

# Chana Masala Flatbread

Indian chana masala meets Italian pizza in this fun recipe. We're topping individual naan breads with flavorful tomato chickpea curry, mozzarella and provolone cheeses, and fresh arugula. With a mango yogurt drizzle on top, it's an East-meets-West fusion that is a wow!

25 Minutes to the Table

20 Minutes Hands On

1 Whisk *Super Easy*

## Getting Organized

### EQUIPMENT

Large Skillet  
Baking Sheet

### FROM YOUR PANTRY

Olive Oil

### 6 MEEZ CONTAINERS

Chickpeas & Peppers  
Garam Masala  
Sauce  
Naan Bread  
Mozzarella &  
Provolone  
Arugula  
Mango Raita

## Add Protein Cooking Instructions

**Integrate into recipe:** While the flatbread is baking in step 3, cook the protein (per instructions below). Slice into strips (*flake the salmon, leave the shrimp whole*) and place immediately on top of the flatbread when removed from the oven.

**Cook protein:** Lightly sprinkle the protein with salt & pepper. Heat a large skillet with 1-2 Tbsp olive oil on medium-high heat (*high for steak*.) When the oil is hot, cook the protein until the:

CHICKEN is crisp and brown, about 4 to 5 minutes per side. Let rest for 5 minutes.

STEAK bottoms are brown and sides start to color, about 4 minutes per side for medium (3 min for med-rare and 5-6 min for well done.) Let rest for 5 minutes.

SALMON is crisp and brown, about 4 minutes per side. Let rest for 5 minutes.

SHRIMP are opaque and no longer grey in color, about 1 minute per side.

## Good to Know

If you ordered the **Carb Conscious version**, we sent you cauliflower "rice" instead of bread, reducing the **carbs per serving to 29g**. Skip step 1. Prior to step 2, heat 1 tbsp olive oil in a large skillet. When the oil is hot, add the cauliflower and sauté until browning, about 4 to 5 minutes. Place straight on your serving plates. After step 2, turn off the heat and stir in the arugula. Serve the chickpeas, sauce, and arugula on top of the cauliflower rice and top with the cheese and mango raita.

**Health snapshot per serving** – 640 Calories, 30g Fat, 68g Carbs, 27g Protein, and 16 Freestyle Points.

INGREDIENTS: Naan Bread, Tomatoes, Garbanzo Beans, Mozzarella, Provolone, Red Bell Pepper, Arugula, Red Onion, Mayonnaise, Cucumber, Yellow Bell Pepper, Mango, Yogurt, Garlic, Ginger, Lime, Buttermilk, Tomato Paste, White Vinegar, Chive, Cilantro, Coriander, Crushed Red Pepper, Fenugreek, Garam Masala, Miso, Black Pepper, Turmeric, Cumin, Parsley

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### 1. Get Organized

Preheat your oven to 400.

### 2. Cook the Spiced Chickpeas

Heat 1 Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, add the **Chickpeas & Peppers** and cook until chickpeas begin to brown and the peppers start to char, about 4 to 5 minutes. Add the **Garam Masala Sauce** and cook until the sauce is hot and thickens slightly, about 3 to 4 minutes.

### 3. Assemble the Flatbread and Bake

Spread the spiced chickpeas evenly on each **Naan Bread**, then top with the shredded **Mozzarella & Provolone**, from edge to edge. Bake until the cheese melts, about 7 to 8 minutes then remove from the oven and top with the **Arugula**. Bake until the arugula is wilted and the cheese is starting to brown, about 5 additional minutes.

### 4. Put It All Together

Allow to cool for 5 minutes, then drizzle with the **Mango Raita** and enjoy!

Instructions for two servings.

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