



BAKED RICOTTA CHICKEN WITH SPICY TOMATO SAUCE

mozzarella cheese, Brussels sprout salad

COOK TIME 25 MIN	SERVINGS 2	CALORIES PER SERVING 550	NET CARBS PER SERVING 13 GRAMS	MENU KETO // GLUTEN-FREE
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This Parm-style cheesy chicken is equal parts pillowy and tender. You'll season the chicken with an Italian herb and red pepper blend, and then top the cutlets with both ricotta and mozzarella. A quick trip to the oven cooks the chicken while melting the blanket of cheese. On the side, there's a Brussels sprout salad with sunflower seeds and a creamy lemon-Dijon dressing for refreshing contrast. You'll serve your ricotta chicken over a spicy tomato sauce—the final touch (of heat!) to this Italian-inspired meal.

INGREDIENTS (9 ITEMS)

- 4 oz **Brussels sprouts**
- 4 oz **Ricotta cheese** M
- 2 (5 oz) **Chicken cutlets***
- 1 tsp **Italian herb & red pepper blend**
- 2 oz **Mozzarella cheese** M
- ½ oz **Sunflower seeds**
- 1¼ oz **Creamy lemon-Dijon sauce** T E
- 1½ oz **Tomato paste**
- ½ tsp **Crushed red pepper flakes**

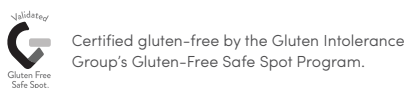
WHAT YOU'LL NEED

- medium sauté pan
- baking sheet
- mixing bowls
- measuring cup & spoons
- thermometer
- oven mitt
- cooking oil
- 1 tbsp butter M
- salt & pepper

ALLERGENS

- M MILK
- T TREE NUTS (coconut)
- E EGGS

COOKING TIP 4 If you ordered the 4-serving version of this meal, refer to the guidelines in Step 1.



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 BRUSSELS SPROUTS

- Preheat oven to 425 degrees.
- Trim and halve **Brussels sprouts** lengthwise. Lay flat and cut across into strips, about ¼ inch wide.

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 RICOTTA

- Place about half the **ricotta cheese** in a small bowl. Season with about ¼ teaspoon salt and a pinch of pepper. Stir to combine.
- Place remaining **ricotta** in a separate small bowl.

3 BAKE CHICKEN

- Pat **chicken cutlets** dry with paper towels. Season with salt, pepper, and half the **Italian herb and red pepper blend**.
- Place **chicken** on a lightly oiled, foil-lined baking sheet. Spread **seasoned ricotta** over tops. Sprinkle with **mozzarella cheese**.
- Bake 12-16 minutes, or until chicken is fully cooked and mozzarella melts.

4 MAKE SALAD

- Place **Brussels sprouts** and **sunflower seeds** in a medium bowl. Drizzle with **creamy lemon-Dijon sauce** to taste. Lightly season with salt. Toss to combine.

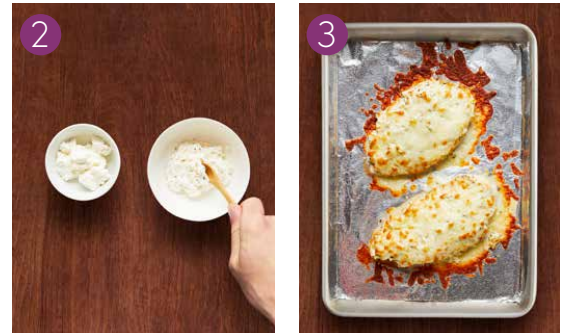
5 MAKE TOMATO SAUCE

- Heat **tomato paste**, remaining **Italian herb and red pepper blend**, ¼ cup water, and **crushed red pepper flakes*** to taste in a medium sauté pan over low heat. Cook 1-2 minutes, or until thickened and saucy.
- Remove from heat. Add remaining **ricotta** and 1 tablespoon butter. Stir to combine. Season with salt and pepper to taste.

**If heat sensitive, use crushed red pepper flakes sparingly, or omit entirely.*

6 PLATE YOUR DISH

- Pool **spicy tomato sauce** on one side of each plate. Top with **ricotta chicken**. Serve **Brussels sprout salad** on the side. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (342g)

Amount per serving

Calories 550

	% Daily Value*
Total Fat 32g	41%
Saturated Fat 13g	65%
Trans Fat 0g	
Cholesterol 170mg	57%
Sodium 720mg	31%
Total Carbohydrate 17g	6%
Dietary Fiber 4g	14%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 54g	
Vitamin D 0mcg	0%
Calcium 423mg	35%
Iron 2mg	10%
Potassium 1077mg	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 Cutlets [chicken], **Brussels Sprouts**, **Sunflower Seeds** [sunflower kernels, sunflower oil], **Ricotta Cheese** [whole milk, skim milk, starter, trace of salt], **Mozzarella Cheese** [part-skim milk, cheese cultures, salt, enzymes, anti caking agent (potato starch powdered cellulose, natamycin)], **Tomato Paste** [tomato paste, citric acid], **Crushed Red Pepper Flakes**, **Creamy Lemon-Dijon Sauce** (Coconut Milk [coconut milk, water, xanthan gum], Avocado Oil Mayonnaise [avocado oil, organic eggs, organic egg yolks, organic vinegar, sea salt, organic rosemary extract], Nutritional Yeast [dried yeast, niacin, pyridoxine hydrochloride (B6), riboflavin (B2), thiamin hydrochloride (B1), folic acid, vitamin B12], Lemon Juice [lemon], White Wine Vinegar [aged white wine vinegar], Granulated Garlic, Dijon Mustard [water, organic mustard seeds, organic vinegar, salt, organic turmeric, organic spices], Black Pepper), **Italian Herb & Red Pepper Blend** (Granulated Garlic, Italian Seasoning [basil, rosemary, marjoram, oregano, thyme], Dried Parsley, Crushed Red Pepper Flakes, Onion Powder)

Allergen information:

Contains Egg, Tree Nuts And 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.

