

# Cauliflower Fried "Rice" with Chicken & Pea Pods

We love cooking with tiny cauliflower bites in place of rice. We're cooking it up for a low-carb fried "rice" with sautéed chicken, peapods and red peppers. Topped with green onions and sesame seeds, this dinner is pure Meez Magic.

**20** *Minutes to the Table*

**20** *Minutes Hands On*

**2 Whisks** *Easy*

## Getting Organized

### EQUIPMENT

Large Skillet

### FROM YOUR PANTRY

Olive Oil

Salt & Pepper

Eggs (1)

### 5 MEEZ CONTAINERS

Chicken

Cauliflower Rice

Sauté Sauce

Pea Pods & Peppers

Green Onions & Sesame

Seeds

## Make the Meal Your Own

### **Family Friendly Favorite!**

## 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** – 347 Calories, 63g Protein, 4g Fat, 1 Freestyle Point

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

INGREDIENTS: Chicken, Cauliflower, Peapods, Red Peppers, Green Onions, Tamari, Hoisin, Ginger, Garlic, Sambal, Sesame Oil, Sesame Seeds.

*meez* meals

### 1. Sear the Chicken

Dry and generously sprinkle the **Chicken** with salt and pepper (we use ¼ tsp salt and ¼ tsp pepper, so use about half per side, or more if you like) and slice into ½" cubes.

Heat 1 Tbsp olive oil in a skillet over high heat. When the oil is very hot, add the chicken and cook until it starts to brown, about 3 minutes, stirring once half-way through. Remove the seared chicken and set aside to finish cooking in step 3. Do not wipe out the pan.

### 2. Make the Fried Cauliflower Rice

Add 1 Tbsp olive oil to the skillet place over high heat. Beat one egg in a small bowl.

Add the **Cauliflower Rice** and sauté until it starts to brown, about 2 minutes. Push the cauliflower to the outer edges of the skillet forming a ring on the outside and pour the egg in the middle (not on top of the cauliflower). When the egg starts to set, scramble it into little pieces.

Stir the egg and cauliflower together, then remove the mixture from the skillet, and set aside. Wipe out the pan.

### 3. Put It All Together

Heat 1 Tbsp olive oil in a skillet over high heat. When the oil is very hot, add the **Pea Pods & Peppers**. Sauté until the veggies start to brown, about 3 minutes. Stir in the cauliflower rice/egg mixture, seared chicken, and **Sauté Sauce**. Cook until the chicken is done and the sauce sticks to the cauliflower rice, about 2 to 3 minutes. Remove from heat.

Top with the **Green Onions & Sesame Seeds**, serve and enjoy!

*The chicken will NOT be fully cooked at this point. You'll finish it in step 3.*

*If your eggs look like tiny pieces of scrambled eggs, you have done it right!*

Instructions for two servings.

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