

# Pappardelle with Chicken & Herby Cream Sauce

25 Minutes to the Table

25 Minutes Hands On

1 Whisk *Super Easy*

Wide ribbons of pappardelle pasta and tender chicken breast are coated in a flavorful herby cream sauce infused with white wine, fennel, herbs, and lemon. Finished with sweet peas, Parmesan, and a touch of black pepper, this comforting dish balances richness with bright, aromatic flavor.

## Getting Organized

### EQUIPMENT

- Large Skillet
- Medium Saucepan

### FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper
- Butter (1 Tbsp/svg)

### 6 MEEZ CONTAINERS

- Chicken
- Pappardelle Pasta
- Fennel & Onions
- Herby Cream Sauce
- Peas
- Parmesan

## Good to Know

If you ordered the **Carb Conscious version**, we sent you Red Peppers instead of Pappardelle, reducing the **carbs per serving to 35g**. Skip steps 1 and 3 and prior to step 3, heat 1 Tbsp olive oil in the empty skillet over medium-high heat and cook the peppers until charred, about 5 minutes. Use in place of the pasta.

**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** – 850 Calories, 132g Fat, 45g Carbs, 57g Protein, and 25 Freestyle Points.

**Lightened-up health snapshot per serving** – 660 Calories, 92g Fat, 31g Carbs, and 18g Freestyle Points, by using two-thirds of the pappardelle, parmesan, and Herby Cream Sauce, and butter.

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

INGREDIENTS: Chicken, Cream, Fennel, Yellow Onion, White Wine, Pappardelle, Peas, Parmesan, Chicken Stock, Lemon, Garlic, Black Pepper, Thyme, Oregano, Tarragon



### 1. Get Organized

Bring a medium saucepan of water to boil.

### 2. Cook the Chicken

While the water is coming to a boil, heat 1½ Tbsp olive oil in a large skillet over high heat. Pat dry and generously salt and pepper the **Chicken Breasts** on both sides. Cook until brown on one side, 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. After the chicken has rested, shred with two forks and set aside until step 4.

### 3. Cook the Pasta

While the chicken is resting, add the **Pappardelle Pasta** to the boiling water with a sprinkle of salt and cook until al dente, about 6 to 8 minutes. Drain well, return to the saucepan, cover and set aside.

### 4. Create the Sauce

While the pasta is cooking, heat 1 Tbsp olive oil in the now-empty chicken skillet over medium-high heat. Add the **Fennel & Onions** and cook until they start to soften, 5 to 6 minutes. Add the **Herby Cream Sauce** and bring the mixture to boil. Reduce the heat to medium-low and simmer, stirring frequently, until it thickens, about 5 to 6 additional minutes. Add the **Peas** and 2 Tbsp of butter and stir until the butter has melted. Remove from the heat and add the half the **Parmesan**, shredded chicken, and cooked pasta. Stir well.

### 5. Put It All Together

Serve the pasta with the remaining parmesan sprinkled over top. Enjoy!

Instructions for two servings.

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