

Mae Ploy Chicken

Mae Ploy is the secret sauce behind some of our favorite Thai recipes. This week we're glazing chicken in the classic sweet chili sauce, then serving it over a bed of brown rice and fresh green beans. Topped with peanuts and fresh herbs, it's the Thai dinner you've been craving.

35 *Minutes to the Table*

15 *Minutes Hands On*

2 Whisk *Easy*

Getting Organized

EQUIPMENT

- Sauce Pan
- Sauté Pan
- Baking Sheet

FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper

5 MEEZ CONTAINERS

- Brown Rice
- Green Beans
- Chicken Breasts
- Mae Ploy Sauce
- Peanuts and Herbs

Make The Meal Your Own

Our free-range 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, about ½ tsp for each breast.

Health snapshot per serving – 700 Calories, 8g Fat, 95g Carbs, 67g Protein and 17 Freestyle Points.

Lighten Up snapshot per serving – 520 Calories, 7g Fat, 53g Carbs, 65g Protein and 9 Freestyle Points using half the sauce and half the rice.

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

INGREDIENTS: Free-Range Chicken, Green Beans, Brown Rice, Mae Ploy Sauce, Peanuts, Cilantro, Lime Juice, Tamari, Garlic, Sriracha Sauce and Ginger

meez *meals*

1. Getting Organized

Preheat oven to 425 and bring water to a boil.

Add the **Brown Rice** to the boiling water with a pinch of salt. Cook until al dente, about 20 to 30 minutes. Drain the rice, fluff with fork and cover.

We cook our rice like pasta so just make sure you cover the rice with plenty of water

2. Cooking the Green Beans

Place the **Green Beans** on a baking sheet, drizzle with olive oil, salt and pepper. Bake in oven for 8-10 minutes. The green beans should look a bit charred, be fork tender and will continue to cook a bit when you take them out of the oven.

3. Cooking 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.

Your sauce will be the perfect consistency when it's thick enough to coat the back of a spoon without falling off

When chicken is done cooking, reduce the heat to medium high, and add the **Mae Ploy Sauce** to the chicken, and cook for another 4-5 minutes. This will help make the sauce nice and thick.

Spoon sauce over the chicken while it cooks to add a delicious glaze.

4. Putting It All Together

Put the rice on a plate, top with the green beans and chicken. Add the **Peanuts and Herbs**. Enjoy!

Love this recipe? #meezmagic