

Balsamic Glazed Chicken Caprese Pasta

This deliciously quick-to-the-table dish is sure to be a new family favorite. With organic chicken breast, fresh mozzarella, sweet grape tomatoes and a balsamic glaze, it's the perfect partner for whole-grain penne pasta. NOM NOM!

20 Minutes to the Table

10 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Saucepan
Deep Skillet or Large
Saucepan with Lid

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Chicken Breast
Whole Grain Penne
Fresh Mozzarella
Pesto
Grape Tomatoes
Balsamic Glaze

Make The Meal Your Own

If you ordered the **Carb Conscious version**, we sent you zucchini "noodles" instead of the pasta, reducing the **carbs per serving to 17g**. Skip step 1. In step 2, pat dry the zucchini noodles, add 1 TBSP oil to skillet. Cook on medium-high heat until they start to brown, about 3 minutes. Add the fresh mozzarella and pesto and follow rest of the directions.

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

Be sure to generously season your chicken with salt and pepper before cooking. Chef Max recommends using $\frac{1}{4}$ tsp of each.

If you're making the gluten-free version, we've given you gluten-free penne.

Health snapshot per serving – 615 Calories, 23g Fat, 40g Carbs, 64g Protein, 15 Smart Points

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

INGREDIENTS: Cage-Free Chicken Breast, Grape Tomatoes, Whole Grain Penne Pasta, Fresh Mozzarella Cheese, Balsamic Vinegar, Brown Sugar, Olive Oil, Basil, Almonds, Parmesan, Lemon Juice, Garlic, Spices

1. Getting Organized

Put a saucepan of water on to boil.

2. Cook the Pasta

Add the **Whole Grain Penne** to the boiling water. Cook until al dente, about 7 to 9 minutes, and then drain and return to the now-empty saucepan.

Add the **Fresh Mozzarella** and **Pesto**. Mix well, then set aside.

3. Prep and Cook the Chicken and Tomatoes

Place the **Chicken Breast** on a cutting board. Using a sharp knife, slice the chicken into even strips. (We aim for approximately ¼" - ½" slices). Once the chicken is sliced, generously sprinkle with salt and pepper (we use ¼ tsp salt and ¼ tsp pepper, so use about half per side, or more if you like).

While the pasta is cooking, heat 1 ½ Tbsp olive oil in a deep skillet (or large saucepan) over medium-high heat. When the oil is hot, add the chicken breast and **Grape Tomatoes** and cover. Cook until the chicken is browned on one side, about 6 minutes, and then flip. Continue cooking, uncovered, until the chicken is fully cooked, about 4 more minutes.

Add the tomatoes and chicken gently; the oil will be extremely hot and you want to avoid splashes.

Add the **Balsamic Glaze** and cook, stirring continuously, until chicken and tomatoes are coated, about 2 minutes. Season with salt and pepper to taste.

4. Put It All Together

Serve the pesto pasta topped with the chicken and tomatoes. Drizzle any extra glaze from the pan over the top to taste. Enjoy!

Love this recipe? #meezmagic

Instructions for two servings.

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