

Mexican Chicken and Veggie "Rice" Bowl

Cilantro Lime Crema marinated chicken over cauliflower & broccoli "rice" with red salsa and plenty of poblano peppers, corn, beans and Monterey Jack. It's a carb-conscious and delicious new take on the Mexican rice bowl.

25 *Minutes to the Table*

25 *Minutes Hands On*

1 Whisks *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet
Ziplock bag or small
marinating bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

4 MEEZ CONTAINERS

Cilantro Lime Crema
Chicken
Poblanos and
Cauliflower & Broccoli
Rice
Salsa & Cheese

Good to Know

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 – 535 Calories, 72g Protein, 17g Fat, 9 Freestyle Points

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

INGREDIENTS: Chicken, Cauliflower, Broccoli, Poblanos, Tomato, Corn, Black Bean, Sour Cream, Chihuahua, Monterey Jack, Garlic, Onion, Cilantro, Enchilada Sauce, Lime.

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1. **Marinate the Chicken**

Pour 2/3 of the white **Cilantro Lime Crema** in a ziplock bag. Set the remaining 1/3 aside until step 5.

Dry and generously sprinkle the **Chicken** with salt and pepper (we use ¼ tsp salt and ¼ tsp pepper, so use about half per side, or more if you like). Cut three slits in the chicken lengthwise about ¼" deep on each side. Place chicken into the ziplock bag with the Cilantro Lime Crema and seal, then marinate for at least 5 minutes.

2. **Sauté the Poblanos and Cauliflower & Broccoli "Rice"**

Heat 2 Tbsp olive oil over medium-high heat. When the oil is hot add the **Poblanos and Cauliflower & Broccoli Rice** and sauté until the vegetables start to soften and brown, about 4 to 6 minutes. Remove from the heat and place directly into serving bowls.

3. **Cook the Chicken**

Heat 1 Tbsp olive oil over medium-high heat. When the oil is very hot, add the chicken (dispose of the marinade in the ziplock bag) and cook until it is brown, about 4 minutes. Flip and cook the other side until it is also brown, 3 to 4 additional minutes. Remove from the heat and place the chicken on a cutting board to rest.

4. **Heat the Sauce**

While the chicken is resting, wipe-out the skillet and return it to the stove. Lower the heat to medium and add the red **Salsa & Cheese**. Stir the sauce until it is hot and lightly bubbling. Remove from heat and spoon directly into serving bowls on top of the cauliflower & broccoli rice.

5. **Put It All Together**

Slice the rested chicken into ¼" strips and place on top of the salsa & cheese. Drizzle with the remaining Cilantro Lime Crema. Enjoy!

If the marinade begins to burn, reduce the heat and extend the cooking time to ensure the chicken center is fully cooked.

Instructions for two servings.

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