



# CHICKEN WITH BASIL PESTO

*spaghetti squash noodles with Parmesan, rainbow chard salad*

**COOK TIME**  
40 MIN

**SERVINGS**  
2

**CALORIES PER SERVING**  
910

**NET CARBS PER SERVING**  
14 GRAMS

**MENU**  
KETO // GLUTEN-FREE

Here's a keto-friendly dish with an Italian-inspired twist: Chicken strips are seasoned with a garlic, paprika, and herb blend, then pan-seared until tender. They're drizzled with basil pesto for an herbaceous finish and served over a bed of spaghetti squash noodles in lieu of the usual pasta. A chard salad—tossed with tomato and a rosemary white-wine vinaigrette—adds a fresh element on the side.

## INGREDIENTS (9 ITEMS)

- 17½ oz **Spaghetti squash**
- 1¼ tsp **Garlic, paprika & herb blend**
- 2¾ oz **Rainbow chard**
- 1 whole **Roma tomato**
- ¼ oz **Garlic**
- 1 oz **Rosemary white-wine vinaigrette**
- 10 oz **Chicken strips\***
- 2 oz **Parmesan cheese** M
- 1 oz **Basil pesto with Parmesan** T M

## WHAT YOU'LL NEED

- medium sauté pan
- medium nonstick pan
- baking sheet
- medium bowl
- measuring spoons
- thermometer
- oven mitt
- cooking & olive oils
- 2 tbsp butter M
- salt & pepper

## ALLERGENS

- M MILK
- T TREE NUTS (almonds)



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 and it's no longer pink in the center.

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](http://greenchef.com/faq) for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

## 1 START PREP & ROAST SQUASH

- Preheat oven to 425 degrees.
- Halve **spaghetti squash**, if necessary. Remove seeds with a spoon. Drizzle insides with 1-2 tablespoons cooking oil. Season insides with about half of the **garlic, paprika, and herb blend**, salt, and pepper.
- Place **squash**, cut sides down, on a lightly oiled, foil-lined baking sheet. Roast 25-30 minutes, or until squash strands easily separate when pierced with a fork.

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 FINISH PREP

- Remove and discard thick center stems from **rainbow chard\***. Roughly chop leaves into bite-size pieces.
- Medium dice **Roma tomato** into pieces, about ½ inch each.
- Mince **garlic**.

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

## 3 MAKE SALAD

- Place **chard** in a medium bowl. Drizzle with about 1 tablespoon of the **rosemary white-wine vinaigrette**. Lightly season with salt. Massage until leaves soften.
- Add **tomato** to bowl. Drizzle with remaining **vinaigrette** to taste. Toss to combine. Season with salt and pepper to taste.

## 4 COOK CHICKEN

- Pat **chicken strips** dry with paper towels.
- Heat about 1½ tablespoons cooking oil in a medium sauté pan over medium heat. Add **chicken** to hot pan. Season with remaining **herb blend**, salt, and pepper. Cook 4-6 minutes, or until fully cooked, stirring occasionally. Remove from heat.

## 5 FORM SQUASH NOODLES

- Separate **squash strands** from peel with a fork.\*

*\*We recommend using tongs or an oven mitt to hold the spaghetti squash while it's hot.*

## 6 FINISH SQUASH NOODLES

- Heat about 2 tablespoons olive oil and 2 tablespoons butter in a medium nonstick pan over medium heat. Add **garlic** to hot pan. Cook 1-2 minutes, or until fragrant, stirring frequently.
- Transfer **squash noodles** to pan. Add about half of the **Parmesan cheese**. Cook 2-3 minutes, or until cheese is melted, stirring occasionally. Season with salt and pepper to taste.\*

*\*Taste the squash after seasoning and adjust as needed. Adding salt and pepper throughout the cooking process is key to a delicious final product.*

## 7 PLATE YOUR DISH

- Divide **spaghetti squash noodles** between plates. Sprinkle with remaining **Parmesan**. Serve **chicken** over squash. Drizzle **basil pesto with Parmesan** over chicken. Serve **rainbow chard salad** on the side. Enjoy!



## Nutrition Facts

2 Servings per container

**Serving size** (511g)

Amount per serving

**Calories** 910

	% Daily Value*
<b>Total Fat</b> 75g	96%
Saturated Fat 21g	105%
Trans Fat 0g	
<b>Cholesterol</b> 160mg	53%
<b>Sodium</b> 570mg	25%
<b>Total Carbohydrate</b> 19g	7%
Dietary Fiber 5g	18%
Total Sugars 7g	
Includes 0g Added Sugars	0%
<b>Protein</b> 44g	
Vitamin D 0mcg	0%
Calcium 412mg	30%
Iron 3mg	15%
Potassium 506mg	10%

\* 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 Strips** [chicken], **Basil Pesto** (Garlic, Basil, Almonds [almonds], Sea Salt, Lemon Juice [lemon], Olive Oil [olive oil], Parmesan Cheese [pasteurized cow's milk (cheese cultures, salt, and enzymes), cellulose (to prevent caking) and potassium sorbate ], Water, Ascorbic Acid [ascorbic acid]), **Spaghetti Squash, Garlic, Paprika & Herb Blend** (Granulated Garlic, Sweet Paprika, Italian Seasoning [basil, rosemary, marjoram, oregano, thyme], Dried Parsley, Onion Powder), **Garlic, Parmesan Cheese** [pasteurized milk, cheese cultures, salt, enzymes, anti caking agent (potato starch powdered cellulose, natamycin)], **Rainbow Chard, Roma Tomatoes, Rosemary Vinaigrette** (White Wine Vinegar [aged white wine vinegar], Lemon Juice [lemon], Stone-Ground Mustard [water, organic mustard seeds, organic vinegar, salt, organic spices], Ground Rosemary, Granulated Garlic, Sea Salt, Black Pepper, Olive Oil [olive oil])

### 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.

