



**GREEN  
CHEF**

## ROASTED CHICKEN WITH LEMON CREMA

*cabbage, butternut squash & Brussels sprouts with Parmesan, hazelnuts*

### COOK TIME

30 MIN

### SERVINGS

2

### CALORIES PER SERVING

650

### NET CARBS PER SERVING

20 GRAMS

### MENU

KETO // GLUTEN-FREE

Bright and tangy lemon crema is roasted chicken's new best friend. In tonight's rustic dish, the flavorful sauce—made with sour cream; our herb, garlic, and red pepper blend; and freshly squeezed lemon juice—envelops chicken and veggies before a trip to the oven where all the flavors will mingle and meld. On the side, there's earthy-sweet Parmesan-roasted butternut squash and Brussels sprouts. A sprinkle of roasted hazelnuts adorns the dish, lending a subtle nutty crunch.

### INGREDIENTS (10 ITEMS)

8¾ oz **Butternut squash**  
4 oz **Brussels sprouts**  
1 whole **Lemon**  
1 whole **Red onion**  
¾ tsp **Herb, garlic & red pepper blend**  
2 oz **Sour cream** M  
½ oz **Hazelnuts** T  
2 (5 oz) **Chicken cutlets\***  
1¼ oz **Cabbage**  
1 oz **Parmesan cheese** M

### WHAT YOU'LL NEED

large oven-safe sauté pan  
baking sheet  
mixing bowls  
measuring spoons  
peeler  
thermometer  
oven mitt  
cooking oil  
salt & pepper

### ALLERGENS

M MILK  
T TREE NUTS (hazelnuts)



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://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.
- Remove any seeds from **butternut squash** with a spoon. Carefully peel with a sharp peeler.\* Medium dice into pieces, about ½ inch each.
- Trim stem ends off **Brussels sprouts**. Quarter lengthwise.
- Quarter **lemon**.
- 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.

*\*If you don't have a sharp peeler, carefully use a sharp knife. Place squash cut sides down, then slice away the skin, curving your knife with the shape of the squash as you go.*

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 SQUASH &amp; BRUSSELS SPROUTS

- Place **squash** and **Brussels sprouts** in a medium bowl. Drizzle with about 1½ tablespoons cooking oil. Season with about half of the **herb, garlic, and red pepper blend**, about ¼ teaspoon salt, and a pinch of pepper. Stir to coat.
- Spread **squash and Brussels sprouts** out in a single layer on a lightly oiled, foil-lined baking sheet. Roast 15–18 minutes, or until fork-tender and golden brown, stirring halfway through. (You'll finish the veggies in Step 7.)

## 3

## MAKE LEMON CREMA

- Place **sour cream** and remaining **herb, garlic, and red pepper blend** in a small bowl. Squeeze juice from 1–2 **lemon wedges** over bowl, removing any seeds. Stir to combine.

## 4

## TOAST HAZELNUTS

- Place **hazelnuts** in a dry large oven-safe sauté pan over medium heat. Toast 2–3 minutes, or until fragrant, shaking pan frequently.
- Transfer **hazelnuts** to a cutting board and allow to cool. Roughly chop.

## 5

## SEAR CHICKEN &amp; CABBAGE

- Pat **chicken cutlets** dry with paper towels. Season with salt and pepper.
- Heat about 1½ tablespoons cooking oil in pan used for hazelnuts over medium-high heat. Add **chicken** to hot pan. Sear about 3 minutes on one side.
- Flip **chicken**. Add **cabbage\***, **onion**, **lemon crema**, and 1–2 tablespoons water to pan around **chicken**. Season with salt and pepper. Stir to combine.\*\* Cook about 3 minutes, or until cabbage and onion begin to soften, stirring occasionally.

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

*\*\*If the crema is too thick, stir in a splash more water.*

## 6

## ROAST CHICKEN &amp; CABBAGE

- Transfer pan with **chicken and cabbage** to oven. Roast 5–7 minutes, or until chicken is fully cooked and onion is caramelized.\*

*\*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.*

## 7

## FINISH SQUASH &amp; BRUSSELS SPROUTS

- Sprinkle **Parmesan cheese** over baking sheet with **squash and Brussels sprouts**. (Careful! Baking sheet is hot!) Return baking sheet to oven. Roast 2–3 minutes, or until cheese is lightly browned.

## 8

## PLATE YOUR DISH

- Cut **chicken cutlets** into 5–7 slices each.
- Spoon **cabbage with lemon crema** on one side of each plate. Fan **roasted chicken** over top. Serve **roasted butternut squash and Brussels sprouts** next to chicken. Garnish with **toasted hazelnuts**. Enjoy!



## Nutrition Facts

2 Servings per container

**Serving size** (460g)

**Amount per serving**

**Calories** 650

	% Daily Value*
<b>Total Fat</b> 40g	51%
Saturated Fat 11g	55%
Trans Fat 0g	
<b>Cholesterol</b> 175mg	58%
<b>Sodium</b> 560mg	24%
<b>Total Carbohydrate</b> 27g	10%
Dietary Fiber 7g	25%
Total Sugars 8g	
Includes 0g Added Sugars	0%
<b>Protein</b> 52g	
Vitamin D 2mcg	10%
Calcium 319mg	25%
Iron 3mg	15%
Potassium 1372mg	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], **Red Onion**, **Butternut Squash**, **Brussels Sprouts**, **Green Cabbage**, **Hazelnuts** [hazelnuts], **Herb, Garlic & Red Pepper Blend** (Granulated Garlic, Sweet Paprika, Italian Seasoning [basil, rosemary, marjoram, oregano, thyme], Ground Rosemary, Crushed Red Pepper Flakes, Onion Powder), **Parmesan Cheese** [pasteurized milk, cheese cultures, salt, enzymes], **Sour Cream** [cultured cream], **Lemon**

### Allergen information:

Contains Milk And Tree Nuts

*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.*