



HERBY BALSAMIC-DIJON CHICKEN

green beans, squash & red peppers, feta, lemon-herb sauce

COOK TIME	SERVINGS	CALORIES PER SERVING	NET CARBS PER SERVING	MENU
30 MIN	2	590	12 GRAMS	KETO // GLUTEN-FREE // MEDITERRANEAN

This chicken dinner is savory, sweet, tangy, and earthy—aka all the tastes. You'll season your chicken with our Italian herb and red pepper blend, and once seared, drizzle it with sweet and tangy balsamic vinegar and Dijon mustard sauce before roasting it in the oven. On the side, sautéed green beans, squash, and roasted red peppers are made extra-flavorful by a lemon-herb sauce and a garnish of feta cheese.

INGREDIENTS (8 ITEMS)

- 6 oz **Green beans**
- 1 whole **Yellow squash**
- 2 (5 oz) **Chicken cutlets***
- ¾ tsp **Italian herb & red pepper blend**
- 1 oz **Balsamic vinegar with Dijon mustard**
- 1 oz **Roasted red peppers**
- 1¾ oz **Green lemon-herb sauce**
- 2 oz **Feta cheese** M

WHAT YOU'LL NEED

- medium oven-safe sauté pan
- large sauté pan
- medium bowl
- measuring cup & spoons
- thermometer
- oven mitt
- cooking oil
- 1 tbsp butter M
- salt & pepper

ALLERGENS

- M MILK

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

Validated
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 400 degrees.
- Trim stem ends off **green beans**. Cut into pieces, about 1 inch long.
- Trim ends from **yellow squash***. Halve lengthwise. Lay flat and slice across into half-moons, about ¼ inch thick.

**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 & SEAR CHICKEN

- Pat **chicken cutlets** dry with paper towels. Place in a medium bowl. Season with salt, pepper, and about half the **Italian herb and red pepper blend**. Drizzle with 1 tablespoon cooking oil. Turn to coat.
- Heat 1 teaspoon cooking oil in a medium oven-safe sauté pan over medium-high heat. Add **chicken** to hot pan. Sear about 3 minutes on each side, or until lightly browned.
- Remove from heat. Add **balsamic vinegar with Dijon mustard** and about 3 tablespoons water to pan. Stir to combine.

3 ROAST CHICKEN

- Transfer pan with **chicken** to oven. Roast 3-5 minutes, or until chicken is fully cooked and sauce is slightly reduced.*

**To keep your hands safe, slide a silicone cover (or pot holder) over the handle of the hot pan once it comes out of the oven.*

4 START VEGGIES

- Heat 1 tablespoon cooking oil in a large sauté pan over medium-high heat. Add **green beans** to hot pan. Cook 2-3 minutes, or until slightly softened, stirring occasionally.
- Add **squash** and **roasted red peppers**. Season with remaining **Italian herb and red pepper blend**, ¼ teaspoon salt, and pepper. Cook 2-3 minutes, or until squash and roasted red peppers are softened, stirring occasionally.
- Carefully add about ¼ cup water to pan. Cook 3-4 minutes, or until green beans are tender and liquid has cooked off, stirring occasionally.

5 FINISH VEGGIES

- Add about half the **green lemon-herb sauce**, 1 tablespoon butter, and about 1 tablespoon water to pan with **veggies**. Stir to combine. Cook about 1 minute, or until sauce is warmed through, stirring occasionally.
- Stir in about half the **feta cheese**. Season with salt and pepper to taste.

6 PLATE YOUR DISH

- Cut **chicken cutlets** into 5-7 slices each.
- Divide **herby balsamic-Dijon chicken** between plates and spoon any sauce in the pan over the top. Drizzle with remaining **green lemon-herb sauce**. Pile **sautéed veggies** on the side. Garnish with remaining **feta cheese**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (440g)

Amount per serving

Calories 590

	% Daily Value*
Total Fat 40g	51%
Saturated Fat 12g	60%
Trans Fat 0g	
Cholesterol 150mg	50%
Sodium 780mg	34%
Total Carbohydrate 16g	6%
Dietary Fiber 4g	14%
Total Sugars 9g	
Includes 0g Added Sugars	0%
Protein 41g	
Vitamin D 0mcg	0%
Calcium 208mg	15%
Iron 2mg	10%
Potassium 1032mg	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], **Balsamic Vinegar With Dijon** (Balsamic Vinegar [wine vinegar, concentrated grape must, caramel color], Dijon Mustard [water, organic mustard seeds, organic vinegar, salt, organic turmeric, organic spices]), **Green Beans**, **Yellow Squash**, **Roasted Red Peppers** [bell pepper], **Italian Herb & Red Pepper Blend** (Granulated Garlic, Italian Seasoning [basil, rosemary, marjoram, oregano, thyme], Dried Parsley, Crushed Red Pepper Flakes, Onion Powder), **Feta Cheese** [pasteurized milk, cheese cultures, salt, enzymes, anti-caking agent (potato starch, powdered cellulose, natamycin)], **Herb Sauce** (Parsley, Cilantro, Ground Cumin, Sea Salt, Crushed Red Pepper Flakes, Lemon Juice [lemon], Water, Garlic, Olive Oil [olive oil])

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.