



**GREEN
CHEF**

PERUVIAN-STYLE ROASTED CHICKEN

carrots, bell pepper, tomato, creamy chimichurri, pepitas

COOK TIME

35 MIN

SERVINGS

2

CALORIES PER SERVING

680

NET CARBS PER SERVING

18 GRAMS

MENU

KETO // PALEO // GLUTEN-FREE

This vibrant dish takes your classic chicken-and-veggies to delicious heights thanks to South American flavors. Here, roasted chicken, carrots, bell pepper, and tomato are sprinkled with Peruvian-style spices (starring cumin, paprika, and dried orange peel) for a warm, citrusy lift. A drizzle of creamy chimichurri adds herby richness.

INGREDIENTS (8 ITEMS)

3 whole **Carrots**
1 unit **Green bell pepper**
1 whole **Shallot**
1 whole **Roma tomato**
½ oz **Pepitas**
1 tbsp **Peruvian-style spices**
2 (5 oz) **Chicken cutlets***
2½ oz **Creamy chimichurri with avocado mayo** **E**

WHAT YOU'LL NEED

medium sauté pan
baking sheet
medium bowl
measuring spoons
peeler
thermometer
oven mitt
cooking oil
salt & pepper



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: 670 Net Carbs: 18

ALLERGENS

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.

*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](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 400 degrees.
- Trim and peel **carrots**. Slice across at an angle into pieces, about ½ inch thick.
- Medium dice **green bell pepper*** into pieces, about ½ inch each.
- Cut ends off **shallot** and discard peel. Halve lengthwise. Lay flat and cut lengthwise into strips, about ¼ inch thick.
- Small dice **Roma tomato** into pieces, about ¼ inch each.
- Roughly chop **pepitas**.

**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 VEGGIES

- Place **carrots, bell pepper, shallot**, and about half the **tomato** in a medium bowl. Drizzle with about 1½ tablespoons cooking oil. Season with about half the **Peruvian-style spices**, about ½ teaspoon salt, and a pinch of pepper. Stir to coat.

3

ROAST VEGGIES

- Spread **veggies** out in a single layer on a lightly oiled, foil-lined baking sheet. Roast 20–22 minutes, or until fork-tender, stirring halfway through.

4

SEASON & COOK CHICKEN

- Pat **chicken cutlets** dry with paper towels. Season with salt, pepper, and remaining **Peruvian-style spices**.
- 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 fully cooked.
- Transfer **chicken** to a cutting board.

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

5

PLATE YOUR DISH

- Cut **chicken cutlets** into 5–7 slices each.
- Divide **roasted veggies** between plates. Shingle **Peruvian-style roasted chicken** over top. Drizzle with **creamy chimichurri with avocado mayo** to taste. Garnish with **pepitas** and remaining **tomato**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (492g)

Amount per serving

Calories **680**

	% Daily Value*
Total Fat 49g	63%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 125mg	42%
Sodium 1030mg	45%
Total Carbohydrate 26g	9%
Dietary Fiber 8g	29%
Total Sugars 12g	
Includes 0g Added Sugars	0%
Protein 39g	
Vitamin D 0mcg	0%
Calcium 96mg	8%
Iron 3mg	15%
Potassium 1381mg	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], **Peruvian-Style Spices** (Ancho Chili Powder, Ground Cumin, Turmeric, Sweet Paprika, Granulated Garlic, Smoked Paprika, Dried Orange Peel), **Shallot**, **Roma Tomatoes**, **Bell Peppers**, **Pepitas** [pumpkin seed kernels], **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]), **Carrots**

Allergen information:

Contains 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.