



**GREEN
CHEF**

SOUTHWEST CHICKEN PASTA

bell pepper, corn, cotija, creamy spiced pan sauce

COOK TIME

30 MIN

SERVINGS

2

CALORIES PER SERVING

840

Cavatappi is one of our very favorite pastas. The twirly shape takes its name from the Italian word for “corkscrew,” and not only is it fun to eat, its many nooks and crannies cling onto creamy sauce and catch all the mix-ins (here, roasted chicken, bell pepper, corn, and tomato). No more hunting through strands of spaghetti, then twirling with a fork *and* spoon—with cavatappi, you can easily curate bite after perfect bite.

INGREDIENTS (11 ITEMS)

6 oz **Cavatappi pasta** W
 1 unit **Green bell pepper**
 1 whole **Yellow onion**
 1 whole **Roma tomato**
 1½ oz **Corn**
 2 (5 oz) **Chicken cutlets***
 1½ tsp **Chili, cumin & paprika blend**
 1 whole **Chicken stock concentrate**
 1 oz **Cream cheese** M
 ¾ oz **Cotija cheese** M
 1 tsp **Cholula sauce**

WHAT YOU’LL NEED

large pot
 large sauté pan
 2 baking sheets
 measuring cup & spoons
 whisk
 strainer
 thermometer
 oven mitt
 cooking & olive oils
 2 tbsp butter M
 salt & pepper

ALLERGENS

W WHEAT M MILK



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 COOK PASTA

- Preheat oven to 400 degrees.
- Bring a large pot of lightly salted water to a boil. Add **cavatappi pasta** to boiling water. Cook 9-12 minutes, or until al dente, stirring occasionally.
- Reserve about ½ cup **pasta cooking water**. Strain **cavatappi**; shake off excess water. Return to pot. Drizzle with 1-2 teaspoons olive oil. Stir to coat.

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

- Cut **green bell pepper*** lengthwise into strips, about ¼ inch thick. Halve strips widthwise.
- Cut ends off **yellow onion** 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.

**The ingredient you received may be a different color.*

3 SEASON & ROAST VEGGIES

- Place **bell pepper**, **onion**, and **corn** on a lightly oiled, foil-lined baking sheet. Drizzle with 1 tablespoon cooking oil. Season with about ¼ teaspoon salt and a pinch of pepper.
- Spread **veggies** out in a single layer. Roast 18-20 minutes, or until onion is lightly charred, stirring halfway through.

4 SEASON & ROAST CHICKEN

- Pat **chicken cutlets** dry with paper towels. Season with salt, pepper, and about half the **chili, cumin, and paprika blend**.
- Place **chicken** on a second lightly oiled, foil-lined baking sheet. Roast 10-12 minutes, or until fully cooked.

5 MAKE SAUCE & FINISH PASTA

- Heat 2 tablespoons butter in a large sauté pan over medium-high heat. Add remaining **chili, cumin, and paprika blend**, **chicken stock concentrate**, and reserved **pasta cooking water**. Stir to combine. Simmer 2-3 minutes, or until slightly thickened.
- Whisk in **cream cheese**. Cook 1-2 minutes, or until cream cheese is fully incorporated.
- Remove from heat. Stir in **roasted veggies**, **cavatappi**, and **tomato**. * Season with salt and pepper to taste.

**If sauce is too thick, add more water a splash at a time until smooth.*

6 PLATE YOUR DISH

- Cut **chicken cutlets** into 5-7 slices each.
- Divide **pasta with creamy spiced pan sauce** between bowls. Fan **Southwest chicken** over top. Sprinkle with **cotija cheese**. Drizzle with **Cholula sauce** to taste (or omit). Enjoy!



Nutrition Facts

2 Servings per container

Serving size (488g)

Amount per serving

Calories 840

	% Daily Value*
Total Fat 32g	41%
Saturated Fat 12g	60%
Trans Fat 0g	
Cholesterol 160mg	53%
Sodium 690mg	30%
Total Carbohydrate 89g	32%
Dietary Fiber 6g	21%
Total Sugars 13g	
Includes 0g Added Sugars	0%
Protein 53g	
Vitamin D 0mcg	0%
Calcium 129mg	10%
Iron 4mg	20%
Potassium 1022mg	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], **Cavatappi Pasta** [semolina, niacin, iron lactate, thiamin mononitrate, riboflavin, folic acid], **Roma Tomatoes**, **Bell Peppers**, **Corn** [corn], **Cream Cheese** [cultured pasteurized skim milk and cream, whey protein, milk proteins, less than 2% salt, inulin (natural dietary fiber), natural acids, xanthan, locust bean and guar gums, potassium sorbate (maintains freshness)], **Cotija Cheese** [pasteurized milk, salt, cheese cultures, enzymes, cellulose], **Cholula Sauce** [water, peppers (arbol & piquin), salt, vinegar, garlic powder, spices, xanthan gum], **Chicken Stock Concentrate** [chicken stock, maltodextrin, natural flavor, chicken fat, sugar, salt, yeast extract and xanthan gum], **Chili, Cumin & Paprika Blend** (Smoked Paprika, Sweet Paprika, Ground Cumin, Dried Oregano, Ground Coriander, Granulated Garlic, Chili Powder [chili pepper, paprika, oregano, cumin, garlic, salt, spices]), **Yellow Onion**

Allergen information:

Contains Milk And Wheat

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.

