

Meez Chicken Caesar Salad

Get ready to fall in love with Meez's take on a classic Chicken Caesar salad. It starts with a ridiculously tasty Roasted Red Pepper Caesar dressing, tossed with romaine, spinach, and arugula, and topped with grilled chicken breast, our own cauliflower "croutons" and a hard-boiled egg. It will be the best Caesar you have ever tasted.

Getting Organized

EQUIPMENT

- Saucepan
- Baking Sheet
- Large Skillet
- Large Mixing Bowl

FROM YOUR PANTRY

- Eggs (1 per serving)
- Olive Oil
- Salt & Pepper

5 MEEZ CONTAINERS

- Cauliflower & Cheese
- Chicken Breast
- Romaine Lettuce
- Spinach & Arugula
- Roasted Red Pepper
- Caesar Dressing

INGREDIENTS: Chicken Breast, Romaine, Spinach, Arugula, Cauliflower, Red Peppers, Parmesan, Pecorino Romano, Mozzarella, Mayonnaise, Apple Cider Vinegar, Lemon, Miso, Garlic, Chives, Black Pepper

30 *Minutes to the Table*

30 *Minutes Hands On*

1 Whisk *Super Easy*

Good To Know

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.

Health snapshot per serving – 515 Calories, 73g Protein, 17g Fat, 19g Carbs, and 3 Freestyle Points.

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

meez meals

1. **Get Organized**

Preheat oven to 425 degrees.

2. **Hard-Boil the Eggs**

Place 2 eggs in a saucepan and add water until the eggs are submerged by one inch. Cover and bring to a boil over high heat. Once boiling, turn off the heat and leave the eggs in the hot water, covered for 10 to 15 minutes. Remove the shell and run under cold water. Slice into bite sized pieces.

3. **Make the Cauliflower “Croutons”**

While the water is coming to a boil, lightly spray or brush a large baking sheet with oil. Arrange the **Cauliflower & Cheese** mix into two rectangles, each approximately 6 inches by 6 inches. Bake until the cheese starts to melt, about 10 to 15 minutes. Flip and continue cooking until the cheese is bubbly and brown, an additional 10 minutes. Remove from the baking sheet and separate into bite-sized pieces using two forks.

4. **Cook the Chicken**

Once the Cauliflower “Croutons” are in the oven, heat a large skillet with 1 Tbsp of olive oil over medium-high heat. Add the **Chicken** to the skillet, and cook until crisp and brown, about 4 minutes, and turn. Cook until brown on the second side, about 4 additional minutes. Transfer the chicken to a cutting board and let rest for 5 minutes. Once the chicken has rested, slice into one-inch strips.

5. **Put It All Together**

Slice the **Romaine Lettuce** into one-inch pieces and combine with the **Spinach & Arugula**, sliced hard-boiled egg, and half the **Roasted Red Pepper Caesar Dressing** in a large mixing bowl. Toss well and transfer to individual serving bowls. Top with the sliced chicken and Cauliflower “Croutons”. Drizzle with additional dressing to taste. Enjoy!

Instructions for two servings.

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