste. Pile **roasted veggies** on the side. Sprinkle **tomato** over veggies. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (519g)

Amount per serving

Calories **670**

	% Daily Value*
Total Fat 47g	60%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 140mg	47%
Sodium 1260mg	55%
Total Carbohydrate 22g	8%
Dietary Fiber 6g	21%
Total Sugars 11g	
Includes 0g Added Sugars	0%
Protein 43g	
Vitamin D 0mcg	0%
Calcium 80mg	6%
Iron 3mg	15%
Potassium 723mg	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], **Peruvian-Style Spices** (Ancho Chili Powder, Ground Cumin, Turmeric, Sweet Paprika, Granulated Garlic, Smoked Paprika, Dried Orange Peel), **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]), **Cauliflower**, **Sweetened Cumin-Turmeric Blend** (Ground Cumin, Turmeric, Coconut Sugar [organic coconut sugar]), **Bell Peppers**, **Roma Tomatoes**, **Green Cabbage**, **Yellow Onion**

Allergen information:

Contains Tree Nuts And Egg

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.