

Herb-Roasted Chicken with Red Potatoes

We're putting a fresh spin on classic roast chicken this week. With red potatoes, cremini mushrooms, fresh herb rub and hands-free white wine sauce, it's a sophisticated one-pan dinner we just love. (Did we mention it's just 10 minutes hands on?)

65 Minutes to the Table

10 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Deep Casserole Dish or
Roasting Pan

FROM YOUR PANTRY

1 Tbsp Flour
Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Chicken Thighs
Red Potatoes
Mushrooms
Red Onion
Herbs & Garlic
White Wine Sauce

Make The Meal Your Own

If you ordered the **Carb Conscious version**, we sent you cauliflower instead of the potatoes, reducing the **carbs to 28g per serving**. You can cook the cauliflower just like the potatoes but don't need to cut them in half.

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, through intramuscular injection, or even the egg...ever.

Good To Know

Health snapshot per serving – 640 Calories, 13g Fat, 46g Protein, 75g Carbs, 16 Freestyle Points.

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

INGREDIENTS: Cage-Free Chicken Thighs, Red Potatoes, Cremini Mushrooms, White Wine, Red Onion, Capers, Heavy Cream, Garlic, Miso, Herbs and Spices

meez meals

1. Getting Organized

Preheat your oven to 425 degrees.

2. Prep the Chicken and Potatoes

Pat the **Chicken Thighs** dry with a towel. If the chicken skin has bunched in places, pull it evenly over the chicken thighs so that it lays flat.

Cut the **Red Potatoes** in half.

This step ensures that the chicken skin gets nice and crispy.

3. Roast the Chicken

In a roasting pan or deep casserole dish, toss the chicken thighs, potatoes, **Mushrooms**, **Red Onion** and **Herbs & Garlic** with 2 Tbsp olive oil, ½ tsp salt and ¼ tsp pepper. Arrange the vegetables on the bottom of the pan and set the chicken thighs on top. Roast until the chicken skin is beginning to brown and crisp, about 40 to 45 minutes.

4. Finish the Sauce

Remove from the oven and sprinkle 1 Tbsp flour over everything. Return to the oven for 5 minutes. Remove again, toss well and add the **White Wine Sauce** to the pan. Stir well to incorporate.

When you stir the sauce, mix in any dry pockets of flour.

Return the pan to the oven and cook until the chicken is brown and crispy and the sauce is thick and bubbling, about 8 to 10 minutes.

Instructions for two servings.

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