

Caribbean Chicken Burrito

Caribbean and Mexican flavors are a match made in heaven--especially in a burrito. We're pairing a pineapple salsa with shredded chicken, mango coconut rice and pickled veggies, then rolling it up into a burrito. The result is a flavorful twist on a dinnertime classic.

25 *Minutes to the Table*

20 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet
Medium Saucepan

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Jasmine Rice
Pickled Broccoli &
Cabbage Shred
Chicken Breast
Tortillas
Pineapple Salsa
Mango Coconut Sauce

Good to Know

Our cage-free chickens thrive on an all-natural diet. They are never fed growth hormones and receive no antibiotics in their feed, their water or through intramuscular injection...ever.

Health snapshot per Serving 940 Calories, 51g Protein, 40g Fat, 93g Carbs, and 24 Freestyle Points

Lightened up health snapshot per serving 690 Calories, 22g Fat, 72g Carbs, and 15 Freestyle Points, using half of the rice, half of the mango coconut sauce, and one third of the pineapple salsa.

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

INGREDIENTS Chicken Breast, Flour Tortillas, Pineapple, Red Onion, Mayonnaise, Green Cabbage, Broccoli, Carrots, Apple Cider Vinegar, Jasmine Rice, Tamari, Coconut Milk, Cilantro, Brown Sugar, Mango, Lime, Kosher Salt, Sugar, Garlic, Ginger.

meez *meals*

1. Get Organized

Bring a medium saucepan of water to a boil. Drain the liquid from the **Pickled Broccoli & Cabbage Shred** and set aside until step 4.

2. Cook the Rice

Add the **Jasmine Rice** to the boiling water and cook until tender, 12 to 15 minutes. Drain well. Return to the saucepan, cover, and set aside until step 4.

3. Cook the Chicken

While the rice is cooking, pat dry the **Chicken Breast** and generously season with salt and pepper. Heat 1 Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, add the chicken and cook until the bottom is crisp and brown, about 4 to 5 minutes. Flip the chicken and cook for another 4 to 5 minutes, until the other side is brown as well. Transfer the chicken to a cutting board and let rest for 5 minutes. Wipe out the skillet.

Once the chicken has rested, hold it in place with one fork and use a second fork to shred (into pieces typical of the size used in chicken soup).

4. Roll the Burritos

Spread half of the jasmine rice in a layer in the center of the **Tortilla**, then add half the **Pineapple Salsa**, shredded chicken, **Mango Coconut Sauce** and drained pickled broccoli & cabbage shred. Join the front and bottom flaps and lift the tortilla in the air, open-faced. Pull the left and right flaps toward the center so they fold over about 1 to 2 inches and hold them in place with your fingers. Using your thumbs roll the wrap away from your body, keeping the left and right flaps underneath using the weight of the wrap to keep it closed. Press down gently on the top to hold everything in place. Repeat for each burrito.

Heat the now-empty skillet over medium-high heat. Place the burritos seam side down and cook until tortilla turns brown and slightly crispy, about 2 minutes. Repeat for the other side.

Serve and enjoy!

Instructions for two servings.

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