



**GREEN
CHEF**

CHICKEN & BUTTERNUT SQUASH HASH

chard, sun-dried tomatoes, hazelnuts, lemon aioli

COOK TIME

35 MIN

SERVINGS

2

CALORIES PER SERVING

730

NET CARBS PER SERVING

20 GRAMS

MENU

KETO // PALEO // GLUTEN-FREE // MEDITERRANEAN

A hearty hash is one of our favorite ways to pack earthy-sweet veggies into any meal. Tonight we toss tender, slightly caramelized butternut squash with vitamin-rich chard, savory sun-dried tomatoes, and buttery hazelnuts. It all serves as a base for roasted chicken breasts dusted with a paprika-forward spice blend for a hint of smokiness. A drizzle of our lemon aioli lends a creamy, tangy bite to every forkful.

INGREDIENTS (8 ITEMS)

½ oz **Sun-dried tomatoes**
 10½ oz **Butternut squash***
 1 whole **Yellow onion**
 ½ oz **Hazelnuts** T
 3½ oz **Green chard**
 2 (6 oz) **Chicken breasts****
 1½ tsp **Smoky paprika & onion blend**
 1¾ oz **Lemon aioli with basil & capers** E T

WHAT YOU'LL NEED

medium oven-safe sauté pan
 large sauté pan
 baking sheet
 small bowl
 measuring cup & spoons
 peeler
 thermometer
 oven mitt
 cooking oil
 salt & pepper

ALLERGENS

T TREE NUTS (coconut, hazelnuts)
E EGGS



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.

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

- Preheat oven to 425 degrees.
- Place **sun-dried tomatoes** in a small bowl. Cover with about ¼ cup water. Let soak at least 5 minutes, or until softened. Once softened, roughly chop **tomatoes**. Return to bowl with soaking liquid.
- Remove any seeds from **butternut squash*** with a spoon. Carefully peel with a sharp peeler.** Medium dice into pieces, about ½ inch each.
- Cut ends off **yellow onion** and discard peel. Quarter lengthwise; save three-quarters for another use. Lay remaining quarter flat and small dice into pieces, about ¼ inch each.
- Roughly chop **hazelnuts** if necessary.
- Remove and discard any thick center stems from **green chard*****. Roughly chop leaves into bite-size pieces.

**Use enough squash to fill about 2 cups, saving the rest for another day. If you have a food scale, use 10 ounces to stay under 20 grams of net carbs per serving.*

***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.*

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

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 & ROAST SQUASH

- Place **squash** on a lightly oiled, foil-lined baking sheet. Drizzle with 1½ tablespoons cooking oil. Season with about ¼ teaspoon salt and a pinch of pepper. Stir to coat. Spread out in a single layer.
- Roast 18–20 minutes, or until fork-tender, stirring halfway through.

3

SEASON & COOK CHICKEN

- Pat **chicken breasts** dry with paper towels. Season with **smoky paprika and onion blend** and salt.
- Heat 1½ tablespoons cooking oil in a medium oven-safe sauté pan over medium-high heat. Add **chicken** to hot pan. Sear about 3 minutes on each side.
- Transfer pan to oven. Roast 10–12 minutes, or until fully cooked.*

**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.*

4

START HASH

- Heat 1½ tablespoons cooking oil in a large sauté pan over medium-high heat. Add **onion** and **hazelnuts** to hot pan. Cook 2–3 minutes, or until onion is translucent, stirring occasionally.
- Add **chard** and **tomatoes** (with soaking liquid). Season with about ¼ teaspoon salt and a pinch of pepper. Cook 2–3 minutes, or until chard is lightly wilted, stirring occasionally.

5

FINISH HASH

- Transfer **squash** to pan with **veggies**. Stir to combine. Season with salt and pepper to taste.

6

PLATE YOUR DISH

- Cut **chicken breasts** into 6–7 slices each.
- Divide **butternut squash hash** between plates. Fan **chicken** over hash. Drizzle with **lemon aioli with basil and capers** to taste. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (443g)

Amount per serving

Calories 730

| | % Daily Value* |
|--------------------------|----------------|
| Total Fat 50g | 64% |
| Saturated Fat 6g | 30% |
| Trans Fat 0g | |
| Cholesterol 140mg | 47% |
| Sodium 940mg | 41% |
| Total Carbohydrate 27g | 25% |
| Dietary Fiber 7g | 25% |
| Total Sugars 9g | |
| Includes 0g Added Sugars | 0% |
| Protein 44g | |
| Vitamin D 0mcg | 0% |
| Calcium 127mg | 10% |
| Iron 4mg | 20% |
| Potassium 1075mg | 25% |

* 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 Breasts [chicken], Smoky Paprika & Onion Blend (Smoked Paprika, Onion Powder, Sweet Paprika, Black Pepper), Lemon-Basil Capers Aioli (Lemon Juice [lemon], White Balsamic Vinegar [aged white wine vinegar and must of white grapes], Coconut Nectar [coconut tree sap], Basil, Capers [capers, water, vinegar, salt], Avocado Oil Mayonnaise [avocado oil, organic eggs, organic egg yolks, organic vinegar, sea salt, organic rosemary extract]), Green Chard, Butternut Squash, Sun-Dried Tomatoes [organic dried tomatoes], Yellow Onion, Hazelnuts [hazelnuts]

Allergen information: Contains Tree Nuts And Egg

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.