



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 chickenand-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.



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.

INGREDIENTS (8 ITEMS)

3 whole Carrots

Green bell pepper 1 unit

1 whole Shallot

1 whole Roma tomato

½ oz **Pepitas**

1 tbsp Peruvian-style spices

Chicken cutlets* 2 (5 oz)

2½ oz Creamy chimichurri with

avocado mayo 🗉

CUSTOM CHEF

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



Organic chicken cutlets* Calories: 670 Net Carbs: 18

*Chicken is fully cooked when internal temperature reaches 165°.

baking sheet medium bowl

measuring spoons

WHAT YOU'LL NEED

medium sauté pan

peeler

thermometer

oven mitt

cooking oil salt & pepper

ALLERGENS



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 for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

PREP

- O Preheat oven to 400 degrees.
- O Trim and peel **carrots**. Slice across at an angle into pieces, about ½ inch thick.
- O Medium dice **green bell pepper*** into pieces, about ½ inch each.
- O Cut ends off **shallot** and discard peel. Halve lengthwise. Lay flat and cut lengthwise into strips, about 1/4 inch thick.
- O Small dice **Roma tomato** into pieces, about 1/4 inch each.
- O Roughly chop pepitas.

*The ingredient you received may be a different color.



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.



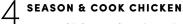
SEASON VEGGIES

O 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.



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.



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





☐ PLATE YOUR DISH

- O 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.