

Smoky Tomato Salsa Chicken

Fresh Mexican at its best. We have created a truly unique, rich, chipotle, tomato and bean salsa and combined it with our juicy, all-natural chicken breast, toasted cornbread and topped it all with a lime cilantro crema. Full of the traditional Mexican flavors the whole family will love, reimagined as a hearty entree. Yum!

30 *Minutes to the Table*

20 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet
Sheet Pan

FROM YOUR PANTRY

Vegetable Oil
Salt & Pepper

5 MEEZ CONTAINERS

Chicken Breasts
Cornbread
Spiced Onions and
Garlic
Smoky Tomato Salsa
Cilantro Lime Crema

Make The Meal Your Own

Our cage-free chickens thrive on an all-natural diet. They are never fed growth hormones and receive no antibiotics in their feed, their water, through intramuscular injection, or even the egg....ever.

Good To Know

Be sure to generously season your chicken with salt and pepper before cooking. Chef Max recommends using $\frac{1}{4}$ tsp of each.

Health snapshot per serving – 630 Calories, 20g Fat, 55g Protein, 60g Carbs, 16 Smart Points

Lightened up snapshot – 500 Calories, 16g Fat and 13 Smart Points with half the cornbread and $\frac{3}{4}$ of the smoky tomato salsa.

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Cage-Free Chicken, Tomatoes, Cornbread, Yellow Onion, Black Beans, Sour Cream, Onion, Lime Juice, Cilantro, Chipotle Peppers, Garlic, Herbs and Spices

meez *meals*

1. Getting Organized

Preheat your oven to 400.

2. Prep the Chicken

Generously sprinkle the **Chicken Breasts** with salt and pepper (we use ¼ tsp salt and ¼ tsp pepper, so use about half per side, or more if you like).

Heat 1 tsp oil in a skillet over high heat. When the oil is hot, add the chicken to the pan. Cook, without moving or flipping, until the bottom is browned and each piece begins to color up the side, about 4 minutes. Flip and continue cooking until the other side is well browned, about 3 more minutes. Turn off the heat and place chicken on serving platter to rest.

3. Make the Smoky Tomato Salsa

Heat 2 Tbsp oil in a skillet over high heat. Add the **Spiced Onions & Garlic** and cook, stirring occasionally, until starting to brown, about 4-5 minutes. Add the **Smoky Tomato Salsa**, bring the mixture to a boil, reduce, simmer and cook for 4-5 minutes.

4. Corn Bread Crumbles

While the Smoky Tomato Salsa is cooking, cut the cornbread into approximately 1" squares, and place on a baking sheet. Toast in a conventional oven or toaster over until golden brown and warm, about 4-5 minutes.

Don't worry if some of the corn bread falls apart - the crumbles taste delicious toasted as well.

5. Put It All Together

Place cooked chicken on platter, top with the smoky tomato salsa, then top with toasted cornbread. Drizzle with the **Lime Crema** and enjoy.

Love this recipe? #meezmagic

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois