

# Classic Chicken Alfredo & Roasted Red Pepper Flatbread

Turn dinnertime into fun-time. Let the kids (young or old) have fun shaping and kneading the flatbread dough. Then top it off with creamy Alfredo sauce, tender chicken strips, and sweet roasted peppers.

**35** Minutes to the Table

**15** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized

### EQUIPMENT

Large Skillet  
Baking Sheet

### FROM YOUR PANTRY

Flour  
Olive Oil  
Salt & Pepper

### 5 MEEZ CONTAINERS

Whole Wheat Pizza  
Dough  
Alfredo Sauce  
Chicken Strips  
Roasted Red Peppers  
Parmesan Cheese

## Make The Meal Your Own

**Cooking with a picky eater?** Skip the roasted red peppers on their slices.

**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.

**Have leftover veggies in your fridge?** Sliced mushrooms, spinach, or even blanched broccoli would be great on this flatbread.

## Good To Know

**Be sure to generously season your chicken** with salt and pepper before cooking. Chef Max recommends using  $\frac{1}{4}$  tsp of each.

**Health snapshot per serving** – 680 Calories, 18g Fat, 76g Protein, 52g Carbs, 16 SmartPoints

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

INGREDIENTS: Whole Wheat Pizza Dough, Free-Range Chicken, Parmesan Cheese, Roasted Red Peppers, Heavy Cream, White Wine, Apple Cider Vinegar, Garlic, Black Pepper

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### 1. Getting Organized

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

*Don't forget to take the dough out. Warmer dough is easier to work with!*

### 2. Assemble the Flatbread

Shape your **Whole Wheat Pizza Dough**. Sprinkle your counter with a little flour and stretch the dough into shape. The size and thickness are up to you, but we target about ¼" thickness.

*We usually make two-person pizzas and ours are about 8' wide and 14" long.*

Transfer the dough to your baking sheet and top the flatbread with **Alfredo Sauce**, **Roasted Red Peppers** and **Parmesan Cheese** and save ¼ of both the cheese and sauce for later. Be sure to get the sauce, toppings and cheese all the way to the edges.

Bake the flatbread until the crust is well browned, about 15 to 17 minutes.

### 3. Prep and Cook the Chicken

While the flatbread is baking, slice the **Chicken Breast** into strips approximately ½" wide. Generously sprinkle with salt and pepper (we use ¼ tsp salt and ¼ tsp pepper, or more if you like).

Heat 1 Tbsp oil in a large skillet over high heat. Add the chicken and cook until the bottoms are well browned and each piece is starting to color up the sides, about 4-5 minutes. Flip and cook until each piece is fully browned and the chicken is cooked through, about 3 -4 minutes more. Remove to a plate.

### 4. Put It All Together

When the flatbread is almost done, top with cooked chicken, the remaining cheese and drizzle the remaining sauce on top. Bake until the cheese melts, about another 3-4 minutes. Remove from the oven and let rest for 5 minutes before serving. Enjoy!

*Love this recipe? #meezmagic*

Instructions for two servings.  
**Meez Meals \* 1459 N. Elmwood Avenue \* Evanston \* Illinois**