

Tomatillo Chicken with Tamale Pancakes

Think deconstructed tamales. Masa pancakes cook up faster and easier than tamales, and we're serving them topped with grilled chicken breast, tomatillo sauce and a fresh pepper salsa. It's a family-favorite dinner on the table in less than thirty minutes.

Getting Organized

EQUIPMENT

Large Skillet

FROM YOUR PANTRY

Olive Oil

Salt & Pepper

4 MEEZ CONTAINERS

Tamale Pancake Mix

Creamy Tomatillo Sauce

Chicken Breast

Pepper Medley Salsa

Good to Know

Family favorite!

Speed tip: We're using one skillet and cooking the chicken after you've cooked the tamales. To save time, use two skillets and cook the tamale pancakes and chicken in different skillets at the same time.

Health snapshot per serving – 700 Calories, 69g Protein, 15g Fat, 77g Carbs, 14 Freestyle Points

Lightened Up Health snapshot per serving – 535 Calories, 14g Fat, 43g Carbs, 9 Freestyle Point by using half the Tamale Pancake Mix.

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

25 Minutes to the Table

25 Minutes Hands On

1 Whisks *Super Easy*

INGREDIENTS: Chicken Breast, Corn Masa, Cubanelle Peppers, Bell Peppers, Corn, Red Onion, Tomatillos, Cream Cheese, Enchilada Sauce, Lard, Cilantro, Garlic, Coriander, Lime, Kosher Salt.

meez meals

1. **Make the Tamale Pancakes**

Heat 1 Tbsp olive oil in a large skillet over medium high heat. Separate the **Tamale Pancake Mix** in half. Using your hands, form two pancakes about 6" x 4" and about ½" thick. (Ovals will fit in pan better than rounds).

When oil is hot, add the pancakes to the skillet. Cook until the bottom is brown, about 4 minutes. Flip and cook the other side until brown, about an additional 4 minutes. Remove from pan and put directly on serving plates. Wipe out skillet.

2. **Sear the Chicken**

Dry and generously salt and pepper the **Chicken Breast**. Heat 1 Tbsp olive oil in the now empty skillet over medium-high heat. When the oil is very hot, add the chicken and cook until it browns, about 4 to 5 minutes. Flip and cook the other side until it is brown, 4 additional minutes. Remove the chicken from the heat and set aside to rest for 5 minutes. Do not wipe out the pan. Once the chicken has rested, slice it into ¼" cubes.

3. **Heat the Sauce**

While the chicken is resting return the now empty skillet to the stove over medium heat. Add the **Creamy Tomatillo Sauce** and cook until hot, about 2 to 3 minutes. Remove from the heat and stir-in the cubed chicken breast.

4. **Put It All Together**

Serve the chicken and sauce over the Tamale Pancakes and top with the **Pepper Medley Salsa**. Enjoy!

Instructions for two servings.

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