



**GREEN
CHEF**

CREAMY TUSCAN CHICKEN

spaghetti squash, chard, sun-dried tomato sauce, almonds

COOK TIME

35 MIN

SERVINGS

2

CALORIES PER SERVING

920

NET CARBS PER SERVING

27 GRAMS

MENU

PALEO // GLUTEN-FREE

Tonight's dish will make you feel like you're dining under the Tuscan sun while keeping it paleo and gluten-free. A luscious sun-dried tomato sauce, made creamy with coconut milk, coats long strands of spaghetti squash. For even more veg, there's chopped green chard that's cooked into the sauce as well as tossed with the spaghetti squash. Chicken cutlets, seared with oregano-garlic seasoning, grace the top along with roasted almonds and red pepper flakes.

INGREDIENTS (11 ITEMS)

17½ oz **Spaghetti squash**
1½ tsp **Oregano-garlic seasoning**
¼ oz **Sun-dried tomatoes**
1 whole **Yellow onion**
¼ oz **Garlic**
2¾ oz **Green chard**
½ oz **Roasted almonds** T
2 (5 oz) **Chicken cutlets***
1½ tsp **Tapioca flour**
5 oz **Coconut milk** T
½ tsp **Crushed red pepper flakes**

WHAT YOU'LL NEED

medium & large sauté pans
baking sheet
small bowl
measuring cup & spoons
whisk
thermometer
oven mitt
cooking & olive oils
salt & pepper

ALLERGENS

T TREE NUTS (almonds, coconut)



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

1 ROAST SQUASH

- Preheat oven to 450 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 **oregano-garlic seasoning**, about ¼ teaspoon salt, and a pinch of pepper.
- Place **squash**, cut sides down, on a lightly oiled, foil-lined baking sheet. Roast 20-25 minutes, or until squash strands easily separate when pierced with a fork. (You'll finish the squash in Step 5.)

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 PREP

- Place **sun-dried tomatoes** in a small bowl; cover with ¼ cup water. Let soak at least 5 minutes, or until softened. Once softened, roughly chop **tomatoes** (reserve soaking liquid).
- 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.
- Mince **garlic**.
- Remove and discard any thick center stems from **green chard***. Roughly chop leaves into bite-size pieces.
- Roughly chop **roasted almonds**.

*The ingredient you received may be a different color.

3 SEASON & COOK CHICKEN

- Pat **chicken cutlets** dry with paper towels. Season with salt, pepper, and remaining **oregano-garlic seasoning**.
- Heat about 1½ tablespoons cooking oil in a large 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 MAKE SAUCE

- Heat about 1 tablespoon cooking oil in pan used for chicken over medium heat. Add **onion** and **garlic** to pan. Cook 2-3 minutes, or until translucent, stirring frequently.
- Add **tapioca flour**. Stir to coat. Add **tomatoes** (with reserved soaking liquid) and **coconut milk**. Whisk to combine, about 1 minute.
- Add about one quarter of the **chard**. Cook 3-4 minutes, or until chard wilts, stirring frequently.
- Add 2 tablespoons water. Stir to combine. Season with salt and pepper to taste.

5 FINISH SQUASH

- Separate **squash strands** from peel with a fork.*
- Heat about 2 tablespoons olive oil in a medium sauté pan over medium heat. Add remaining **chard** to hot pan. Cook 2-3 minutes, or until lightly wilted, stirring occasionally.
- Transfer **squash strands** to pan. Season with about ¼ teaspoon salt and a pinch of pepper. Cook 3-4 minutes, or until squash is just tender, stirring occasionally. Season with salt and pepper to taste.**

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

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

6 PLATE YOUR DISH

- Cut **chicken cutlets** into 5-7 slices each.
- Divide **spaghetti squash** between plates. Spoon **sun-dried tomato sauce** over top. Top with **Tuscan chicken**. Garnish with **almonds** and **crushed red pepper flakes** to taste (or omit). Enjoy!



Nutrition Facts

2 Servings per container

Serving size (555g)

Amount per serving

Calories 920

	% Daily Value*
Total Fat 70g	90%
Saturated Fat 22g	110%
Trans Fat 0g	
Cholesterol 140mg	47%
Sodium 830mg	36%
Total Carbohydrate 34g	12%
Dietary Fiber 7g	25%
Total Sugars 12g	
Includes 0g Added Sugars	0%
Protein 50g	
Vitamin D 2mcg	10%
Calcium 158mg	10%
Iron 4mg	20%
Potassium 1449mg	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], Coconut Milk [coconut milk], Sun-Dried Tomatoes [organic dried tomatoes], Garlic, Yellow Onion, Green Chard, Tapioca Flour [organic cassava or manioc root], Crushed Red Pepper Flakes, Almonds [almonds], Spaghetti Squash, Oregano-Garlic Seasoning (Dried Oregano, Granulated Garlic, Onion Powder, Dried Parsley)

Allergen information:
Contains 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.