

Rotini di Modena with Chicken & Spinach

This gem starts with a creamy balsamic sauce members have gone wild for. Paired with juicy chicken breast, sautéed spinach and rotini pasta, it's a speedy recipe the family will love.

20 *Minutes to the Table*

10 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Saucepan
Mixing Bowl
Deep Skillet or Large
Saucepan

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Rotini Pasta
Chicken Breast
Spinach
Grape Tomatoes
Balsamic Cream
Goat Cheese

Make The Meal Your Own

This dish tastes just as great cold as it does hot, so it's perfect as a make-ahead dinner or a quick pack-and-go lunch.

Leftovers Tip – Toss your leftovers in a small casserole dish, top with shredded cheese (Chef Max recommends mozzarella) and bake until the pasta is hot and the cheese is melted, about 10 to 15 minutes.

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.

Good To Know

If you're making the gluten-free version, we sent you gluten-free pasta.

Be sure to generously season your chicken with salt and pepper before cooking. Chef Max recommends using ¼ tsp of each.

Health snapshot per serving – 680 Calories, 27g Fat, 64g Protein, 49g Carbs, 19 Smart Points

Lightened up snapshot - 500 Calories, 9g Fat, 11 Smart Points with half the balsamic cream sauce.

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

INGREDIENTS: Free-Range Chicken Breast, Grape Tomatoes, Whole Grain Rotini Pasta, Spinach, Heavy Cream, Goat Cheese, Balsamic Vinegar, Brown Sugar, Concentrated Vegetable Stock, Garlic, Herbs

meez meals

1. Getting Organized

Put a saucepan of water on to boil.

2. Cook the Pasta

Add the **Rotini Pasta** to the boiling water. Cook until al dente, about 7 to 9 minutes, drain and return to the saucepan. Combine the warm, cooked pasta with the **Spinach** in the saucepan.

3. Prep the Chicken

While the pasta is cooking, pat the **Chicken Breast** dry with a towel. Place the chicken on a cutting board. Using a sharp knife, cut the chicken breast lengthwise into long strips, about 1/4" wide. Rotate the chicken breast 90 degrees and then cut across to create small, even cubes of chicken.

Once the chicken is cut, generously sprinkle with salt and pepper (we use 1/4 tsp salt and 1/4 tsp pepper, so use about half per side, or more if you like).

4. Cook the Chicken and Tomatoes

Heat 1 1/2 Tbsp olive oil in a deep skillet (or large saucepan) over high heat. When the oil is smoking, add the **Chicken Breast** and **Tomatoes**. Cook until the chicken is browned on one side, about 4 minutes, and then stir. Continue sautéing until chicken is fully cooked, about 3 to 4 more minutes. Add the **Balsamic Cream** and bring to a boil. Turn off the heat. Season with salt and pepper to taste. Remove to a mixing bowl.

Add the tomatoes and chicken gently; the oil will be extremely hot and you want to avoid splashes.

5. Put It All Together

Serve pasta with **Goat Cheese** crumbled on top. Enjoy!

Love this recipe? #meezmagic

Instructions for two servings.

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