



# CUBAN CHICKEN WITH CHIMICHURRI

*red bell pepper, snap peas, cabbage, pepitas, cotija*

<b>COOK TIME</b> 25 MIN	<b>SERVINGS</b> 2	<b>CALORIES PER SERVING</b> 650	<b>NET CARBS PER SERVING</b> 12 GRAMS	<b>MENU</b> KETO // GLUTEN-FREE // FAST & FIT
----------------------------	----------------------	------------------------------------	--	---

This Latin American-inspired meal gets a flavorful kick from our creamy chimichurri: a bright and tangy herb-based sauce made with parsley, garlic, avocado mayo, and a squeeze of lemon juice. Here, the sauce is drizzled over pan-seared chicken seasoned with an earthy Cuban spice blend (featuring cumin, oregano, and dried orange peel). Sautéed red bell pepper, snap peas, and cabbage make a colorful and delicious base for the chicken, while pepitas add a craveable crunch. Cotija rounds out the meal with a creamy-salty finishing touch.

## INGREDIENTS (9 ITEMS)

- 1 unit **Red bell pepper**
- 1 whole **Yellow onion**
- 2 oz **Snap peas**
- 2¾ oz **Cabbage**
- 2 (5 oz) **Chicken cutlets\***
- 1 tsp **Cuban spice blend**
- ½ oz **Pepitas**
- 3½ oz **Creamy chimichurri with avocado mayo** E
- ¾ oz **Cotija cheese** M



## CUSTOM CHEF

If you chose to modify your meal, follow the Custom Chef instructions on the flip side of this card.



- 2 (5 oz) Organic chicken cutlets\***  
Calories: 640 Net Carbs: 12 grams

## WHAT YOU'LL NEED

- medium & large sauté pans
- measuring spoons
- thermometer
- cooking oil
- 1 tbsp butter M
- salt & pepper

## ALLERGENS

- E EGGS
- M MILK



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°.

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 PREP

- Cut **red bell pepper**\* lengthwise into strips, about ¼ inch thick. Halve strips widthwise.
- Cut ends off **yellow onion** and discard peel. Halve lengthwise; save one half for another use. Small dice remaining half into pieces, about ¼ inch each.
- Remove any fibrous strings from **snap peas**.\*\* Halve widthwise at an angle.
- Roughly chop **cabbage**\* if necessary.

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

\*\*To quickly prep, firmly pinch one end of a pea and pull downward to remove the fibrous string.

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 SEASON CHICKEN

- Pat **chicken cutlets** dry with paper towels. Season with **Cuban spice blend**, ¼ teaspoon salt, and ¼ teaspoon pepper.

🔄 Swap in **organic chicken cutlets** for chicken cutlets.

3 COOK CHICKEN

- Heat 1 teaspoon cooking oil in a medium 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.

4 SAUTÉ VEGGIES

- Heat 1 teaspoon cooking oil in a large sauté pan over medium-high heat. Add **bell pepper** and **onion** to hot pan. Season with ¼ teaspoon salt and a pinch of pepper. Cook 3-5 minutes, or until veggies begin to soften, stirring occasionally.
- Add **snap peas**, **cabbage**, and 1 tablespoon butter. Cook 2-3 minutes, or until veggies are tender, stirring occasionally.
- Add **pepitas**. Cook about 1 minute, or until pepitas are lightly toasted, stirring occasionally.

5 PLATE YOUR DISH

- Cut **chicken cutlets** into 5-6 slices each.
- Divide **sautéed veggies** between plates. Shingle **Cuban chicken** over top. Drizzle with **creamy chimichurri with avocado mayo** to taste. Sprinkle with **cotija cheese**. Enjoy!



## Nutrition Facts

2 Servings per container

**Serving size** (394g)

Amount per serving

**Calories** **650**

	% Daily Value*
<b>Total Fat</b> 48g	62%
Saturated Fat 11g	55%
Trans Fat 0g	
<b>Cholesterol</b> 150mg	50%
<b>Sodium</b> 1230mg	53%
<b>Total Carbohydrate</b> 17g	6%
Dietary Fiber 5g	18%
Total Sugars 7g	
Includes 0g Added Sugars	0%
<b>Protein</b> 42g	
Vitamin D 0mcg	0%
Calcium 126mg	10%
Iron 3mg	15%
Potassium 935mg	20%

\* 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], **Cuban Spice Blend** [dehydrated vegetables (garlic, onion, green bell pepper, tomato), spices (cumin, black pepper, oregano, coriander), salt, paprika (color), cilantro, and orange peel], **Bell Peppers**, **Snap Peas**, **Red Cabbage**, **Pepitas** [pumpkin seed kernels], **Yellow Onion**, **Cotija Cheese** [pasteurized milk, salt, cheese cultures, enzymes, cellulose], **Creamy Chimichurri** (Yellow Onions, Parsley, Garlic, Dried Oregano, Sea Salt, Black Pepper, Crushed Red Pepper Flakes, Apple Cider Vinegar [apple cider vinegar], Lemon Juice [lemon], Olive Oil [olive oil], Avocado Oil Mayonnaise [avocado oil, organic eggs, organic egg yolks, organic vinegar, sea salt, organic rosemary extract])

### Allergen information:

Contains Egg 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.*