

# Pomegranate-Glazed Chicken with Cheesy Smashed Potatoes

Think classic American dinner taken to the next level. With Cheesy Sour Cream Smashed Potatoes that are even more delicious than you can imagine, sautéed Brussels sprouts and seared chicken breast glazed with a sweet and savory pomegranate basil sauce, it's a family friendly dinner that's on the table in just thirty minutes.

**30** Minutes to the Table

**30** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized

### EQUIPMENT

Baking Sheet  
Large Skillet

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 6 MEEZ CONTAINERS

Red Potatoes  
Cheesy Sour Cream  
Brussels Sprouts  
Chicken Breast  
Pomegranate Glaze  
Basil Oil

## Good To Know

If you ordered the **Carb Conscious version**, we sent you broccoli instead of the potatoes reducing the **carbs per serving to 32g**. In Step 1, spread the broccoli on a baking sheet and drizzle with olive oil salt and pepper. Bake until the broccoli starts to brown and is fork tender, about 12 to 15 minutes. Transfer to serving plate and top with cheesy sour cream.

**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.

**Health snapshot per serving** – 775 Calories, 74g Protein, 22g Fat, 63g Carbs, and 18 Freestyle Points.

**Lightened-Up Health snapshot per serving** – 605 Calories, 15g Fat, 42g Carbs, and 12 Freestyle Points using half the potatoes and half the cheesy sour cream.

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

INGREDIENTS: Chicken Breast, Brussels Sprouts, Red Potatoes, Gouda, White Cheddar, Sour Cream, Chive, Pomegranate, Lime, White Wine, Dijon Mustard, Olive Oil, Basil, Black Pepper, Brown Sugar.

meez *meals*

### 1. Create the Cheesy Sour Cream Smashed Potatoes

Preheat oven to 425 degrees. Lightly brush or spray a baking sheet with oil.

Cut the **Red Potatoes** in half and place, cut side down, on the baking sheet. Lightly drizzle with olive oil and sprinkle with salt and pepper. Bake until the potatoes are soft and brown, about 25 minutes. Remove from the oven and then immediately use the flat bottom of a measuring cup or pot to squash them right on the baking sheet to about ½" to ¾" tall. Top with the **Cheesy Sour Cream**, then let sit until step 5.

### 2. Cook the Brussels Sprouts

While the potatoes are baking, heat 1 Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, add the **Brussels Sprouts** and sprinkle lightly with salt and pepper. Cook, stirring occasionally, until they start to brown, about 5 to 6 minutes. Transfer directly to serving plates. Wipe out the pan.

### 3. Cook the Chicken

Return the now-empty skillet to the stove with 1½ Tbsp olive oil over medium-high heat. When the oil is very hot, add the **Chicken Breasts** and cook until crisp and brown, about 4 to 5 minutes. Flip and cook until the other side is crisp and brown, about an additional 4 minutes. Transfer to the serving plates alongside the Brussels sprouts.

### 4. Make the Glaze

Return the now-empty skillet to the stove over high heat and add the **Pomegranate Glaze** and bring to a boil. Cook for 5 minutes, stirring occasionally to keep from burning, until it thickens enough to coat the back of a spoon. Turn off the heat and let the glaze sit in the pan for a minute. Add 2 Tbsp of the **Basil Oil** and stir continuously for another minute.

### 5. Put It All Together

Drizzle the glaze to completely cover the chicken and serve with the Cheesy Sour Cream Smashed Potatoes and Brussels sprouts on the side. Enjoy!

*It is important to smash and top the potatoes while they are very hot right out of the oven so the cheese can melt.*

Instructions for two servings.

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