Chicken Copacabana

25 Minutes to the Table

25 Minutes Hands On

1 Whisk Super Easy

Inspired by the sunny flavors of Brazil, this creamy chicken dish is both comforting and vibrant. Juicy chicken, sweet potatoes, and peppers simmer together in a rich, tangy sauce with Dijon and a touch of spice, then get paired with tender noodles and seared zucchini. It's bright, hearty, and full of flavor.

Getting Organized

EQUIPMENT
- Large Skillet
- Medium Saucepan

FROM YOUR PANTRY
- Olive Oil
- Salt & Pepper
- Butter (1 Tbsp/2svg)
- Flour (1 Tbsp/2svg)

5 MEEZ CONTAINERS
- Egg Noodles
- Chicken
- Zucchini
- Sweet Potato, Pepper, & Onion
- Copacabana Sauce

Good to Know

If you ordered the **Carb Conscious version**, we sent you cauliflower "rice" instead of egg noodles, reducing the **carbs per serving to 36g**. Skip step 1. Before cooking the zucchini in step 4, heat 1 tbsp olive oil in the saucepan and sauté the cauliflower until brown. Serve in place of the noodles.

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 – 950 Calories, 54g Fat, 65g Carbs, 56g Protein, and 30 Freestyle Points.

Lightened-up health snapshot per serving – 760 Calories, 40g Fat, 50g Carbs, and 23g Freestyle Points, by using two-thirds of the egg noodles and Copacabana sauce.

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

INGREDIENTS: Chicken, Egg Noodles, Zucchini, Cream, Red Bell Pepper, Sweet Potato, Onion, Ketchup, Celery, Garlic, Tomato Paste, Tamari, Chicken Stock, Dijon Mustard, Paprika, Black Pepper, Tarragon.

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1. **Cook the Noodles**
   Bring a medium saucepan of water to a boil. Add the ***Egg Noodles*** to the boiling water with a generous sprinkle of salt and cook until al dente, about 6 to 7 minutes. Drain thoroughly and set aside. Wipe out the saucepan.

2. **Cook the Chicken**
   While the pasta is cooking, heat 1 Tbsp olive oil in a large skillet over medium-high heat. Pat dry the ***Chicken Breast*** and generously season with salt and pepper. When the oil is hot, add the chicken breasts and cook until crisp and brown, about 4 to 5 minutes. Flip and cook until brown on the second side, about 4 additional minutes. Transfer the chicken to a cutting board and let rest for 5 minutes before slicing into ½" strips. Wipe out the skillet.

3. **Cook the Zucchini**
   While the chicken is resting, heat 1 Tbsp olive oil in the now-empty noodle saucepan over medium-high heat. When the oil is hot, add the ***Zucchini*** with a sprinkle of salt and pepper. Cook until they start to brown, about 3 to 4 minutes. Remove from the heat and set aside.

4. **Cook the Veggies and Sauce**
   Heat 1 Tbsp olive oil in the now-empty chicken skillet over medium-high heat. When the oil is hot, add the ***Sweet Potato, Pepper & Onion*** and cook until the onions turn translucent and the sweet potatoes start to brown, about 3 to 4 minutes. Add 1 Tbsp butter and when it has melted, add 1 Tbsp of flour and stir until the veggies are well coated. Cook until the flour begins to brown, about 1 minute. Add the ***Copacabana Sauce*** and bring to a boil. Reduce the heat to medium-low and cook, stirring continuously until the sauce has thickened enough to coat the back of a spoon, about 3 to 4 minutes. Turn off the heat and stir in the sliced chicken.

   Be careful not to burn the garlic.

5. **Put It All Together**
   Serve the chicken and sauce over the egg noodles and top with the seared zucchini. Enjoy!

Instructions for two servings.

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