

Chicken Pot Pie

This cozy recipe starts as a classic chicken pot pie, but we're tossing our cage-free chicken breast with plenty of corn, sweet potatoes and mushrooms to make it as healthy as it is delicious. Tossed in a light cream sauce with golden pastry on top, it's a recipe that's just right, and less indulgent than you'd imagine.

50 Minutes to the Table

20 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Large Skillet
Loaf Pan or Casserole
Dish

FROM YOUR PANTRY

Olive Oil or Butter
1 ½ Tbsp of Flour
Salt & Pepper

6 MEEZ CONTAINERS

Onions & Corn
Chicken Breast
Sweet Potatoes
Cream Sauce
Mushrooms
Pie Crust

Make The Meal Your Own

This is a great make-ahead dinner. You can cook the filling up to a day ahead. When you're ready to eat, just top with the pie dough and bake 20 to 25 minutes in a 400-degree oven.

Picky eaters tip – We love the earthiness from the mushrooms, but if you're eating with someone who doesn't love the idea of them, puree the mushrooms in a food processor and add to the filling before you top with the crust and bake. Your picky eater will never see them, but will love the flavor they bring.

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 or through intramuscular injection...ever.

Good To Know

A note on pan sizes. Chef Max prefers to bake his pot pie in a deep, narrow pan like a loaf pan because it's the perfect size for the crust, but he says a casserole dish or oven-safe saucepan will work well too.

Health snapshot per serving – 920 Calories, 65g Protein, 36g Fat, 82g Carbs, 26 Smart Points

Lightened up snapshot – 680 Calories, 18g Fat and 17 Smart points using 1/2 the pie crust.

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

INGREDIENTS: Cage-Free Chicken Breast, Sweet Potato, Mushrooms, Onion, Pie Crust, Corn, White Wine, Half and Half, Garlic, Miso, Concentrated Vegetable Stock, Herbs and Spices

meez meals

1. Getting Organized

Preheat your oven to 400.

2. Prep the Chicken

Place the **Chicken Breast** on a cutting board. Using a sharp knife, cut lengthwise into long strips, about ¼" to ½" 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 ¼ tsp salt and ¼ tsp pepper, so use about half per side, or more if you like).

3. Make the Filling

Heat 2 Tbsp of oil or butter in a large skillet over medium-high heat. Add the **Onions & Corn** and cook until well browned, about 7 to 10 minutes. Add the chicken and cook 5 minutes. Add the **Sweet Potatoes** and cook for 4 minutes, stirring constantly. Add 1 ½ Tbsp of flour and cook for one minute while stirring and distributing the flour evenly around the pan.

Add the **Cream Sauce** and stir, scraping the browned bits off the bottom of the pan. Simmer until it thickens to the consistency of gravy, about 1 minute. Add the **Mushrooms** and 1 ¼ cups water and bring the mixture to a boil. Reduce heat and simmer for 5 minutes. Season with salt and pepper to taste.

4. Bake the Pot Pie

Transfer the filling to a loaf pan (or, if you prefer, a casserole dish) and top with the **Pie Crust**. Bake until crust is golden brown and flaky, about 20 to 25 minutes. Let cool slightly before serving. Enjoy!

Use your biggest skillet or a large saucepan because all of the ingredients are cooked together.

We include just enough pie crust to add flaky deliciousness, without all the calories of a traditional pot pie.

Love this recipe? #meezmagic

Instructions for two servings.

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