

# Chicken Lettuce Wrap with Peanut Sauce

Light and fresh, lettuce wraps make dinner fun. This week's recipe pairs chicken with rice noodles, bell pepper, zucchini and squash with our famous peanut sauce. Wrapped in a romaine lettuce, it's a light twist on dinner the whole family will love.

**20** *Minutes to the Table*

**20** *Minutes Hands On*

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

Saucepan  
Large Skillet  
Mixing Bowl

### FROM YOUR PANTRY

Salt & Pepper

### 6 MEEZ CONTAINERS

Chicken  
Glass Noodles  
Romaine Lettuce  
Peanut Sauce  
Fresh Veggies  
Green Onions & Basil

## Make the Meal Your Own

This dish is a little messy, so we suggest you embrace it and have a little fun. If you prefer, however you can **chop the romaine lettuce and create a salad** by tossing all the ingredients in a large mixing bowl.

**Enjoy using your outdoor grill?** The chicken in this dish will work perfectly when grilled outdoors to an internal temperature of 165 degrees.

## 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** – 550 Calories, 66g Protein, 24g Fat, 12 Smart Points.

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

INGREDIENTS: Chicken, Rice Noodles, Romaine Lettuce, Red Pepper, Zucchini, Yellow Squash, Green Onion, Basil, Peanut Butter, Garlic, Ginger, Vinegar, Tamari, Brown Sugar, Cayenne,

meez *meals*

### 1. Getting Started

Set a saucepan of water to boil.

### 2. Cook the Chicken

Heat a large skillet with 1 Tbsp of olive oil on medium-high heat. Add the **Chicken** to the pan and cook for 3 to 4 minutes, until the chicken is crisp and brown. Turn the chicken over and cook for another 3 to 4 minutes, until this side is brown as well.

Remove from heat and place on a cutting board. Once the chicken has rested for 5 minutes, use a sharp knife to cut the chicken breast lengthwise into two and then create short strips, about ¼" to ½" wide and set aside.

### 3. Prepare the Noodles

Place the **Glass Noodles** in a mixing bowl and pour boiling water over the top. Let the noodles soak until they are soft, about 2 to 3 minutes. Drain well and set aside.

### 4. Put it all Together!

Spread the **Peanut Sauce** down the center of a **Romaine Lettuce** leaf. Add two or three chicken strips, then the glass noodles, **Fresh Veggies** and top with the **Green Onions & Basil**.

Repeat the process for additional romaine leaves. Enjoy!

*You will need to  
boil enough  
water to  
completely  
submerge the  
glass noodles*

*Line everything  
up in the  
center of the  
romaine  
lettuce leaf.  
It helps keep  
everything  
inside when  
you take your  
first bite.*

Instructions for two servings.

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