

# Chicken Pot Pie

This classic pot pie combines our natural chicken breast, lots of vegetables and a light cream sauce and topped with a flaky golden crust. Its just the kind of cozy comfort food you expect from Meez!

**50** *Minutes to the Table*

**20** *Minutes Hands On*

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

Large Skillet  
Loaf Pan or Casserole  
Dish

### FROM YOUR PANTRY

Olive Oil or Butter (2  
Tbsp)  
Flour (1½ Tbsp)  
Salt & Pepper

### 5 MEEZ CONTAINERS

Chicken Breast  
Sweet Potatoes &  
Parsnips  
Onions & Corn  
Cream Sauce  
Pie Crust

## Make The Meal Your Own

**This is a great make-ahead dinner.** You can cook the filling up to a day ahead. When you're ready to eat, just top with the pie dough and bake 20 to 25 minutes in a 400-degree oven.

**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 or through intramuscular injection...ever.

## Good To Know

**Health snapshot per serving** – 770 Calories, 67g Protein, 29g Fat, 60g Carbs, 17 Freestyle Points.

**Lightened up snapshot** – 680 Calories, 18g Fat and 17 Smart points using two-thirds of the crust and two-thirds of the cooked sauce.

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

INGREDIENTS: Chicken Breast, Pie Crust, Sweet Potatoes, Corn, Onion, Parsnips, Carrot, White Wine, Cream, Chicken Stock, Garlic, Miso, Savory, Oregano, Thyme, White Pepper.

meez *meals*

### 1. Getting Organized

Preheat your oven to 400.

### 2. Prep the Chicken

Pat dry and generously sprinkle **Chicken Breast** with salt and pepper (we use ¼ tsp salt and ¼ tsp pepper, so use about half per side, or more if you like).

Heat a large skillet with 1 Tbsp of olive oil on medium-high heat. Add the chicken to the pan and cook for 1 minutes, until it is just slightly crisp and brown. Turn the chicken over and cook for one more minute. Remove from heat and place on a cutting board. Cut the breast lengthwise into long strips, ½" wide. Rotate the strips 90 degrees and then cut across to create small, even cubes.

### 3. Make the Filling

Heat 2 Tbsp of oil or butter in a large skillet over medium-high heat. Add the **Sweet Potatoes & Parsnips** and cook until the sweet potatoes starts to brown, about 4 minutes, stirring constantly. Add the **Onions & Corn** and cook until onions start to turn translucent, about 4 to 5 minutes. Add 1½ Tbsp of flour and cook for one minute while stirring and distributing the flour evenly around the pan.

Add the **Cream Sauce** and stir, scraping the browned bits off the bottom of the pan. Add 1¼ cups water and bring the mixture to a boil. Let sauce boil until it thickens to the consistency of gravy, about 2 minutes. Reduce heat to low and simmer for 5 minutes.

Remove from heat and stir in the cubed chicken breast.

### 4. Bake the Pot Pie

Transfer the filling to a loaf pan (or, if you prefer, a casserole dish) and top with the **Pie Crust**. Bake until crust is golden brown and flaky, about 20 to 25 minutes. Let cool slightly before serving. Enjoy!

*The chicken will not be fully cooked at this point but will finish cooking in step 4.*

*We include just enough pie crust to add flaky deliciousness, without all the calories of a traditional pot pie.*

Instructions for two servings.

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