

Chicken Tikka Masala Flatbread

Classic Indian flavors served up on a flatbread. We're cooking it up with a flavorful Tikka Masala sauce, melty cheese, sautéed chicken breast, spinach and arugula , then topping it all off with a cooling mango raita. It's fun and flavorful and totally delicious.

30 *Minutes to the Table*

20 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Baking Sheet
Skillet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Whole Wheat Pizza
Dough
Tikka Masala Sauce
Cheese
Spinach & Arugula
Chicken Breast
Mango Raita

Good To Know

Health snapshot per serving – 920 Calories, 35g Fat, 72g Protein, 81g Carbs, 20 Freestyle Points.

Lighten Up Snapshot per serving - 750 Calories, 23g Fat, 75g Carbs, 15 Freestyle Points with half the cheese and half the Mango Raita.

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

INGREDIENTS: Whole Wheat Pizza Dough, Chicken Breast, Mozzarella, Provolone, Spinach, Arugula, Tomato, Cucumber, Bell Peppers, Yogurt, White Vinegar, Mango Puree, Buttermilk, Mayonnaise, Chives, Onion, Parsley, Miso, Black Pepper, Coriander, Turmeric, Crushed Red Pepper, Cumin, Cilantro, Fenugreek Leaves, Garam Masala, Ginger, Garlic, Lime.

meez *meals*

1. Getting Organized

Preheat your oven to 425 and take the pizza dough out of the refrigerator.

2. Shape the Dough

Sprinkle your counter with a little flour and stretch the **Whole Wheat Pizza Dough** into shape. The size and thickness are up to you, but we target ¼" thickness which is one pizza that is about 8 inches wide and 14 inches long. Transfer the dough to a baking sheet that has been sprayed or brushed with oil.

3. Assemble the Pizza and Bake

Spread half the **Tikka Masala Sauce** (the red sauce) on top of the dough and then top the pizza, edge-to-edge with the shredded **Cheese** and bake for 15 minutes.

Remove from the oven and top with the **Spinach & Arugula**, edge-to-edge. Return to the oven and bake until the crust is golden brown, an additional 5 to 7 minutes. Remove from the oven and let rest for at least 5 minutes.

4. Prep and Cook the Chicken

Once the pizza is cooking, pat dry the **Chicken Breasts** and generously season 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 a large skillet with 1 Tbsp of olive oil over medium-high heat. When the oil is very hot, add the chicken to the skillet and cook until crisp and brown, about 4 to 5 minutes, and turn. Cook until brown on the second side, about 4 to 5 additional minutes. Transfer the chicken to a cutting board and let rest for 5 minutes. Do not wipe out the skillet. Once the chicken has rested, slice into ½" slices.

While the chicken is resting, add the remainder of the Masala Sauce to the skillet used for the chicken and bring to a boil. Turn off the heat. Once the chicken has rested, add it to the skillet and stir until well coated.

5. Put It All Together

Use tongs to top the pizza with the coated chicken. Drizzle with the **Mago Raita** and enjoy!

Instructions for two servings.

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