



SEED-CRUSTED CHICKEN

Spaghetti squash noodles with creamy caper sauce

COOK TIME
40 MIN

SERVINGS
2

CALORIES PER SERVING
400

NET CARBS PER SERVING
19 GRAMS

MENU
KETO // GLUTEN-FREE

Bold flavors harmonize in this comforting dinner. Chicken breasts are coated in poppy and sesame seeds spiced with fennel, garlic, and caraway. Pan-seared and oven-finished, the chicken is served over a bed of spaghetti squash “pasta.” A rich sauce — made with cream cheese, butter, sun-dried tomatoes, and capers — adds creamy notes throughout.

INGREDIENTS (8 ITEMS)

- 2 (6 oz) **Chicken breasts**
- 1 oz **Cream cheese** D
- 35 oz **Spaghetti squash**
- 2 ½ oz **Yellow onion**
- 1 tbs **Butter** D
- ½ oz **Sun-dried tomatoes**
- 1 ¼ tsp **Spiced poppy & sesame seed blend**
- ¼ oz **Capers**

WHAT YOU’LL NEED

- 2 baking sheets
- medium sauté pan
- medium bowl
- measuring cup & spoons
- thermometer
- oven mitt

ALLERGENS

D DAIRY



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.

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

SEED-CRUSTED CHICKEN

1 PREP & COOK SQUASH

- Preheat oven to 425 degrees.
- Halve **spaghetti squash**, if necessary. Remove seeds with a spoon. Drizzle insides with 1-2 tablespoons cooking oil. Season insides with salt and pepper.
- Place **squash** (cut-side down) on a lightly oiled foil-lined baking sheet. Roast 30-35 minutes, or until squash strands easily separate when pierced with a fork.

See Step 5 to continue.



2 PREP ONION & TOMATOES

- Cut ends off **yellow onion** and discard peel. Slice lengthwise into about ¼-inch thick strips.
- Place **sun-dried tomatoes** in a medium bowl. Cover with about 1 ½ cups hot tap water. Let soak for at least 10 minutes, or until softened. Roughly chop **tomatoes** and return to bowl with soaking water.



3 SEASON CHICKEN

- Drizzle about 1 ½ tablespoons cooking oil over **chicken breasts**. Rub to evenly coat. Sprinkle both sides with **spiced poppy and sesame seed blend**. Season both sides with salt and pepper.

4 COOK CHICKEN

- Heat about 1 ½ tablespoons cooking oil in a medium sauté pan over medium-high heat. Add **chicken** to hot pan. Sear 3 minutes on each side.
- Transfer **chicken** to a second lightly oiled foil-lined baking sheet. Roast 8-10 minutes, or until fully cooked.*
**Take Note: Chicken is fully cooked when internal temperature reaches 165 degrees.*



5 FORM SQUASH NOODLES

- Separate **squash strands** from peel with a fork.*
**Careful: Squash is hot! Hold it steady with tongs or by using an oven mitt.*



6 FINISH SQUASH NOODLES

- Heat **butter** in pan used for chicken over medium-low heat. Add **onion** to pan. Season with salt and pepper. Stir. Cook 3-4 minutes, or until onion begins to brown, stirring occasionally.
- Add **capers** and **tomatoes** (with soaking water) to pan. Bring to a simmer. Add **cream cheese**. Stir until cream cheese melts. Cook 2-3 minutes, or until sauce slightly reduces, stirring occasionally. Salt and pepper to taste.
- Transfer **squash** to pan with sauce. Stir to coat.

7 PLATE YOUR DISH

- Slice **chicken** into 6-8 pieces each.
- Divide **creamy spaghetti squash** between plates. Fan **seed-crusted chicken** over top.
- Enjoy!

