

Caribbean Pot Pie

What's even better than a Caribbean stew? How about Caribbean stew with savory Jamaican spices, topped with buttery pie crust? We're putting them together in this creative riff on a pot pie - classic jerk-spiced sweet potato stew topped with delicious, flaky pie crust. Together, the two are pure magic.

45 *Minutes to the Table*

10 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Rimmed Baking Sheet
Casserole Dish or
Loaf Pan

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

4 MEEZ CONTAINERS

Chickpeas
Coconut Milk Mix
Pie Crust Squares
Caribbean
Vegetables

Make The Meal Your Own

Leftover Tip – Transform this dish into a Jerk Bread Salad by adding combread chunks to any leftovers.

Omnivore's Option – Pork is right at home in this dish. Broil or pan-fry it, then add to the pot pie when you add the cooked veggie mix.

We use just enough pie crust to make this dinner delicious. If you want a bite of pie crust in every bite, cut it into pieces before topping your pie.

With sweet potatoes and raisins, this recipe has classic Jamaican sweetness to it. If you prefer more acid, add a squeeze of fresh lime juice before this goes into the oven.

Good To Know

Health snapshot per serving – 600 Calories, 11g Protein, 14g Fiber, 19g Fat, 23 Smart Points

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

INGREDIENTS: Sweet Potato, Pie Crust, Chickpeas, Coconut Milk, Jicama, Raisins, Jerk Spice

meez *meals*

1. **Getting Organized**

Preheat your oven to 400.

2. **Roast the Caribbean Vegetables and Chickpeas**

Put the **Caribbean Vegetables** on to a rimmed baking sheet and drizzle with 2 Tbsp olive oil. Toss well and then bake until the vegetables are fork tender and brown, about 20 minutes.

We line our baking sheets with parchment paper to make clean up a breeze.

Add the **Chickpeas** and cook for another 5 minutes.

3. **Assemble the Pot Pie**

Remove the vegetables and turn the oven down to 350. Transfer the vegetables to a casserole dish (or loaf pan) and add the **Coconut Milk Mix**. Stir well and top with the **Pie Crust Squares**.

Bake until golden and bubbly, about 15 to 20 minutes. Enjoy!

Love this recipe? #meezmagic

Instructions for two servings.

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