



DILL-ROASTED CHICKEN WITH FETA

Artichokes, sautéed kale with red bell pepper & olives

COOK TIME
30 MIN

SERVINGS
2

CALORIES PER SERVING
420

NET CARBS PER SERVING
13 GRAMS

MENU
KETO // GLUTEN-FREE

Savor Mediterranean flavors in this vibrant fall dish. Chicken breasts seasoned with fresh dill are pan-seared, then roasted with feta and artichoke hearts. They're served over a nourishing bed of sautéed kale, Kalamata olives, red bell pepper, and cabbage. A sprinkle of sunflower seeds garnishes the dish.

INGREDIENTS (12 ITEMS)

- 2 (6 oz) **Chicken breasts**
- ¼ oz **Dill**
- 1 ¼ oz **Feta cheese** D
- 1 oz **Artichoke hearts**
- 2 ½ oz **Green kale***
- 2 ½ oz **Red bell pepper***
- 1 ¼ oz **Red cabbage***
- ¾ oz **Kalamata olives**
- 1 ½ oz **Yellow onions**
- 1 tsp **Lemon-pepper spice blend**
- ½ oz **Sunflower seeds**
- 1 tbsp **Butter** D

WHAT YOU'LL NEED

- medium oven-safe sauté pan
- large sauté pan
- medium bowl
- measuring spoons
- thermometer
- oven mitt

ALLERGENS

D DAIRY

*You may receive different color varieties of these ingredients.

Wash and dry fresh produce. Wash hands and surfaces after handling raw poultry. Consuming raw or undercooked poultry can be harmful to your health. Go to help.greenchef.com for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at help@greenchef.com



Certified gluten-free by the Gluten Intolerance Group's Gluten-Free Food Service (GFFS) program.

GREEN CHEF IS PROUD to be a USDA Certified Organic company. All produce is organic unless otherwise labeled.

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1 PREP VEGGIES

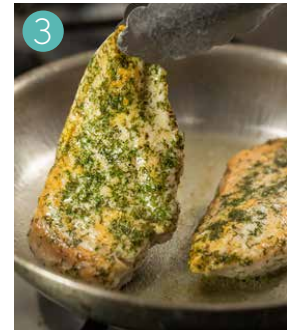
- Preheat oven to 400 degrees.
- De-stem **dill**; finely chop leaves.
- Roughly chop **artichoke hearts**.
- Remove center stems from **green kale**. Thinly slice **stems** into about ¼-inch pieces. Roll **leaves** into a large “cigar” and slice across into about ¼-inch wide ribbons.
- Medium dice **red bell pepper** into about ½-inch pieces.
- Roughly chop **Kalamata olives**.



2 SEASON CHICKEN

- Place **chicken breasts** in a medium bowl. Drizzle with about 1 ½ tablespoons olive oil. Season with **dill** (to taste), salt, and pepper.* Turn to evenly coat.

**Heads Up: The artichoke hearts, feta cheese, and olives in the recipe are naturally salty; season accordingly.*



3 SEAR CHICKEN

- Heat about 1 ½ tablespoons olive oil in a medium oven-safe sauté pan over medium heat. Add **chicken** to hot pan. Sear 3 minutes on each side.

4 ROAST CHICKEN

- Remove pan with chicken from heat. Add **artichokes** to pan around chicken. Sprinkle **feta cheese** over chicken and artichokes.
- Transfer pan to oven. Roast 10-12 minutes, or until chicken is fully cooked.* (Chicken is fully cooked when internal temperature reaches 165 degrees.)

**Careful! The pan handle will remain hot after the pan is removed from the oven. Slide a silicone pan handle cover (or a pot holder) over the handle to protect your hands.*



5 START VEGGIES

- Heat about 1 ½ tablespoons olive oil in a large sauté pan over medium heat. Add **yellow onions, kale stems, bell pepper, and red cabbage** to hot pan. Season with **lemon-pepper spice blend** and salt. Stir to combine. Cook 4-5 minutes, or until onions begin to soften, stirring occasionally.



6 FINISH VEGGIES

- Add **kale leaves, olives, and 2-3 tablespoons water** to pan with veggies. Stir to combine. Cook 2-3 minutes, or until kale leaves have wilted and veggies are tender, stirring occasionally.
- Remove from heat. Add **butter**. Stir until butter melts and evenly coats veggies.

7 PLATE YOUR DISH

- Cut **chicken breasts** into 6-8 slices each.
- Divide **sautéed veggies** between plates. Fan **chicken** over top. Spoon **artichokes and feta** (from pan) over chicken. Garnish dish with **sunflower seeds**.
- Enjoy!

