

Sesame-Peanut Chicken with Seared Pineapple

We adore Thai flavors and this week and we're serving handmade sesame-peanut sauce with juicy, all-natural chicken breast, jasmine rice, bell peppers and seared pineapple. It's fresh and fun and on the table in the flash.

25 Minutes to the Table

25 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Medium Saucepan
Large Skillet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Sesame Peanut
Sauce
Jasmine Rice
Red Pepper, Onion
& Sesame Seeds
Pineapple
Chicken Breasts

Good To Know

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.

If you ordered the **Carb Conscious version**, we sent you cauliflower "rice" instead of the Jasmine Rice, reducing the **carbs per serving to 40g**. Skip step 1. Prior to Step 2, add 1 Tbsp olive oil to a large skillet over high heat. When the oil is hot, add the cauliflower "rice" and sauté until it starts to brown about 3 to 4 minutes. Remove from skillet and treat the same as you would the rice. Wipe out the skillet.

Health snapshot per serving – 850 Calories, 35g Fat, 76g Carbs, 58g Protein and 21 Freestyle Points.

Lightened-up Health snapshot per serving – 650 Calories, 26g Fat, 52g Fat, by using 2/3 of the rice, pineapple, and sauce.

**SCAN QR CODE
to view YouTube
cooking video**



INGREDIENTS: Chicken Breast, Pineapple, Jasmine Rice, Bell Pepper, Peanut Butter, Green Onion, Coconut Milk, Tamari, Rice Wine Vinegar, Honey, Sesame Oil, Cilantro, Basil, Garlic, Sesame Seeds, Ginger

*meez*meals

1. Get Started

Bring a medium saucepan of water to a boil.

2. Cook the Rice

Add the **Jasmine Rice** to the boiling water and cook until the rice is tender, about 15 minutes. Drain well and return to the empty saucepan. Add half of the **Red Pepper, Onion & Sesame Seeds** and mix. Transfer the rice and veggies directly to serving bowls. Wipe out the saucepan to use in step 5.

3. Char the Pineapple

While the rice is cooking, heat a large skillet over high heat. When the skillet is hot, add the **Pineapple** and sear until both sides are charred, about 2 to 3 minutes per side. Remove the pineapple and set aside. Do not wipe out the skillet.

4. Cook the Chicken

Heat 1½ Tbsp of olive oil in the now-empty skillet over medium high heat. Pat dry and generously salt and pepper the **Chicken Breasts** on both sides. When the oil is hot, add the chicken and cook until the bottom is brown, about 4 minutes. Flip and cook for another 4 minutes on the other side. Spread about 1 Tbsp of **Sesame-Peanut Sauce** over each breast in a thick layer. Flip and cook until the sauce sears onto the chicken, about 1 minute. Add another 1 Tbsp of sesame-peanut sauce to the top of each breast, flip and cook until the sauce is seared onto the second side. Transfer the chicken to a cutting board. Let rest for 5 minutes, then slice into ½" strips.

5. Put it All Together

While the chicken is resting, add the remaining Sesame-Peanut Sauce to the empty saucepan and cook over medium low heat until warm, about 2 minutes. Add the sliced chicken to the serving bowls with a few healthy drizzles of the warmed Sesame-Peanut Sauce. Layer the charred pineapple rings on top and sprinkle with the remaining red pepper, onion and sesame seeds. Enjoy!

*We cook
our rice
like pasta
so you
just need
enough
water to
completely
cover the
rice.*