

# Sweet & Spicy Brazilian Chicken

40 Minutes to the Table

20 Minutes Hands On

1 Whisk Super Easy

The flavors of Brazil come together in this easy one-pot dinner. With coconut milk, paprika, cumin, coriander, and cilantro, this baked chicken and rice recipe packs a sweet and spicy flavor that we love. We finish it with a passion fruit coulis that sends it over the top.

## Getting Organized

### EQUIPMENT

Large Oven-Safe  
Skillet

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 6 MEEZ CONTAINERS

Chicken Breast  
Seasoned Vegetables  
Basmati Rice  
Spiced Coconut Milk  
Spinach  
Passion Fruit Coulis

## Make The Meal Your Own

**Leftovers from this dish** make a delicious next-day lunch. If you plan to save some for a later meal, reserve a bit of the spiced coconut sauce to moisten the rice when you reheat it.

If you ordered the **Carb Conscious version**, we sent you cauliflower "rice" instead of the basmati rice, reducing the **carbs per serving to 34g**. Prior to step 4, heat 1 Tbsp olive oil in a large skillet over high heat. Sauté the cauliflower "rice" until it starts to brown, about 2 to 3 minutes. Remove from the heat and set aside. Use in place of the rice in step 4 and **DO NOT** add the water and only cook in the oven for 10 to 15 minutes (checking on the level of the liquid periodically).

## Good To Know

**Don't have an oven-safe skillet?** Transfer the rice to a large casserole dish when it's time to bake.

**Health snapshot per serving** – 590 Calories, 45g Protein, 41g Carbs, 26g Fat, 17 Freestyle Points

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

SCAN QR CODE  
to view YouTube  
cooking video



INGREDIENTS: Chicken Breast, Basmati Rice, Spinach, Onion, Carrot, Celery, Tomato, Coconut Milk, Passion Fruit, Chicken Stock, Garlic, Cilantro, Coriander, Cumin, Turmeric, Annatto Powder, Cayenne, Paprika, White Pepper, Honey.

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## 1. Getting Organized

Preheat your oven to 375.

## 2. Sear and Prep the Chicken

Pat dry the **Chicken Breast** and generously sprinkle 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 Tbsp oil in a large, oven-safe skillet over high heat. Place the chicken in the skillet and let sit undisturbed until the outside starts to lightly brown, about 1 minute. Flip the chicken breast and repeat for the other side, about 1 minute.

Remove the chicken from the skillet and set aside. place on a cutting board and let rest for about 5 minutes. Do not wipe out pan. When the chicken is done resting, using a sharp knife, cut the chicken breast lengthwise into long strips, about ¼" wide. Rotate the chicken breast 90 degrees and then cut across to create small, even cubes of chicken.

## 3. Cook the Seasoned Vegetables

While the chicken is resting, add the **Seasoned Vegetables** to the now-empty skillet over medium-high heat and cook until the vegetables are soft and fragrant, 3 to 5 minutes.

## 4. Bake the Chicken and Rice

Add the **Basmati Rice, Spiced Coconut Milk** (the larger of the two yellow liquids) and ½ cup of water to the seasoned vegetables. Stir well and bring to a boil. Add the seared chicken and cover (if your skillet doesn't have a lid, use aluminum foil) then bake until the rice is tender and the water has been absorbed, about 25 minutes.

Check at 20 minutes for the water level. 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, remove the skillet and stir in the **Spinach** so that it is completely mixed into the rice. Cover and let sit for an additional 5 minutes.

## 5. Put It All Together

Drizzle the entire dish with the **Passion Fruit Coulis** (the smaller of the two yellow liquids) and enjoy!

*The chicken will not be cooked at this point. You will finish it in the oven.*

Instructions for two servings.

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