



**GREEN
CHEF**

CHICKEN WITH PARMESAN CHEESE SAUCE

Italian-style balsamic vegetables, parsley

COOK TIME

30 MIN

SERVINGS

2

CALORIES PER SERVING

600

NET CARBS PER SERVING

10 GRAMS

MENU

KETO // GLUTEN-FREE

Sometimes the sauce is what sets a dish apart, and the cheesy masterpiece topping this chicken does just that. Parmesan, mozzarella, and cream cheese come together for a creamy combo that thickens once whisked together. The sauce drapes pan-seared chicken seasoned with our rosemary, basil, and sage blend for equal parts sweet and savory. Before roasting, zucchini and tomato are drizzled with balsamic vinegar, then seasoned with the same spices as the chicken. A garnish of fresh parsley finishes off this Italian-inspired meal.

INGREDIENTS (9 ITEMS)

1 whole	Zucchini
1 whole	Roma tomato
¼ oz	Parsley
¾ oz	Balsamic vinegar
1½ tsp	Rosemary, basil & sage blend
2 (5 oz)	Chicken cutlets*
1 oz	Parmesan cheese <small>M</small>
2 oz	Mozzarella cheese <small>M</small>
1 oz	Cream cheese <small>M</small>

WHAT YOU'LL NEED

small pot
medium sauté pan
baking sheet
mixing bowls
measuring spoons
whisk
thermometer
oven mitt
cooking oil
salt & pepper

ALLERGENS

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 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.
- Trim ends from **zucchini***; discard. Halve lengthwise. Lay flat and slice across into half-moons, about ¼ inch thick.
- Cut **Roma tomato** lengthwise into wedges, about ½ inch thick.
- De-stem **parsley**; finely chop leaves.

**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 VEGGIES

- Place **zucchini** and **tomato** in a medium bowl. Drizzle with **balsamic vinegar** and about 1 tablespoon cooking oil. Season with a pinch of the **rosemary, basil, and sage blend**, about ¼ teaspoon salt, and a pinch of pepper. Stir to coat.
- Spread **vegetables** out in a single layer on a lightly oiled, foil-lined baking sheet. Roast 12-14 minutes, or until fork-tender, stirring halfway through.

3 SEASON & COOK CHICKEN

- Pat **chicken cutlets** dry with paper towels. Season with salt, pepper, and remaining **rosemary, basil, and sage blend**.
- Heat about 1½ tablespoons 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 chicken is fully cooked.
- Transfer **chicken** to a cutting board. Let rest for at least 3 minutes.

4 START CHEESE SAUCE

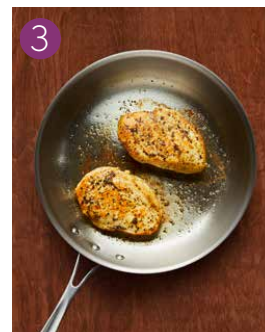
- Place **Parmesan cheese**, **mozzarella cheese**, and **cream cheese** in a small bowl. Stir to combine.

5 FINISH CHEESE SAUCE

- Heat about 1 tablespoon cooking oil in a small pot over medium heat. Add **cheese mixture** and 2 tablespoons water. Cook 1-2 minutes, or until cheese is melted and sauce has thickened, whisking frequently.
- Remove from heat. Season with salt and a pinch of pepper. Whisk to combine.

6 PLATE YOUR DISH

- Cut **chicken cutlets** into 5-7 slices each.
- Divide **Italian-style balsamic vegetables** and **chicken** between plates. Spoon **Parmesan cheese sauce** over chicken. Garnish with **parsley**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (402g)

Amount per serving

Calories **600**

	% Daily Value*
Total Fat 40g	51%
Saturated Fat 11g	55%
Trans Fat 0g	
Cholesterol 150mg	50%
Sodium 750mg	33%
Total Carbohydrate 12g	4%
Dietary Fiber 2g	7%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 50g	
Vitamin D 0mcg	0%
Calcium 441mg	35%
Iron 2mg	10%
Potassium 949mg	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], **Zucchini**, **Roma Tomatoes**, **Parsley**, **Parmesan Cheese** [pasteurized milk, cheese cultures, salt, enzymes, anti caking agent (potato starch powdered cellulose, natamycin)], **Mozzarella Cheese** [part-skim milk, cheese cultures, salt, enzymes, anti caking agent (potato starch powdered cellulose, natamycin)], **Cream Cheese** [cultured pasteurized skim milk and cream, whey protein, milk proteins, less than 2% salt, inulin (natural dietary fiber), natural acids, xanthan, locust bean and guar gums, potassium sorbate (maintains freshness)], **Balsamic Vinegar** [wine vinegar, concentrated grape must, caramel color], **Rosemary, Basil & Sage Blend** (Ground Rosemary, Dried Sage, Italian Seasoning [basil, rosemary, marjoram, oregano, thyme], Dried Basil, Granulated Garlic, Onion Powder)

Allergen information:

Contains 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.