

Country Chicken & Biscuits

Southern chicken & biscuits cooked up Meez style. We're smothering our special recipe, buttery biscuits in a mushroom and chicken gravy and serving it over roasted kale. It is a down-home meal the whole family will love.

30 *Minutes to the Table*

30 *Minutes Hands On*

2 Whisks *Easy*

Getting Organized

EQUIPMENT

Large Skillet
Saucepan
Baking Sheet
Mixing Bowl

FROM YOUR PANTRY

Flour (1/2 Tbsp per svg.)
Butter (1 Tbsp per svg.)
Milk (1/3 cup for 2 servings)
Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Biscuit Mix
Kale
Mushrooms
Gravy
Chicken Breast
Sweet Onions

Good to Know

Family favorite!

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.

Health snapshot per serving – 715 Calories, 77g Protein, 27g Fat, 45g Carbs, 16 Freestyle Points

Lightened-Up Health snapshot per serving – 600 Calories, 20g Fat, 34g Carbs, 11 Freestyle Points by only using half of the biscuit and skipping the butter on top.

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

INGREDIENTS: Chicken breast, Lacinato Kale, Milk, Shitake Mushrooms, Cremini Mushrooms, Onions, Bisquick, Asiago, Mozzarella, Garlic, Chive, Thyme, Black Pepper, Strawberry Jam, Chicken Stock.

meez meals

1. Prep the Biscuits

Preheat the oven to 450. Combine the **Biscuit Mix** and 1/3 of a cup of milk in a large bowl and mix gently until the dough is moist. Using your hands, divide the dough in half and shape each portion into roughly 1/2" tall and the length and width of a cooked chicken breast, and place both on one-half of an oiled baking sheet. Top each biscuit with ½ Tbsp of butter.

2. Roast the Kale and Bake the Biscuits

Arrange the **Kale** in a single layer on the other half of the baking sheet and drizzle lightly with olive oil, salt and pepper and toss. Cook until the edges of the kale begin to brown, and the biscuit is light brown on top, about 8 to 10 minutes. Remove from the oven and transfer directly to serving plates.

3. Make the Gravy

While the biscuits and kale are cooking, add 1 Tbsp olive oil to a saucepan over medium high heat. When the oil is hot, add the **Mushrooms** and sauté until they soften and turn brown, about 4 minutes. Add 1 Tbsp butter to the pan. When it is melted, add 1 Tbsp flour. Mix until the mushrooms are completely coated in flour and it starts to turn brown, about a minute. Add the **Gravy**, and ¼ teaspoon of salt and ¼ teaspoon of black pepper, and stir until the gravy just begins to thicken, about 2 to 3 minutes. Reduce the heat to low and simmer until the sauce is thick enough to coat the back of a spoon, about 5 additional minutes.

4. Cook the Chicken and Onions

While the gravy is simmering, heat 1 Tbsp olive oil in a large skillet over medium high heat. Pat the **Chicken Breast** dry with a paper towel and lightly salt and pepper. When the oil is very hot, add the chicken and cook until the bottom is crisp and brown, about 4 minutes. Turn the chicken and cook for another 4 minutes, until the other side is brown as well. Remove the chicken from the heat and set aside to rest for 5 minutes. Do not wipe out the pan. Add the **Sweet Onions** to the now empty skillet over medium heat. Cook until they soften, about 5 minutes.

5. Put It All Together

Place the biscuit on top of the kale, followed by the chicken breast and smother the entire dish with the mushroom gravy. Top with the Sweet Onions. Serve and enjoy!

Save the other half of the baking sheet to roast the kale.

If you don't have milk, you can use 1/3 of a cup of the gravy for the biscuits.

Instructions for two servings.

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