

# Chicken Panang Curry with Crispy Noodles

We love the mellow peanuty flavors of Panang curries, especially when paired with chicken, cabbage, and snow peas. When served over crispy noodles, the extra step adds a restaurant-quality touch without much hassle.

**30** Minutes to the Table

**30** Minutes Hands On

**2 Whisk** Easy

## Getting Organized

### EQUIPMENT

Saucepan  
Large Skillet

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 5 MEEZ CONTAINERS

Noodles  
Chicken Breast  
Asian Veggies  
Panang Curry Sauce  
Cilantro & Green Onions

## Good To Know

If you ordered the **Carb Conscious version**, we sent you zucchini “noodles” instead of the noodles reducing the **carbs per serving to 30g**. Skip step 1. In place of step 3, heat 1 Tbsp olive oil in the empty skillet over high heat. When the oil is hot, add the zucchini “noodles” and cook until they start to char, about 3 to 4 minutes. Transfer to serving plates before topping with the curry chicken, veggies, and sauce.

**Health snapshot per serving** – 820 Calories, 35g Fat, 55g Protein, 69g Carbs, 22 Freestyle Points

**Lightened Up Health Snapshot per serving** – 630 Calories, 25g Fat, 49g Carbs, by using 2/3 of the noodles and the sauce.

**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, Coconut Milk, Wheat Noodles, Cabbage, Snow Peas, Red Bell Pepper, Peanut Butter, Tamari, Green Onion, Yellow Curry, Brown Sugar, Ginger, Garlic, Rice Wine Vinegar, Lime, Basil, Cilantro

meez *meals*

### 1. **Get Organized**

Put a large saucepan of water on to boil.

### 2. **Cook the Noodles**

Add the **Noodles** to the boiling water and cook until al dente, about 8 to 10 minutes. Drain and return the cooked noodles to the saucepan until step 4.

### 3. **Cook the Chicken**

While the noodles are cooking, pat dry the **Chicken Breast** and generously season with salt and pepper.

Heat 1 Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, add the chicken and cook until the bottom is crisp and brown, about 4 to 5 minutes. Turn the chicken and cook for another 4 minutes, until the other side is brown as well. Transfer the chicken to a cutting board to rest for 5 minutes, then slice into ½" strips.

### 4. **Crisp the Noodles**

While the chicken is resting, wipe out the now-empty skillet and heat 1 Tbsp olive oil over high heat. Add the cooked noodles and spread in a single layer to the edges of the skillet. Cook until the bottoms and edges of the noodles start to brown and become crispy, about 3 to 4 minutes. Stir, and then cook until the noodles now on the bottom and edges also turn brown, an additional 2 to 3 minutes. Arrange the crispy noodles into a "nest" on each serving plate. Do not wipe out the skillet.

### 5. **Cook the Veggies and Sauce**

Heat 1 Tbsp oil in the now-empty skillet over medium high heat. When the oil is hot, add the **Asian Veggies** and sauté, stirring occasionally, until they soften and start to char, about 3 to 4 minutes. Add the **Panang Curry Sauce** to the skillet and bring to a boil. Lower the heat to medium and simmer until the sauce has thickened enough to coat the back of a spoon, about 5 minutes. Remove from the heat.

### 6. **Put It All Together**

Serve the chicken, veggies and curry sauce with the **Cilantro & Green Onions** sprinkled on top. Enjoy!

Instructions for two servings.

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