

# Chicken Satay Noodle Bowl

We're hooked on Thai Chicken Satay, with its tender chicken and crazy-delicious peanut sauce. So we turned that classic Thai appetizer into a complete meal by cooking cage-free chicken with plenty of Asian veggies and rice noodles. Mixed up with that delectable Satay sauce, it's the test kitchen's new favorite. Best of all, it's on the table in less than 30 minutes.

**25** *Minutes to the Table*

**25** *Minutes Hands On*

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

Saucepan  
Large Skillet

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 6 MEEZ CONTAINERS

Rice Noodles  
Chicken  
Garlic and Ginger  
Asian Vegetables  
Satay Sauce  
Green Onions and  
Cilantro

## Make the Meal Your Own

**Want to add some additional richness?** Try scrambling an egg and mixing it in. You won't be disappointed!

## 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, through intramuscular injection, or even the egg...ever.

**Health snapshot per serving** – 575 Calories, 69g Protein, 19g Fat, 13 Smart Points

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

INGREDIENTS: Chicken, Rice Noodles, Cabbage, Edamame, Carrots, Bok Choy, Peanuts, Garlic, Ginger, Rice Wine Vinegar, Tamari, Brown Sugar, Cayenne Pepper, Sesame Oil, Green Onion, Cilantro

*meez* meals

### 1. Getting Organized

Put a saucepan of water on to boil.

### 2. Cook the Rice Noodles

Add the **Rice Noodles** to the boiling water and cook until tender, 5-6 minutes.

Drain, rinse under cold water and set aside.

### 3. Prepare the Chicken

While the rice noodles are cooking, heat a large skillet with 1 Tbsp of olive oil on medium-high heat. Add the **Chicken** to the pan and cook for 3 to 4 minutes, until the chicken is crisp and brown. Turn the chicken over and cook for another 3 to 4 minutes, until this side is brown as well.

Remove from heat and place on a cutting board. Once the chicken has rested for 5 minutes, use a sharp knife to cut the chicken breast evenly into strips, about ¼" to ½" wide and set aside.

### 4. Cook the Veggies

Place the **Asian Vegetable Mix** and **Garlic and Ginger** in the now empty skillet and sauté, stirring frequently, over medium-high heat for 7-8 minutes.

Stir in the **Satay Sauce** until vegetables are completely coated and sauce is warm, about 1 minute. Remove skillet from heat.

### 5. Putting it All Together

Combine the rice noodles and chicken strips with the contents of the skillet and stir until the peanut sauce has completely coated everything.

Top with **Green Onions and Cilantro**, serve and enjoy!

Instructions for two servings.

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