



ROASTED CHICKEN WITH LEMON CREMA

cabbage, butternut squash & Brussels sprouts with Parmesan, hazelnuts

30 MIN

servings 2 **calories per serving** 650

8¾ oz

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 Parmesanroasted butternut squash and Brussels sprouts. A sprinkle of roasted hazelnuts adorns the dish, lending a subtle nutty crunch.



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 (10 ITEMS)

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

Butternut squash

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)

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 for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

 $^{^{\}star}$ Chicken is fully cooked when internal temperature reaches 165 degrees.

PREP

- O Preheat oven to 400 degrees.
- O Remove any seeds from **butternut squash** with a spoon. Carefully peel with a sharp peeler.* Medium dice into pieces, about ½ inch each.
- O Trim stem ends off **Brussels sprouts**. Quarter lengthwise.
- O Quarter lemon.
- O 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.



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.

) START SQUASH & BRUSSELS SPROUTS

- O 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.)



 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.

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.
- O Transfer hazelnuts to a cutting board and allow to cool. Roughly chop.

🖵 SEAR CHICKEN & CABBAGE

- \circ Pat **chicken cutlets** dry with paper towels. Season with salt and pepper.
- O 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.
- O 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.

ROAST CHICKEN & 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.

FINISH SQUASH & 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.

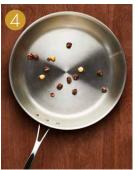
Q PLATE YOUR DISH

- O 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!

















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2 Servings per container

Serving size (460g)

Amount per serving

Calories

650

	% Daily Value*
Total Fat 40g	51%
Saturated Fat 11g	55%
Trans Fat 0g	
Cholesterol 175mg	58%
Sodium 560mg	24%
Total Carbohydrate 27g	10%
Dietary Fiber 7g	25%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 52g	
Vitamin D 2mcg	10%
Calcium 319mg	25%
Iron 3mg	15%
Potassium 1372mg	30%

All ingredients in this recipe:

calories a day is used for general nutrition advice.

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

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000

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.