



**GREEN
CHEF**

CHICKEN & SPANISH “RICE”

smoky lemon crema, toasted almonds

COOK TIME

30 MIN

SERVINGS

2

CALORIES PER SERVING

610

NET CARBS PER SERVING

18 GRAMS

MENU

KETO // GLUTEN-FREE

Spanish rice is typically known for its fiery hue—which often comes from a mix of spices and tomatoes, along with garlic and onions. Our chefs created a keto-friendly veg-packed version for tonight’s dinner. The cauliflower “rice” gets cooked with bell pepper and onion until lightly browned. Then, tomato paste, our smoky Spanish-style seasoning, and lemon juice enter the mix for bursts of smoky and tangy flavors. Seared chicken cutlets top the dish, drizzled with a homemade smoky lemon crema and toasted almonds to add a cooling note and crunch to this delicious meal.



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 (9 ITEMS)

1 whole	Lemon
1 whole	Yellow onion*
1 unit	Red bell pepper
2 oz	Sour cream <small>M</small>
½ tsp	Smoky Spanish-style seasoning
½ oz	Sliced almonds <small>T</small>
2 (5 oz)	Chicken cutlets**
6½ oz	Cauliflower “rice”
1½ oz	Tomato paste

WHAT YOU’LL NEED

2 large sauté pans
mixing bowls
measuring spoons
microplane
thermometer
cooking oil
1 tbsp butter M
salt & pepper

ALLERGENS

M MILK
T TREE NUTS (almonds)

*Due to the varying nature of organic produce, we may have sent a larger onion 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

- Zest half of the **lemon** with a microplane (or on small holes of a box grater) over a small bowl. Quarter **lemon**.
- Cut ends off **yellow onion*** and discard peel. Halve lengthwise. Small dice into pieces, about ¼ inch each.
- Medium dice **red bell pepper**** into pieces, about ½ inch each.

**Use enough onion to match the size of a baseball, saving the rest for another day. If you have a food scale, use 8½ ounces to stay under 20 grams of net carbs per serving.*

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

4 COOKING FOR

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 MIX LEMON CREMA

- Place **sour cream**, 1 teaspoon **lemon zest**, and a pinch of **smoky Spanish-style seasoning** in a second small bowl. Add water 1 teaspoon at a time until mixture reaches a drizzling consistency. Season with salt and pepper to taste.

3 TOAST ALMONDS

- Place **sliced almonds** in a dry, large sauté pan over medium heat. Toast 2-3 minutes, or until fragrant, shaking pan frequently.
- Transfer **almonds** to a cutting board and allow to cool. (Reserve pan.) Roughly chop.

4 SEASON & SEAR CHICKEN

- Pat **chicken cutlets** dry with paper towels. Season with salt and pepper.
- Heat about 1½ tablespoons cooking oil in a second 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.

5 START SPANISH "RICE"

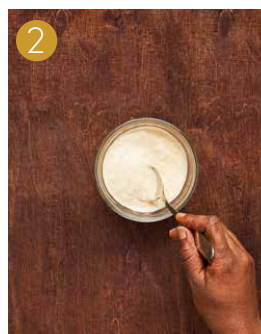
- Heat about 1 tablespoon cooking oil in pan used for almonds over medium-high heat. Add **onion** to hot pan. Season with salt and pepper. Cook 3-4 minutes, or until translucent, stirring occasionally.
- Add **cauliflower "rice"** and **bell pepper**. Stir to combine. Cook 4-5 minutes, or until cauliflower is lightly browned, stirring occasionally.

6 FINISH SPANISH "RICE"

- Add **tomato paste**, remaining **smoky seasoning**, 1 tablespoon butter, 2 tablespoons water, and juice from one **lemon wedge** to pan with **veggies**. Season with about ¼ teaspoon salt and a pinch of pepper. Cook 2-3 minutes, or until tomato paste is incorporated and butter has melted, stirring occasionally.

7 PLATE YOUR DISH

- Cut **chicken cutlets** into 5-7 slices each.
- Divide **Spanish "rice"** between plates. Fan **chicken** over top. Drizzle with **smoky lemon crema**. Garnish with **toasted almonds**. Serve with remaining **lemon wedges** on the side. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (491g)

Amount per serving

Calories 610

	% Daily Value*
Total Fat 37g	47%
Saturated Fat 11g	55%
Trans Fat 0g	
Cholesterol 175mg	58%
Sodium 480mg	21%
Total Carbohydrate 25g	9%
Dietary Fiber 7g	25%
Total Sugars 12g	
Includes 0g Added Sugars	0%
Protein 49g	
Vitamin D 2mcg	10%
Calcium 149mg	10%
Iron 3mg	15%
Potassium 1498mg	30%

* 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], **Cauliflower**, **Bell Peppers**, **Tomato Paste** [tomato paste, citric acid], **Yellow Onion**, **Sour Cream** [cultured cream], **Lemon**, **Almonds** [almonds], **Smoky Spanish-Style Seasoning** (Granulated Garlic, Ground Cumin, Cinnamon, Ground Coriander, Crushed Red Pepper Flakes, Sweet Paprika, Smoked Paprika, Ground Fennel, Applewood-Smoked 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.