

Chicken Bacon Focaccia Club

This breezy sandwich pairs our famous Zesty Catalina dressing with all-natural chicken breast, sautéed kale, crispy bacon, arugula, crunchy veggies, and a toasted tomato focaccia roll. It's a dinner that's fast, fun and filling.

20 *Minutes to the Table*

20 *Minutes Hands On*

1 Whisks *Super Easy*

Getting Organized

EQUIPMENT

Meat Mallet/Tenderizer (or
Small Pot)
Mixing Bowl
Large Skillet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Bacon
Chicken Breasts
Arugula, Kale & Greens
Tomato Focaccia Roll
Zesty Catalina Dressing
Tomato, Cucumber & Red
Onion

Good To Know

If you ordered the **Carb Conscious version**, we sent you romaine lettuce instead of the Tomato Focaccia Rolls reducing the **carbs per serving to 31g**. Instead of making a sandwich in Step 5, chop the romaine into bite-size pieces and place directly in your serving dishes. Top with the Arugula, Kale & Greens, Bacon, and Tomato Cucumber & Red Onion. Cut the chicken into strips and layer on top of the salad, followed by the dressing.

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 –730 Calories, 34g Fat, 68g Protein, 41g Carbs, 16 Freestyle Points.

Lightened-up health snapshot per serving – 590 Calories, 27g Fat, 24g Carbs, 11 Freestyle Points by using half of the focaccia (open face) and half of the Zesty Catalina Dressing.

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

INGREDIENTS: Chicken Breast, Tomato Focaccia Rolls, Bacon, Ketchup, Red Onion, Cucumber, Tomato, broccoli, brussels sprouts, green cabbage, kale, radicchio, Arugula, Yellow Onion, Vegetable Oil, Sugar, Mayonnaise, Apple Cider Vinegar, Worcestershire Sauce, Lemon, Garlic, Celery Salt, Paprika

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1. **Crisp the Bacon**

Heat a large skillet over medium-high heat. Add the **Bacon** and cook, stirring occasionally, until crispy, about 3 minutes. Transfer to a paper-towel-lined plate. Do not wipe out the skillet.

2. **Cook the Chicken**

Very loosely wrap each **Chicken Breast** in plastic wrap and place on a cutting board. Pound it until it starts to spread, using a meat tenderizer (mallet) or bottom of a small pot. Flip the chicken over and continue to pound until it is less than ¼" thick and has doubled in size.

Unwrap the chicken and lightly season with salt and pepper. Heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. When the oil is hot, add the chicken and cook until it starts to brown, about 3 minutes. Flip and repeat for the other side. Remove from the skillet and allow to rest for 5 minutes. Wipe out the skillet.

3. **Sear the Arugula, Kale & Greens**

While the chicken is resting, heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. When the oil is hot, add the **Arugula, Kale & Greens** and cook until slightly wilted, about 2 minutes. Transfer the vegetables to a mixing bowl and stir-in the cooked bacon. Wipe out the skillet.

4. **Toast the Bread**

Brush the insides of each **Tomato Focaccia Roll** with olive oil. Heat the now-empty skillet over medium-heat and place the rolls cut side down in the skillet. Work in batches if you have to. Toast until they are golden brown, about 1 to 2 minutes. Remove from the heat.

5. **Put it All Together**

Spread the **Zesty Catalina Dressing** on both cut (toasted) sides of each of the rolls. Layer the bottom with the cooked veggies and bacon followed by the chicken breast, and **Tomato, Cucumber & Red Onion**. Top with the dressed roll and enjoy!

Instructions for two servings.

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