



**GREEN
CHEF**

GARLIC-HERB CHICKEN & SUN-DRIED TOMATOES

Parmesan kale orzo, scallion

COOK TIME

25 MIN

SERVINGS

2

CALORIES PER SERVING

690

MENU

MEDITERRANEAN // FAST & FIT

Packed with sweetly savory flavor from roasted red peppers and sun-dried tomatoes, this chicken dinner will have you scooping up every last bit. Sautéed chicken turns luxurious when simmered with savory chicken stock, roasted garlic-herb butter, and cream cheese. Underneath the chicken is a bed of orzo pasta with kale and Parmesan cheese, perfect for catching all the creamy garlic-herb sauce.

INGREDIENTS (12 ITEMS)

6 oz **Orzo pasta** ^W
 ¼ oz **Sun-dried tomatoes**
 ¼ oz **Garlic**
 1 whole **Scallion**
 2¾ oz **Green kale**
 10 oz **Chicken strips***
 1 oz **Roasted red peppers**
 1 tsp **Garlic, paprika & herb blend**
 1 whole **Chicken stock concentrate**
 1 oz **Roasted garlic-herb butter** ^M
 2 oz **Cream cheese** ^M
 1 oz **Parmesan cheese** ^M

WHAT YOU'LL NEED

small pot
 medium & large sauté pans
 small bowl
 measuring spoons
 strainer
 thermometer
 cooking & olive oil
 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°.

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 ORZO

- Bring a small pot of lightly salted water to a boil. Once boiling, stir in half the **orzo pasta** (reserve the rest for another use). Cook 6-8 minutes, or until al dente, stirring occasionally.
- Strain **orzo**; shake off excess water. Return to pot. Drizzle with olive oil. Stir to coat. (You'll finish the orzo 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

- Place **sun-dried tomatoes** in a small bowl. Cover with water. Let soak at least 5 minutes, or until softened. Once softened, roughly chop **tomatoes** (discard soaking liquid).
- Mince **garlic**.
- Trim and thinly slice **scallion**, separating whites from greens.
- Remove and discard any thick center stems* from **green kale****. Roughly chop leaves into bite-size pieces.

*To quickly prep, hold the stem end with one hand; pinch and strip the leaves down and away with your other hand (like pulling a zipper!).

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

3 START CHICKEN

- Heat 1 tablespoon cooking oil in a medium sauté pan over medium heat. Add **chicken strips, tomatoes, and roasted red peppers** to hot pan. Season with salt, a pinch of pepper, and half the **garlic, paprika, and herb blend**.
- Stir in **chicken stock concentrate** and 2 tablespoons water. Cook 4-6 minutes, or until chicken is fully cooked, stirring occasionally.

4 FINISH CHICKEN

- Add **roasted garlic-herb butter** and about half the **garlic** to pan with **chicken**. Cook 1-2 minutes, until butter is melted and garlic is fragrant, stirring occasionally.
- Remove from heat. Add **cream cheese** and 1 tablespoon water. Stir until cream cheese is fully combined. Season with salt and pepper to taste.

5 COOK KALE & FINISH ORZO

- Heat ½ tablespoon cooking oil in a large sauté pan over medium heat. Add **scallion whites** to hot pan. Season with salt and pepper. Cook 1-2 minutes, or until just tender, stirring occasionally.
- Add **kale, remaining garlic, paprika, and herb blend, remaining garlic**, and about 2 tablespoons water. Season with salt and pepper. Cook 1-2 minutes, or until kale is lightly wilted, stirring occasionally.
- Remove from heat. Transfer **orzo** to pan with **kale**. Add **Parmesan cheese**. Stir to combine. Season with salt and pepper to taste.

6 PLATE YOUR DISH

- Divide **Parmesan kale orzo** between bowls. Spoon **garlic-herb chicken and sun-dried tomatoes** over top. Garnish with **scallion greens**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (316g)

Amount per serving

Calories 690

	% Daily Value*
Total Fat 32g	41%
Saturated Fat 14g	70%
Trans Fat 0g	
Cholesterol 165mg	55%
Sodium 470mg	20%
Total Carbohydrate 50g	18%
Dietary Fiber 4g	14%
Total Sugars 8g	
Includes 1g Added Sugars	2%
Protein 50g	
Vitamin D 0mcg	0%
Calcium 328mg	25%
Iron 4mg	20%
Potassium 1126mg	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 Strips [chicken], **Roasted Garlic-Herb Butter** [butter (pasteurized cream, lactic acid), roasted garlic (garlic, citric acid), parsley, basil, oregano, chives, onion salt, garlic salt, black pepper], **Scallions, Garlic, 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)], **Sun-Dried Tomatoes** [organic dried tomatoes], **Roasted Red Peppers** [bell pepper], **Orzo Pasta** [wheat semolina, niacin, iron lactate, thiamin mononitrate, riboflavin, folic acid], **Chicken Stock Concentrate** [chicken stock, maltodextrin, natural flavor, chicken fat, sugar, salt, yeast extract and xanthan gum], **Parmesan Cheese** [pasteurized milk, cheese cultures, salt, enzymes, anti caking agent (potato starch powdered cellulose, natamycin)], **Green Kale, Garlic, Paprika & Herb Blend** (Granulated Garlic, Sweet Paprika, Italian Seasoning [basil, rosemary, marjoram, oregano, thyme], Dried Parsley, Onion Powder)

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.

