



**GREEN
CHEF**

PESTO CHICKEN & BACON CAULIFLOWER “RICE”

cremini mushrooms, peas, Parmesan

COOK TIME

25 MIN

SERVINGS

2

CALORIES PER SERVING

670

NET CARBS PER SERVING

11 GRAMS

MENU

KETO // GLUTEN-FREE

In tonight's dinner, herby chicken drizzled with pesto rests on a bed of bacon-studded cauliflower “rice” that's equal parts savory, rich, and delicious. Sautéed garlicky mushrooms, sweet green peas, and a silky sauce of Parmesan, cream cheese, and butter make the cauliflower “rice” even more luxurious. Extra Parmesan is sprinkled over everything to finish off this creamy, decadent meal.

INGREDIENTS (10 ITEMS)

4 oz **Cremini mushrooms**
2 (5 oz) **Chicken cutlets***
¾ tsp **Italian herb & red pepper blend**
4 oz **Bacon****
6½ oz **Cauliflower “rice”**
¼ tsp **Granulated garlic**
1 oz **Cream cheese** M
1 oz **Parmesan cheese** M
2½ oz **Peas**
1¾ oz **Basil pesto with Parmesan** T M

WHAT YOU'LL NEED

medium & large sauté pans
measuring cup & spoons
thermometer
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.

**Bacon is fully cooked when internal temperature reaches 145 degrees.

Wash and dry fresh produce. Wash hands and surfaces after handling raw poultry and pork. Consuming raw or undercooked poultry or pork may increase your risk of foodborne illness. Go to greenchef.com/faq for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

1 PREP

- Wipe **cremini mushrooms** clean with damp paper towels. Remove stems if desired. Cut into slices, about ¼ inch thick.

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 & COOK CHICKEN

- Pat **chicken** dry with paper towels. Season with **Italian herb and red pepper blend**, salt, and pepper.
- Heat about 1½ tablespoons cooking oil in a medium pan over medium-high heat. Add **chicken** to hot pan. Cook 3–5 minutes on each side, or until fully cooked.
- Transfer **chicken** to a cutting board.

3 COOK BACON

- Place **bacon** in a dry, large sauté pan over medium-high heat. Cook 6–10 minutes, or until bacon is crispy and fat renders, flipping occasionally.
- Transfer **bacon** to a paper-towel-lined plate and allow to cool. Roughly chop. (Reserve pan with bacon fat.)

4 START VEGGIES

- Return pan with **bacon fat** to stovetop over medium-high heat. Add **cauliflower "rice," mushrooms**, and **granulated garlic** to hot pan. Lightly season with salt and pepper. Cook 3–5 minutes, or until veggies are softened, stirring occasionally.
- Transfer **chopped bacon** to pan. Stir to combine.

5 FINISH VEGGIES

- Add about ¼ cup water, **cream cheese**, about half the **Parmesan cheese**, and 1 tablespoon butter to pan with **veggies and bacon**. Cook 1–2 minutes, or until cream cheese is incorporated, stirring frequently. Remove from heat.
- Add **peas**. Stir to combine. Season with salt and pepper to taste.*

*The Parmesan cheese and bacon are salty; season accordingly.

6 PLATE YOUR DISH

- Cut **chicken cutlets** into 5–7 slices each.
- Divide **bacon cauliflower "rice"** between plates. Top with **chicken**. Drizzle with **basil pesto with Parmesan**. Garnish with remaining **Parmesan**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (463g)

Amount per serving

Calories **670**

	% Daily Value*
Total Fat 42g	54%
Saturated Fat 13g	65%
Trans Fat 0g	
Cholesterol 180mg	60%
Sodium 430mg	19%
Total Carbohydrate 16g	6%
Dietary Fiber 5g	18%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 60g	
Vitamin D 0mcg	0%
Calcium 318mg	25%
Iron 2mg	10%
Potassium 1141mg	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], **Italian Herb & Red Pepper Blend** (Granulated Garlic, Italian Seasoning [basil, rosemary, marjoram, oregano, thyme], Dried Parsley, Crushed Red Pepper Flakes, Onion Powder), **Peas** [peas], **Cremini Mushrooms**, **Cauliflower**, **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)], **Parmesan Cheese** [pasteurized milk, cheese cultures, salt, enzymes, anti caking agent (potato starch powdered cellulose, natamycin)], **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]), **Granulated Garlic**, **Bacon**

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.

