

# Tahitian Chicken Paella

Tropical flavors give the classic Spanish paella a twist we just love. With caramelized pineapple, sweet bell peppers, cage-free chicken breast and a coconut soy ginger sauce, this rice casserole is bursting with flavor.

**40** Minutes to the Table

**20** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized

### EQUIPMENT

Oven-Safe Large Skillet

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 5 MEEZ CONTAINERS

Chicken Breast  
Pineapple & Peppers  
Rice  
Coconut Soy Ginger Sauce  
Cashews

## Make The Meal Your Own

If you ordered the **Carb Conscious version**, we sent you cauliflower "rice" instead of the white rice. This change and eliminating the extra drizzle of sauce at the end, reduces the **carbs per serving to 35g**. Prior to step 3., heat 1 Tbsp olive oil in a large skillet over high heat. Sauté the cauliflower "rice" until it starts to brown, about 2 to 3 minutes. Remove from the heat and set aside. Use in place of the rice in step 4 and DO NOT add the water and only cook in the oven for 10 to 15 minutes (checking on the level of the liquid periodically).

## Good To Know

**The trick to this dish** is to use a large skillet or frying pan that will be safe in the oven. The rice should fit in a thin layer so it can develop crusty bits on the bottom, which is our favorite part of paella.

**Health snapshot per serving** – 810 Calories, 69g Protein, 93g Carbs, 19g Fat, 17 Freestyle Points

**Lightened-up health snapshot** – 658 Calories, 7g Fat, 84g Carbs, 12 Freestyle points by eliminating the nuts and using  $\frac{3}{4}$  of the sauce (may need to add additional water during cooking.)

SCAN QR CODE  
to view  
YouTube  
cooking video



INGREDIENTS: Chicken Breast, Coconut Milk, Pineapple, Bell Peppers, Rice, Pineapple Juice, Onion, Tamari Sauce, Cashews, Brown Sugar, Cilantro, Garlic, Herbs and Spices

meez *meals*

## 1. Getting Organized

Preheat your oven to 375.

## 2. Prep the Chicken

Place the **Chicken Breast** on a cutting board. Using a sharp knife, cut the chicken breast lengthwise into long strips, about 1/4" wide. Rotate the chicken breast 90 degrees and then cut across to create small, even cubes of chicken.

Once the chicken is cut, generously sprinkle with salt and pepper (we use 1/4 tsp salt and 1/4 tsp pepper, so use about half per side, or more if you like).

## 3. Cook the Chicken and Vegetables

Heat 1 Tbsp oil in a large, oven-safe skillet over high heat. Add the cubed chicken breast and cook, stirring occasionally, until no longer pink on the outside, about 3 to 5 minutes. Add the **Pineapple & Peppers** and continue cooking until the vegetables are soft and fragrant, 3 to 5 minutes.

## 4. Prepare and Bake the Paella

Stir the **Rice** into the pan along with 3/4 of the **Coconut Soy Ginger Sauce** and 1 cup of water. Bring to a boil and then cover (if your skillet doesn't have a lid, use aluminum foil).

Put the skillet into the oven and cook the paella until the rice is tender and the water has been absorbed, about 30 minutes. Check at 20 and 25 minutes for water level. If the rice isn't fully cooked once the water has been absorbed, you can add a little more water and continue cooking until the rice is tender. Once the rice is to your liking, turn the oven off, but leave the skillet in for an additional 5 minutes.

## 5. Put It All Together

Top the paella with **Cashews** and drizzle with the remaining sauce. Serve and enjoy!

*Be sure to save 1/4 of the coconut soy ginger sauce.*

*You'll need it at the end to finish the dish.*

*Resist the urge to stir the paella, let it cook undisturbed.*

Instructions for two servings.

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