

# Obe Ata Stew with Chicken & Spinach

Inspired by Nigeria's flavorful red pepper sauce, this stew is a crowd pleaser. We're serving our Tomato Pepper sauce with tender, juicy chicken thighs, butternut squash, fresh spinach, and jasmine rice, and topped by a cool Yogurt Spinach Sauce. it's comfort food with an exotic twist.

**45** Minutes to the Table

**20** Minutes Hands On

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

- Large Saucepan
- Large Skillet with a Cover

### FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper

### 6 MEEZ CONTAINERS

- Basmati Rice
- Chicken Thighs
- Butternut Squash
- Tomato Pepper Sauce
- Spinach
- Yogurt Spinach Sauce

## Make The Meal Your Own

If you ordered the **Carb Conscious version**, we sent you cauliflower "rice" instead of the Basmati rice, reducing the **carbs per serving to 31g**. Skip step 1. Prior to Step 2, add 1 Tbsp olive oil to a large skillet over high heat. When the oil is hot, add the cauliflower "rice" and sauté until it starts to brown about 3 to 4 minutes. Remove from skillet and set aside for step X. Wipe out the skillet.

**Our free-range 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

**Health snapshot per serving** – 605 Calories, 40g Protein, 33g Fat, 40g Carbs, 16 Freestyle Points.

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

INGREDIENTS: Chicken thighs, Spinach, Butternut Squash, Basmati Rice, Tomato, Jalapeno Peppers, Chicken Stock, Bell Peppers, Onion, Cream, Yogurt, Ras-al-hanout, Ginger, Chives, Lime.

*meez* meals

### 1. Cook the Rice

Bring a saucepan of water to a boil over high heat. When water is boiling, add the **Basmati Rice**, cover, and reduce heat to low. Simmer until rice is al dente, about 15 to 20 minutes. Turn off heat, let sit covered for 5 minutes, then fluff rice with a fork.

### 2. Sear the Chicken

While the rice is cooking, pat the **Chicken Thighs** dry with a paper towel and sprinkle both sides with salt and pepper.

Add 1 Tbsp. olive oil to a large skillet over medium high heat. When the oil is very hot, add chicken (skin side down) and cook undisturbed, until skin is browned and crisp, about 8 to 10 minutes. Flip the thighs and cook the other side until lightly browned, an additional 3 minutes. Transfer chicken to a plate until added back in step 3. Do not wipe out the skillet.

### 3. Create the Stew

Return the now empty skillet to the stove over medium high heat and add the **Butternut Squash**. Sauté until the squash starts to soften and the edges become crisp, about 5 minutes.

Add the **Tomato Pepper Sauce** (the red sauce) and 1 cup of water to the skillet. Bring to a boil and add the seared chicken, skin side down. Cover and reduce the heat to low. Cook until the squash is fork tender, about 25 minutes.

Turn off the heat and stir in the Spinach. Cover and let sit until the spinach wilts and stew cools a bit, about 5 minutes.

### 4. Putting it All Together

Use tongs to transfer the cooked chicken thighs on top of the rice. Pour the stew over top of the chicken and drizzle with the **Yogurt Spinach Sauce**. Enjoy!

*The chicken will not be fully cooked at this point but will finish cooking in step 3.*

Instructions for two servings.

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