

Buffalo Chicken Pita

A Meez spin on Buffalo Wings. We're serving buffalo chicken strips on a toasted Swiss cheese pita topped with a buttermilk ranch salad and plenty of blue cheese crumbles. It's a fork-and-knife dinner that's guaranteed to be a crowd pleaser.

Getting Organized

EQUIPMENT

Large Skillet
Baking Sheet
Mixing Bowl

FROM YOUR PANTRY

Butter (1 Tbsp per serving)
Olive Oil
Salt & Pepper

7 MEEZ CONTAINERS

Buttermilk Ranch
Veggies
Chicken
Buffalo Sauce
Pita
Swiss Cheese
Blue Cheese Crumbles

INGREDIENTS: Chicken, Pita, Buffalo Sauce, Swiss, Blue Cheese, Broccoli, Cauliflower, Carrot, Cucumber, Celery, Mayo, Sour Cream, Buttermilk, Brown Sugar, Lemon, Vinegar, Garlic, Chive, Onion, Parsley, Miso, Black Pepper.

25 Minutes to the Table

25 Minutes Hands On

1 Whisk Super Easy

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 – 820 Calories, 86g Protein, 32g Fat, 50g Carbs, 19 Freestyle Points

Lighten-Up Health snapshot per serving – 620 Calories, 74g Protein, 12g Fat, 12 Freestyle Points with half the pita and half the cheese.

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

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1. Getting Organized

Preheat oven or toaster oven to 400 degrees. Mix the **Veggies** and **Buttermilk Ranch Dressing** in a large bowl and refrigerate until step 5.

2. Cook the Chicken

Heat 1 Tbsp olive oil in a large skillet over medium-high heat. Generously salt and pepper the **Chicken** on both sides. When the oil is hot add to the pan and cook until crisp and brown on one side, about 4 minutes, and turn. Cook until brown on the second side, about 3 to 4 additional minutes. . Set aside to rest for 5 minutes, then , cut into strips, about ¼" to ½" thick.

3. Warm the Buffalo Sauce

While the chicken is resting, wipe out the skillet. Add the **Buffalo Sauce** and 2 Tbsp butter and cook over medium heat until the butter is melted, and the sauce is warm about 2 to 3 minutes. Remove from the heat.

When chicken has rested and been cut into strips, return it to the skillet with the buffalo sauce and toss until the chicken is well coated. Set aside for step 5.

4. Toast the Pita

Place the **Pita** on a baking sheet and top with the **Swiss Cheese** (the shredded cheese in a sealed bag) making sure to go all the way to the edges.

Toast in the oven until the cheese melts, about 5 to 6 minutes.

5. Put It All Together

Top the toasted pita with the buffalo chicken (leaving the excess sauce in the skillet) and then the ranch salad. Sprinkle the **Blue Cheese Crumbles** (the cheese in the container) over top. Serve and dig-in with a fork and knife!

Use a slotted spoon to transfer the coated chicken, leaving the extra sauce behind. Otherwise the pita may become soggy.

Instructions for two servings.

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