

# Chicken Pot Pie

This cozy recipe starts as a classic chicken pot pie, but we're tossing our cage-free chicken breast with plenty of corn, sweet potatoes and mushrooms to make it as healthy as it is delicious. Tossed in a light cream sauce with golden pastry on top, it's a recipe that's just right, and less indulgent than you'd imagine.

**50** Minutes to the Table

**20** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized

### EQUIPMENT

Large Skillet  
Loaf Pan or Casserole  
Dish

### FROM YOUR PANTRY

Olive Oil or Butter  
1 ½ Tbsp of Flour  
Salt & Pepper

### 6 MEEZ CONTAINERS

Onions & Corn  
Chicken Breast  
Sweet Potatoes  
Cream Sauce  
Mushrooms  
Pie Crust

## Make The Meal Your Own

**This is a great make-ahead dinner.** You can cook the filling up to a day ahead. When you're ready to eat, just top with the pie dough and bake 20 to 25 minutes in a 400-degree oven.

**Picky eaters tip** – We love the earthiness from the mushrooms, but if you're eating with someone who doesn't love the idea of them, puree the mushrooms in a food processor and add to the filling before you top with the crust and bake. Your picky eater will never see them, but will love the flavor they bring.

**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 or through intramuscular injection...ever.

## Good To Know

**A note on pan sizes.** Chef Max prefers to bake his pot pie in a deep, narrow pan like a loaf pan because it's the perfect size for the crust, but he says a casserole dish or oven-safe saucepan will work well too.

**Health snapshot per serving** – 920 Calories, 65g Protein, 36g Fat, 82g Carbs, 26 Smart Points

**Lightened up snapshot** – 680 Calories, 18g Fat and 17 Smart points using 1/2 the pie crust.

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

INGREDIENTS: Cage-Free Chicken Breast, Sweet Potato, Mushrooms, Onion, Pie Crust, Corn, White Wine, Half and Half, Garlic, Miso, Concentrated Vegetable Stock, Herbs and Spices

*meez* meals

## 1. Getting Organized

Preheat your oven to 400.

## 2. Prep the Chicken

Generously sprinkle **Chicken Breast** 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 a large skillet with 1 Tbsp of olive oil on medium-high heat. Add the chicken to the pan and cook for 2 minutes, until it is just slightly crisp and brown. Turn the chicken over and cook for another 2 minutes. Remove from heat and place on a cutting board. Cut the breast lengthwise into long strips, about ¼" to ½" wide. Rotate the strips 90 degrees and then cut across to create small, even cubes.

## 3. Make the Filling

Heat 2 Tbsp of oil or butter in a large skillet over medium-high heat. Add the **Onions & Corn** and cook until well browned, about 7 to 10 minutes. Add the **Sweet Potatoes** and cook for 4 minutes, stirring constantly. Add 1½ Tbsp of flour and cook for one minute while stirring and distributing the flour evenly around the pan.

Add the **Cream Sauce** and stir, scraping the browned bits off the bottom of the pan. Simmer until it thickens to the consistency of gravy, about 1 minute. Add the **Mushrooms** and 1 ¼ cups water and bring the mixture to a boil. Reduce heat and simmer for 5 minutes.

Remove from heat and stir in the cubed chicken breast.

## 4. Bake the Pot Pie

Transfer the filling to a loaf pan (or, if you prefer, a casserole dish) and top with the **Pie Crust**. Bake until crust is golden brown and flaky, about 20 to 25 minutes. Let cool slightly before serving. Enjoy!

*We include just enough pie crust to add flaky deliciousness, without all the calories of a traditional pot pie.*

Instructions for two servings.

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