



CHEESY PESTO CHICKEN BOWLS

sautéed zucchini noodles, balsamic tomato topping

COOK TIME
30 MIN

SERVINGS
2

CALORIES PER SERVING
660

NET CARBS PER SERVING
11 GRAMS

MENU
KETO // GLUTEN-FREE // MEDITERRANEAN

The chicken that tops tonight's colorful Italian-inspired bowls is juicy, herby, and cheesy, thanks to layer upon layer of flavorful toppings. Dusted in an aromatic herb blend, the cutlets are roasted in the oven with pesto, mozzarella, and a dash of smoked sea salt. They're served over tender sautéed zucchini noodles and crowned with a tangy balsamic tomato garnish that tempers the dish's comforting richness.

INGREDIENTS (9 ITEMS)

- 2 (5 oz) **Chicken cutlets***
- ¾ tsp **Rosemary, basil & sage blend**
- 1 whole **Roma tomato**
- 2 whole **Zucchini**
- 1 whole **Scallion**
- ¾ oz **Balsamic vinaigrette with olive oil**
- 1¼ oz **Basil pesto with Parmesan** M T
- 2 oz **Mozzarella cheese** M
- ¼ tsp **Applewood-smoked sea salt**

WHAT YOU'LL NEED

- large sauté pan
- baking sheet
- small bowl
- measuring spoons
- peeler
- thermometer
- oven mitt
- cooking oil
- 1 tbsp butter M
- salt & pepper

ALLERGENS

- M MILK
- T TREE NUTS (almonds)



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 SEASON & ROAST CHICKEN

- Preheat oven to 425 degrees.
- Pat **chicken cutlets** dry with paper towels. Season with salt, pepper, and about half the **rosemary, basil, and sage blend**.
- Place **chicken** on a lightly oiled, foil-lined baking sheet. Roast 8-10 minutes, or until chicken is mostly cooked. (You'll finish the chicken 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

- Medium dice **Roma tomato** into pieces, about ½ inch each.
- Trim ends from **zucchini***. Using a peeler, shave **zucchini** lengthwise into ribbons, rotating as you go, until you get to the seedy core; discard core.
- Trim and thinly slice **scallion**, separating whites from greens.

*The ingredient you received may be a different color.

3 MAKE TOPPING

- Place **tomato** in a small bowl. Add **balsamic vinaigrette with olive oil**. Stir to combine. Season with salt and pepper to taste.

4 SAUTÉ ZUCCHINI

- Heat 1½ tablespoons cooking oil in a large sauté pan over medium-high heat. Add **zucchini** and **scallion whites** to hot pan. Season with salt, pepper, and remaining **herb blend**. Cook 1-2 minutes, or until zucchini is tender, stirring occasionally.
- Remove from heat. Carefully drain off any excess liquid if necessary. Add 1 tablespoon butter. Stir until butter melts.

5 FINISH CHICKEN

- Spread **basil pesto with Parmesan** over tops of **chicken**. (**Careful! Baking sheet is hot!**) Sprinkle with **mozzarella cheese** and **applewood-smoked sea salt**.
- Roast 2-3 minutes, or until cheese melts and chicken is fully cooked.

6 PLATE YOUR DISH

- Divide **sautéed zucchini noodles** between bowls. Top with **cheesy pesto chicken** and **balsamic tomato topping** (discard excess balsamic vinaigrette). Garnish with **scallion greens**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (498g)

Amount per serving

Calories **660**

	% Daily Value*
Total Fat 49g	63%
Saturated Fat 13g	65%
Trans Fat 0g	
Cholesterol 150mg	50%
Sodium 660mg	29%
Total Carbohydrate 14g	5%
Dietary Fiber 3g	11%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 46g	
Vitamin D 0mcg	0%
Calcium 314mg	25%
Iron 2mg	10%
Potassium 1228mg	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], **Mozzarella Cheese** [part-skim milk, cheese cultures, salt, enzymes, anti caking agent (potato starch powdered cellulose, natamycin)], **Balsamic Vinaigrette** (Balsamic Vinegar [wine vinegar, concentrated grape must, caramel color], Dijon Mustard [water, organic mustard seeds, organic vinegar, salt, organic turmeric, organic spices], Olive Oil [olive oil], Sea Salt, Black Pepper), **Roma Tomatoes**, **Basil Pesto** (Garlic, Basil, Almonds [almonds], Sea Salt, Lemon Juice [lemon], Olive Oil [olive oil], Parmesan Cheese [pasteurized cow's milk (cheese cultures, salt, and enzymes), cellulose (to prevent caking) and potassium sorbate], Water, Ascorbic Acid [ascorbic acid]), **Rosemary, Basil & Sage Blend** (Ground Rosemary, Dried Sage, Italian Seasoning [basil, rosemary, marjoram, oregano, thyme], Dried Basil, Granulated Garlic, Onion Powder), **Zucchini**, **Scallions**, **Applewood-Smoked Sea Salt**

Allergen information:

Contains Milk And 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.

