



# CREAMY CHICKEN ALFREDO

*spaghetti squash noodles, peas, Parmesan cheese*

<b>COOK TIME</b> 25 MIN	<b>SERVINGS</b> 2	<b>CALORIES PER SERVING</b> 640	<b>NET CARBS PER SERVING</b> 18 GRAMS	<b>MENU</b> KETO // GLUTEN-FREE
----------------------------	----------------------	------------------------------------	--	------------------------------------

Our chefs took all of the creamy comfort of chicken Alfredo and transformed it into this decadent dish you'll love. In lieu of traditional carb-loaded noodles, tender spaghetti squash seasoned with Italian herbs is tossed in a rich homemade sauce strewn with peas and Parmesan. Juicy chicken cutlets are fanned over the top for a savory, filling finish.

## INGREDIENTS (7 ITEMS)

- 2 (5 oz) **Chicken cutlets\***
- 1/4 tsp **Garlic, paprika & herb blend**
- 3 1/2 oz **Creamy mushroom broth** M
- 1 oz **Cream cheese** M
- 12 oz **Spaghetti squash**
- 2 1/2 oz **Peas**
- 1 oz **Parmesan cheese** M

## WHAT YOU'LL NEED

- large sauté pan
- medium bowl
- measuring cup & spoons
- whisk
- thermometer
- cooking oil
- 2 tbsp butter M
- salt & pepper

## ALLERGENS

M MILK

## CUSTOM CHEF

If you chose to modify your meal, follow the **Custom Chef** instructions on the flip side of this card.

**2 (5 oz) Organic chicken cutlets\***  
Calories: 640 Net Carbs: 18

\*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](http://greenchef.com/faq) for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

**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.

## 1 SEASON & COOK CHICKEN

- Pat **chicken cutlets** dry with paper towels. Season with salt, pepper, and ½ teaspoon **garlic, paprika, and herb blend**.
- Heat about 1½ tablespoons cooking oil in a large sauté pan over medium heat. Add **chicken** to hot pan. Cook 4–6 minutes on each side, or until fully cooked.
- Transfer **chicken** to a cutting board.

🔄 Swap in **organic chicken cutlets** for chicken cutlets.

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 MAKE SAUCE

- Return pan used for chicken to stovetop over medium heat. Add **creamy mushroom broth, cream cheese**, 2 tablespoons butter, and about ⅓ cup water to hot pan. Whisk to combine. Cook 2–4 minutes, or until cream cheese is incorporated and sauce coats the back of a spoon.\* Remove from heat.

*\*Be sure to scrape up any browned bits in the bottom of the pan as you stir—those unassuming specks are full of concentrated flavor and will give additional richness to your sauce.*

## 3 MAKE SQUASH NOODLES

- Place **spaghetti squash** in a medium bowl. Separate **squash strands** from peel with two forks to create **squash noodles**; discard peel.

## 4 ADD NOODLES & PEAS

- Return pan with **sauce** to stovetop over medium heat. Transfer **squash noodles** to pan with **sauce**. Add **peas**. Stir to combine. Season with remaining **garlic, paprika, and herb blend**. Cook 1–2 minutes, or until warmed through. Season with salt and pepper to taste.

## 5 PLATE YOUR DISH

- Cut **chicken cutlets** into 5–7 slices each.
- Divide **spaghetti squash Alfredo** between bowls. Fan **chicken** over top. Sprinkle with **Parmesan cheese**. Enjoy!



## Nutrition Facts

2 Servings per container

**Serving size** (474g)

Amount per serving

**Calories** **640**

	% Daily Value*
<b>Total Fat</b> 44g	56%
Saturated Fat 20g	100%
Trans Fat 0g	
<b>Cholesterol</b> 205mg	68%
<b>Sodium</b> 600mg	26%
<b>Total Carbohydrate</b> 24g	9%
Dietary Fiber 6g	21%
Total Sugars 8g	
Includes 0g Added Sugars	0%
<b>Protein</b> 46g	
Vitamin D 0mcg	0%
Calcium 245mg	20%
Iron 1mg	6%
Potassium 1416mg	30%

\* 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], **Peas** [peas], **Spaghetti Squash Ring**, **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)], **Creamy Mushroom Broth** (Whipping Cream [organic grade A cream (milk), carrageenan], Mushroom Broth [water, organic mushrooms, sea salt, organic garlic], Stone-Ground Mustard [water, organic mustard seeds, organic vinegar, salt, organic spices], Lemon Juice [lemon], Sea Salt, Black Pepper, Ascorbic Acid [ascorbic acid]), **Garlic, Paprika & Herb Blend** (Granulated Garlic, Sweet Paprika, Italian Seasoning [basil, rosemary, marjoram, oregano, thyme], Dried Parsley, Onion Powder), **Parmesan Cheese** [pasteurized milk, cheese cultures, salt, enzymes, anti caking agent (potato starch powdered cellulose, natamycin)]

### 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.*

