



**GREEN
CHEF**

ASPARAGUS LINGUINE WITH CHICKEN & BACON

sun-dried tomatoes, shallot, Parmesan

COOK TIME

30 MIN

SERVINGS

2

CALORIES PER SERVING

980

This luxurious meal has not one, but two proteins: juicy chicken cutlets and crispy bacon bits. First, you'll cook linguine until al dente. Next, you'll roast chicken seasoned with an herb, garlic, and red pepper blend. You'll fry up bacon, then make the creamy asparagus sauce in the same pan to allow the bacon fat to impart deep, rich flavor to every ingredient: shallot, asparagus, sun-dried tomatoes, and a slew of cream and Parmesan cheese (yes, all that!). This velvety, luscious pasta is just 30 minutes from your table.



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.

INGREDIENTS (10 ITEMS)

6 oz **Linguine** W
 ¼ oz **Sun-dried tomatoes**
 1 whole **Shallot**
 3½ oz **Asparagus**
 2 (5 oz) **Chicken cutlets***
 ¾ tsp **Herb, garlic & red pepper blend**
 4 oz **Bacon****
 3 oz **Tomato cream sauce** M T
 1 oz **Cream cheese** M
 1 oz **Parmesan cheese** M

WHAT YOU'LL NEED

large pot
 large sauté pan
 baking sheet
 small bowl
 measuring cup & spoons
 strainer
 thermometer
 oven mitt
 cooking & olive oils
 1 tbsp butter M
 salt & pepper

ALLERGENS

W WHEAT M MILK
T TREE NUTS (coconut)

*Chicken is fully cooked when internal temperature reaches 165°.
 **Bacon is fully cooked when internal temperature reaches 145°.

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](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 425 degrees.
- Bring a large pot of lightly salted water to a boil. Once boiling, stir in **linguine**. Cook 9-12 minutes, or until al dente, stirring occasionally.
- Reserve about ¼ cup **pasta cooking water**. Strain **linguine**; shake off excess water. Return to pot. Drizzle with 1-2 teaspoons olive oil. Stir to coat. (You'll finish the pasta in Step 6.)

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 about ¼ cup water. Let soak at least 5 minutes, or until softened. Once softened, roughly chop **tomatoes** (reserve soaking liquid).
- Cut ends off **shallot** and discard peel. Halve lengthwise. Lay flat and small dice into pieces, about ¼ inch each.
- Snap woody ends off **asparagus**; discard. Slice at an angle into pieces, about ½ inch long.*

*If your asparagus stalks are on the thicker side, halve lengthwise before slicing.

3 SEASON & ROAST CHICKEN

- Pat **chicken cutlets** dry with paper towels. Season with **herb, garlic, and red pepper blend**, salt, and pepper. Drizzle with 1 tablespoon cooking oil. Rub to coat.
- Place **chicken** on a lightly oiled, foil-lined baking sheet. Roast 12-16 minutes, or until fully cooked.

4 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 **bacon fat** in pan.

5 COOK VEGGIES & SAUCE

- Return pan with **bacon fat** to stovetop over medium heat. Add **shallot** and **asparagus** to hot pan. Season with about ¼ teaspoon salt and a pinch of pepper. Cook 3-4 minutes, or until slightly tender.
- Add **reserved pasta cooking water**, **tomatoes** (with reserved soaking liquid), **tomato cream sauce**, **cream cheese**, about half the **Parmesan cheese**, and 1 tablespoon butter. Stir to combine. Cook 1-2 minutes, or until cream cheese is fully incorporated. Remove from heat.

6 FINISH PASTA

- Add **linguine** to pan with **sauce**. Toss to combine. Season with salt and pepper to taste.

7 PLATE YOUR DISH

- Cut **chicken cutlets** into 5-7 slices each.
- Divide **asparagus linguine** between plates. Fan **chicken** over top. Garnish with **chopped bacon** and remaining **Parmesan cheese**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (450g)

Amount per serving

Calories **980**

	% Daily Value*
Total Fat 42g	54%
Saturated Fat 17g	85%
Trans Fat 0g	
Cholesterol 210mg	70%
Sodium 970mg	42%
Total Carbohydrate 77g	28%
Dietary Fiber 6g	21%
Total Sugars 8g	
Includes 1g Added Sugars	2%
Protein 73g	
Vitamin D 0mcg	0%
Calcium 445mg	35%
Iron 6mg	35%
Potassium 1196mg	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], **Bacon** [pork, cured with: water, salt, sodium phosphate, sodium erythorbate, sodium nitrite], **Linguine** [semolina, niacin, iron lactate, thiamin mononitrate, riboflavin, folic acid], **Herb, Garlic & Red Pepper Blend** (Granulated Garlic, Sweet Paprika, Italian Seasoning [basil, rosemary, marjoram, oregano, thyme], Ground Rosemary, Crushed Red Pepper Flakes, Onion Powder), **Creamy Tomato Sauce** (Whipping Cream [organic grade A cream (milk), carrageenan], Coconut Milk [coconut milk, water, xanthan gum], Tomato Paste [vine ripened organic tomatoes], Lemon Juice [lemon], Balsamic Vinegar [wine vinegar, concentrated grape must, caramel color], Ground Tomatoes [organic tomatoes, organic tomato puree, sea salt, citric acid], Olive Oil [olive oil], Water, Parmesan Cheese [pasteurized cow's milk (cheese cultures, salt, and enzymes), cellulose (to prevent caking) and potassium sorbate], White Pepper, Sea Salt, Italian Seasoning [basil, rosemary, marjoram, oregano, thyme], Granulated Garlic, Nutmeg, Agave [organic agave syrup]), **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], **Asparagus**, **Shallot**, **Parmesan Cheese** [pasteurized milk, cheese cultures, salt, enzymes, anti caking agent (potato starch powdered cellulose, natamycin)]

Allergen information:

Contains Milk, Tree Nuts 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.