

# Chorizo and Polenta Casserole

A Mexican-Italian mashup that we just love. We're cooking our polenta with Mexican cheeses and chorizo, then baking it up with seared peppers. Served with a fried egg and squeeze of lime, it's a cozy dinner for a cold weather night.

**30** Minutes to the Table

**30** Minutes Hands On

**2 Whisk** *Easy*

## Getting Organized

### EQUIPMENT

- Large Skillet
- Casserole Dish

### FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper
- Egg (1 per serving)

### 5 MEEZ CONTAINERS

- Chorizo Sausage
- Polenta (ready to cook cornmeal)
- Cheese
- Poblano & Red Peppers
- Lime

## Make the Meal Your Own

If you ordered the **Carb Conscious version** we sent you cauliflower instead of the polenta, reducing the **carbs to 23g per serving**. After step 2. Add the cauliflower to the skillet used to cook the chorizo and sauté over medium high heat until the cauliflower starts to brown, about 2 to 3 minutes. Remove from the heat and add half the Cheese and the cooked chorizo. Stir everything together and transfer the contents of the skillet to the oiled casserole dish and set aside until step 5. Wipe out the skillet and proceed with step 4.

Health snapshot per serving – 795 Calories, 44g Protein, 57g Fat, 23g Carbs, 23 Freestyle Points

## Good to Know

**Health snapshot per serving** – 795 Calories, 44g Protein, 57g Fat, 23g Carbs, 23 Freestyle Points

**Lightened Up Health snapshot per serving** – 635 Calories, 48g Fat, 15g Carbs, 20 Freestyle Points by using half the cheese and skipping the egg.

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

INGREDIENTS: Polenta, Chorizo Sausage, Poblano Peppers, Bell Peppers, Chihuahua, Parmesan, Cheddar, Lime.

*meez* meals

## 1. Getting Started

Preheat your oven to 425 degrees. Spray or lightly brush a large casserole dish with oil.

## 2. Brown The Chorizo Sausage

Heat a large skillet over medium-high heat. When the pan is hot, add the **Chorizo Sausage** and break it up with a wooden spoon or spatula. Cook until it starts to brown, continuing to break the pieces apart, about 4 minutes. Use a slotted spoon to remove the chorizo from the skillet and set aside, leaving the juices in the pan. Do not wipe out the skillet.

## 3. Cook the Polenta

Add 2 cups water to the now empty skillet and bring to a boil. Slowly whisk the **Polenta** into the boiling water and continue whisking the mixture until there are no clumps, about 1 minute. Reduce the heat to medium and add a sprinkle of salt and pepper. Continue to stir frequently until the polenta thickens right up to the point of being cut-able, about 3 minutes. Remove from the heat and add half the **Cheese** and the cooked chorizo. Stir everything together and transfer the contents of the skillet to the oiled casserole dish and set aside until step 5. Wipe out the skillet.

## 4. Complete the Casserole

Heat 1 Tbsp olive oil in the now empty skillet over medium high heat. When the oil is hot, add the **Poblano & Red Peppers** and sauté until the peppers start to brown, about 3 minutes. Transfer the peppers in a single layer to the casserole dish. Do not wipe out the skillet.

Spread the remaining cheese on top of the peppers and bake the casserole until the cheese becomes bubbly and starts to brown, about 5 minutes. Remove from the oven and set aside to rest for at least 5 minutes.

## 5. Top with Egg and Serve

While the casserole is resting, return the now empty skillet to the stove over medium high heat. When the pan is hot, crack one egg into the skillet and cook until the white is opaque and yolk has set, about 2 minutes. Salt and pepper the egg and place on top of one serving of the casserole. Repeat for the other serving.

Slice the **Lime** and squeeze on top of the entire dish. Enjoy!

Instructions for two servings.

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