

## Jerk Chicken

This recipe is also about the spices. We're coating cage-free, chicken thighs in a classic spicy jerk seasoning and serving it over peppers, onions, black-eyed peas and rice. A sweet mango coulis finishes it all off. Yum!

**45** *Minutes to the Table*

**25** *Minutes Hands On*

**1 Whisk** *Super Easy*

### Getting Organized

#### EQUIPMENT

Large Oven-Safe Skillet  
Small Bowl

#### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

#### 6 MEEZ CONTAINERS

Chicken  
Rice  
Black-Eyed Peas  
Jerk Spices  
Peppers & Onions  
Mango Coulis

### Make the Meal Your Own

If you're cooking the **Carb Conscious version**, we sent you cauliflower "rice" instead of rice, reducing the **carbs per serving to 34g**. Prior to Step 2, heat 1 Tbsp olive oil in a large, oven-safe skillet over high heat. When the oil is hot, add the cauliflower "rice" and cook until it starts to brown, about 2 to 3 minutes. Remove from skillet and place the cooked cauliflower "rice" directly on serving plates. In Step 5 top the cauliflower "rice" with the remaining ingredients.

### Good to Know

**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** – 655 Calories, 55g Protein, 14g Fat, 81g carbs, 16 Smart Points.

**Lighten Up snap shot per serving** – 540 Calories, 53g Protein, 14g Fat, 13 Smart Points using half of the rice.

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

INGREDIENTS: Chicken, Rice, Black Eyed Peas, Peppers, Red Onion, Mango, Lime, Ginger, Tamari, Garlic, Black Pepper, Cayenne Pepper, All Spice, Salt, Nutmeg, Cinnamon, Thyme, Brown Sugar

*meez* meals

### 1. Getting Organized

Preheat your oven to 400.

### 2. Prepare the Chicken and Black-Eyed Peas

Heat 1 Tbsp olive oil in a large, oven-safe skillet over medium-high heat. Place the **Chicken** in skillet and cook until slightly charred, about 4 to 5 minutes. Turn the chicken over and cook until the other side is slightly charred, another 3 to 4 minutes.

Remove the chicken and set aside.

Without wiping out the skillet, add the **Rice, Black-Eyed Peas**, ½ Tbsp of the **Jerk Spices**, and 2 cups of water and bring to a boil.

### 3. Season the Chicken

While waiting for the water to boil, combine ½ Tbsp olive oil and the remaining Jerk Spices in a small bowl. Coat the bottom of the chicken with the seasoning mixture and then pat more onto the top.

### 4. Bake

Once the water is boiling, add the **Peppers & Onions** and stir. Place the coated chicken on top and cover.

Put the covered skillet in the oven and cook until the rice is tender, and the water has been absorbed, about 25 minutes. Check the water level at 20 and 25 minutes. If the rice isn't fully cooked once the water has been absorbed, you can add a little more water and continue cooking until the rice is tender. Once the rice is to your liking, turn the oven off and leave the skillet in the cooling oven for an additional 5 minutes.

*If your skillet  
doesn't have a lid  
use a baking  
sheet over top.*

### 5. Put It All Together

Place the chicken, rice, and veggies on a plate and drizzle the chicken with the Mango Coulis. Enjoy!

Instructions for two servings.

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