



CHICKEN & CREAMY ZUCCHINI NOODLES

roasted red peppers, peas, Parmesan, Italian herbs

COOK TIME 25 MIN	SERVINGS 2	CALORIES PER SERVING 610	NET CARBS PER SERVING 12 GRAMS	MENU KETO // GLUTEN-FREE
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All you need is a trusty vegetable peeler to form the zucchini noodles in this low-carb chicken dinner—no fancy tools required! With a few quick swipes, the veggie is transformed into the perfect vehicle for soaking up a rich, buttery sauce. Juicy, Italian-seasoned chicken cutlets (sprinkled with Parmesan) are fanned over the top, finishing the 25-minute meal.

INGREDIENTS (8 ITEMS)

- 2 whole **Zucchini**
- 2 (5 oz) **Chicken cutlets***
- ¾ tsp **Italian herb & red pepper blend**
- 3 oz **Creamy mushroom broth** M
- 1½ tsp **Tapioca flour**
- 2½ oz **Peas**
- 1 oz **Roasted red peppers**
- 1 oz **Parmesan cheese** M

WHAT YOU'LL NEED

- medium & large sauté pans
- mixing bowls
- measuring spoons
- whisk
- peeler
- thermometer
- cooking & olive oils
- 1 tbsp butter M
- salt & pepper



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: 600 Net Carbs: 12 grams

ALLERGENS

M MILK



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°.

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 for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

1 PREP & SEASON ZUCCHINI

- Trim ends from **zucchini***. Using a peeler, shave **zucchini** lengthwise into long ribbons, rotating as you go, until you get to the seedy core; discard cores.
- Place **zucchini** in a medium bowl. Drizzle with about 1 tablespoon olive oil. Season with salt and pepper. Stir to coat.

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

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 CHICKEN

- Pat **chicken cutlets** dry with paper towels. Season with **Italian herb and red pepper blend**, salt, and pepper.

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

3 COOK CHICKEN

- 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.

4 COOK VEGGIES

- Place **creamy mushroom broth**, **tapioca flour**, and about 1 tablespoon water in a second medium bowl. Whisk to combine.
- Heat a dry, medium sauté pan over medium-high heat. Add **mushroom broth mixture** to hot pan. Simmer 2–3 minutes, or until slightly thickened, whisking occasionally.
- Add **zucchini**, **peas**, and **roasted red peppers**. Season with salt and pepper. Cook 2–3 minutes, or until zucchini is tender and peas are warmed through, stirring occasionally.
- Remove from heat. Add about half the **Parmesan cheese** and 1 tablespoon butter. Stir until butter has melted.

5 PLATE YOUR DISH

- Cut **chicken cutlets** into 5–7 slices each.
- Divide **creamy zucchini noodles** between bowls. Fan **chicken** over top. Sprinkle with remaining **Parmesan**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (496g)

Amount per serving

Calories **610**

	% Daily Value*
Total Fat 42g	54%
Saturated Fat 16g	80%
Trans Fat 0g	
Cholesterol 175mg	58%
Sodium 530mg	23%
Total Carbohydrate 16g	6%
Dietary Fiber 4g	14%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 43g	
Vitamin D 0mcg	0%
Calcium 214mg	15%
Iron 2mg	10%
Potassium 1138mg	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], **Roasted Red Peppers** [bell pepper], **Peas** [peas], **Parmesan Cheese** [pasteurized milk, cheese cultures, salt, enzymes, anti caking agent (potato starch powdered cellulose, natamycin)], **Zucchini**, **Italian Herb & Red Pepper Blend** (Granulated Garlic, Italian Seasoning [basil, rosemary, marjoram, oregano, thyme], Dried Parsley, Crushed Red Pepper Flakes, Onion Powder), **Tapioca Flour** [organic cassava or manioc root], **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])

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.