

Marry Meez Chicken

Rich and delicious, this is Meez's take on Delish's viral sensation, "Marry Me Chicken." The secret is a creamy sun-dried tomato, parmesan and lemon sauce. Paired with parmesan green beans and orzo, it's comfort food at its best.

25 *Minutes to the Table*

25 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet
Medium Saucepan
Mixing Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Orzo Pasta
Chicken
Green Beans
Seasoned Parmesan
Sun-Dried Tomato,
Celery & Onion
Lemon Cream Sauce

Good to Know

If you ordered the **Carb Conscious version**, we sent you cauliflower "rice" instead of orzo pasta, reducing the **carbs per serving to 37g**. Skip steps 1 and 2. After step 3, heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. When the oil is hot, cook the cauliflower until it starts to brown. Set aside until step 5 and use in place of the orzo.

If you are cooking the **gluten-free version**, we sent you gluten-free penne instead of orzo pasta. Follow the instructions for step 2 and use in place of the orzo.

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 – 870 Calories, 48g Fat, 56g Carbs, 58g Protein, and 26 Freestyle Points.

Lightened-up health snapshot per serving – 670 Calories, 32g Fat, 45g Carbs, and 17g Freestyle Points, by using one-third of the orzo, seasoned parmesan, and Lemon Cream Sauce.

**SCAN QR CODE
to view YouTube
cooking video**



INGREDIENTS: Chicken Breast, Cream, Green Beans, Orzo Pasta, Celery, Sun-Dried Tomatoes, Parmesan, Yellow Onion, Lemon, Chicken Stock, Garlic, Black Pepper, Paprika, Basil, Oregano,

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1. Get Organized

Bring a medium saucepan of water to boil.

2. Cook the Orzo Pasta

Add the **Orzo Pasta** to the boiling water with a pinch of salt. Cook until al dente, about 10 to 12 minutes. Remove from the heat, drain and return the cooked orzo to the saucepan. Cover and set aside.

3. Cook the Chicken

While the orzo is cooking, heat 1½ Tbsp of olive oil in a large skillet over medium-high heat. Pat dry and generously salt and pepper the **Chicken** on both sides. When the oil is hot, add the chicken and cook until crisp and brown, about 4 to 5 minutes. Flip, then cook until brown on the second side, about 4 additional minutes. Transfer the chicken to a cutting board and let rest for 5 minutes. Wipe out the skillet. Once the chicken has rested, slice into ½" strips.

4. Cook the Vegetables and Make the Sauce

While the chicken is resting, heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. Add the **Green Beans** and cook until they start to char, about 4 to 5 minutes. Remove from the skillet, transfer to a mixing bowl and toss with one-third of the **Seasoned Parmesan**. Set aside until step 5.

Return the now-empty skillet to the stove over medium-high heat and add the **Sun-Dried Tomato Celery & Onion**. Sauté until the onions start to char, about 2 to 3 minutes. Add the **Lemon Cream Sauce** and bring to a boil, reduce the heat to low and simmer until sauce thickens, about 2 to 3 minutes. Remove from the heat, add the remaining seasoned parmesan and sliced chicken and stir.

5. Put It All Together

Serve the cooked orzo topped with the chicken, veggies and sauce alongside the parmesan green beans. Enjoy!

Instructions for two servings.

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