



**GREEN
CHEF**

CHICKEN WITH ITALIAN KALE & RICOTTA

tomato & roasted red pepper sauce, garlic-herb broccoli

COOK TIME

30 MIN

SERVINGS

2

CALORIES PER SERVING

670

NET CARBS PER SERVING

11 GRAMS

MENU

KETO // GLUTEN-FREE

This craveable keto and gluten-free dish was inspired by ultra-savory Italian-style flavors. With just 6 ingredients and 30 minutes, you'll whip up an impressive meal that's sure to satisfy. First things first: Broccoli florets are sprinkled with garlic-herb seasoning and roasted until tender. Meanwhile, chicken is seasoned with more of that savory herb blend and pan-seared to develop a golden crust. You'll also create the world's most delicious kale—with Italian-seasoned tomato and roasted red pepper sauce, ricotta, and butter. Everything is finished with even more ricotta (because who doesn't want extra cheese?). *Molto bene!*



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)

6 oz **Broccoli**
2¾ oz **Green kale**
4 oz **Ricotta cheese** M
1½ tsp **Garlic-herb seasoning**
2 (5 oz) **Chicken cutlets***
3½ oz **Italian-seasoned tomato & roasted red pepper sauce**

WHAT YOU'LL NEED

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

ALLERGENS

M MILK

*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 **broccoli** lengthwise into slices, about ¼ inch thick.
- Remove and discard any thick center stems from **green kale***. Roughly chop leaves into bite-size pieces.
- Add half of the **ricotta cheese** to a small bowl. Season with salt and pepper.

**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

ROAST BROCCOLI

- Place **broccoli** on a lightly oiled, foil-lined baking sheet. Drizzle with about 1½ tablespoons cooking oil. Season with about half of the **garlic-herb seasoning**, about ¼ teaspoon salt, and a pinch of pepper. Toss to coat. Spread out in an even layer.
- Transfer baking sheet to oven. Roast 14-16 minutes, or until fork-tender, stirring halfway through.



3

SEASON & COOK CHICKEN

- Pat **chicken cutlets** dry with paper towels. Season with salt, pepper, and remaining **garlic-herb seasoning**.
- 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 chicken is fully cooked.
- Transfer **chicken** to a cutting board.



4

COOK KALE

- Heat about 1 tablespoon cooking oil in pan used for chicken over medium heat. Add **kale**. Cook 1-2 minutes or until slightly wilted, stirring occasionally.
- Add **Italian-seasoned tomato and roasted red pepper sauce** and ¼ cup water. Cook 1-2 minutes, or until thickened and saucy.
- Remove from heat. Add remaining **ricotta** and 1 tablespoon butter. Stir to combine. Season with salt and pepper to taste.



5

PLATE YOUR DISH

- Cut **chicken cutlets** into 5-7 slices each.
- Divide **Italian kale and ricotta** between plates. Pile **garlic-herb broccoli** on top of kale. Fan **chicken** over broccoli. Dollop **seasoned ricotta** over plates. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (415g)

Amount per serving

Calories **670**

	% Daily Value*
Total Fat 46g	59%
Saturated Fat 12g	60%
Trans Fat 0g	
Cholesterol 185mg	62%
Sodium 660mg	29%
Total Carbohydrate 16g	6%
Dietary Fiber 5g	18%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 55g	
Vitamin D 2mcg	10%
Calcium 299mg	25%
Iron 4mg	20%
Potassium 1286mg	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], **Ricotta Cheese** [whole milk, skim milk, starter, trace of salt], **Green Kale, Broccoli, Tomato & Roasted Red Pepper Sauce** (Roasted Red Peppers [bell pepper], Garlic, Ground Tomatoes [organic tomatoes, organic tomato puree, sea salt, citric acid], Tomato Paste [vine ripened organic tomatoes], Balsamic Vinegar [balsamic vinegar, grape must], Sea Salt, Black Pepper, Italian Seasoning [basil, rosemary, marjoram, oregano, thyme], Ground Coriander, Ground Fennel, Ascorbic Acid [ascorbic acid]), **Garlic-Herb Seasoning** (Ground Rosemary, Granulated Garlic, Black Pepper, Italian Seasoning [basil, rosemary, marjoram, oregano, thyme])

Allergen information:

Contains 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.