

Kung Pao Chicken Salad

There's something about a classic Chinese chicken salad that makes everyone go wild. Some say it's the crispy wontons. Others think it's the Mandarin oranges. But in the Meez test kitchen, we all agree it's our Kung Pao sauce that sets this recipe head and shoulders above anything we've had before.

20 *Minutes to the Table*

20 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet
Baking Sheet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Wonton
Chicken Breast
Kung Pao Sauce
Red Cabbage & Bok
Choy
Mandarin Oranges

Make The Meal Your Own

Prefer a cold salad? Cook the chicken and toast the wontons the day before, then serve the salad cold.

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.

Health snapshot per serving – 485 Calories, 59g Protein, 12g Fat, 32g Carbs, and 11 Smart Points.

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

INGREDIENTS: Free-Range Chicken, Bok Choy, Red Cabbage, Wontons, Mandarin Oranges, Sesame Seeds, Garlic, Tamari, White Wine, Sesame Oil, Sambal, Vinegar, Basil, Brown Sugar, Cornstarch

meez meals

1. Getting Started

Preheat oven to 400 degrees.

2. Bake the Wonton

Arrange the **Wonton Wrappers** on a sheet pan and lightly brush with olive oil, salt and pepper. Bake until wontons are brown and crisp (but not burned), about 5 to 7 minutes. Take out of oven and set aside

3. Cook the Chicken

Heat a large skillet with 1-Tbsp of olive oil on medium high heat. Generously salt and pepper the **Chicken Breasts** on both sides and add to the pan. Cook until crisp and brown, about 4 minutes, and turn. Cook until brown on the second side, about 3 to 4 additional minutes.

Place on cutting board to rest for 5 minutes, then cut into strips, about ¼" to ½" thick. Set aside.

4. Prepare the Sauce and Vegetables

While the chicken is resting, add the **Kung Pao Sauce** to the now empty skillet and cook on medium heat until warm, about for 2 to 3 minutes. Turn off heat and toss with the **Red Cabbage & Bok Choy**.

5. Putting It All Together

Place the vegetables and sauce in a salad bowl, topped with sliced chicken and **Mandarin Oranges**. Break up wontons into small pieces and sprinkle on top of the salad. Enjoy!

*Bake wontons
long enough to
be crunchy
since you will
be crumbling
them in step 5.*

*Don't wash the
skillet yet, you'll
be using it again
in step 4.*

Love this recipe? #meezmagic

Instructions for two servings.

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