

Deconstructed Grilled Chicken Kabobs

Juicy grilled chicken, summer squash, and seared bell peppers paired with an arugula pesto that's just right for summer...it is just plain delicious. We're serving it over warm naan for a dinner the whole family will love.

20 Minutes to the Table

20 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Large Skillet
Cutting Board

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Chicken Breast
Naan
Zucchini & Summer
Squash
Bell Peppers
Arugula Pesto

Make The Meal Your Own

If you ordered the **Carb Conscious version**, we sent you Veggie "Rice" instead of the naan, reducing the **carbs per serving to 15g**. After step 2, do not wipe out the pan and add the veggie rice to the skillet and cook until it starts to brown, about 3 to 4 minutes. Use in place of naan in step 4.

Good To Know

If you want to **grill the chicken**, cook to an internal temperature of 160 degrees and let sit for 5 minutes (it will continue to cook to finish at 165 degrees).

Health snapshot per serving – 665 Calories, 71g Protein, 19g Fat, 55g Carbs, and 12 Freestyle Points.

Lightened-Up Health snapshot per serving – 520 Calories, 15g Fat, 32g Carbs, and 7 Freestyle Points by using half the naan.

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

SCAN QR CODE
to view
YouTube
cooking video



INGREDIENTS: Chicken, Naan, Zucchini, Summer Squash, Bell Peppers, Artichoke, Arugula, Chive, Parmesan, Olive Oil, Lemon, Garlic.

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1. Cook the Chicken

Pat dry the **Chicken Breasts** with a paper towel and sprinkle with salt and pepper. Heat a large skillet with 2 Tbsp of olive oil over medium-high heat. When the oil is hot, add the chicken and cook until it is crisp and brown, about 4 minutes. Turn the chicken over and cook until the other side is brown as well, about 3 to 4 additional minutes. Transfer the chicken to a cutting board. Do not wipe out the pan.

Once the chicken has rested for 5 minutes, use a sharp knife to cut the chicken breast evenly into 1" cubes and set aside.

If you want to use your grill instead, cook the chicken to an internal temperature of 160 degrees and let sit for 5 minutes (it will continue to cook to finish at 165 degrees).

2. Cook the Veggies

While the chicken is resting, return the skillet to the stove over high heat and add the **Zucchini & Summer Squash** and **Bell Peppers** with a generous pinch of salt. Sauté until the edges of the squash start to char, about 5 minutes. Remove from the pan and set aside. Wipe out the skillet.

If your grilling, heat the naan on the grill.

3. Warm the Naan

Very lightly brush both sides of the **Naan** with olive oil and sprinkle with salt and pepper. Return the now empty skillet to the stove over medium-high heat. Warm both sides of the naan until it is warm, about a minute on each side.

4. Put It All Together

Serve the chicken on the warm naan and drizzle with the **Arugula Pesto**. Top with the cooked veggies and enjoy!

Instructions for two servings.

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