Creamy Pakistani Chicken with Warm Naan

20 Minutes to the Table

20 Minutes Hands On

1 Whisk Super Easy

This dinner is all about bold flavor without feeling intimidating. All-natural chicken breast is combined with a Pakistani tomato-cream-sauce spiced with cumin, coriander, turmeric, and fenugreek, giving it deep warmth and richness. Finished with cool cucumber mint crema and served with warm naan for scooping, it's comforting, flavorful, and ready in just 20 minutes.

Getting Organized

EQUIPMENT
- Large Skillet

FROM YOUR PANTRY
- Olive Oil
- Salt & Pepper

5 MEEZ CONTAINERS
- Naan Bread
- Chicken Breast
- Beets & Onions
- Pakistani Tomato-Cream Sauce
- Cucumber Mint Crema

Good to Know

If you ordered the **Carb Conscious version**, we sent you cauliflower "Rice" instead of the Naan Bread, reducing the **carbs per serving to 37g**. Instead of toasting the Naan in step 2, sauté the cauliflower with olive oil, salt and pepper over medium-high heat until it starts to brown, about 3 to 4 minutes. Remove from the skillet and serve under the chicken, veggies and sauce.

Our free-range 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*.

Health snapshot per serving – 620 Calories, 21g Fat, 55g Carbs, 53g Protein, and 11 Freestyle Points.

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

INGREDIENTS: Chicken Breast, Naan, Tomato, Beets, Sour Cream, Yellow Onion, Cream, Cucumber, Garlic, Ginger, Apple Cider Vinegar, Lime, Cilantro, Brown Sugar, Tomato Paste, Mint, Cumin, Salt, Coriander, Turmeric, Fenugreek.

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1. **Cook the Chicken**
   Heat 1 Tbsp olive oil in a large skillet over medium-high heat. Pat dry and generously salt and pepper the ***Chicken Breasts*** on both sides. When the oil is hot, add the chicken and cook until crisp and brown, about 5 minutes. Flip, then cook until brown on the second side, about 4 to 5 additional minutes. Transfer the chicken to a cutting board and let rest for 5 minutes. Once the chicken has rested, slice into ½" strips. Wipe out the skillet.

2. **Toast the Naan**
   Return the now-empty skillet to the stove over medium-high heat. Brush the ***Naan Bread*** with olive oil and sprinkle with salt and pepper. When the skillet is hot, toast the naan bread until it is warm and starts to brown, about 1 to 2 minutes. Flip and repeat for the other side. Remove from the skillet and set aside. Do not wipe out the skillet.

3. **Cook the Veggies & Sauce**
   Heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. When the oil is hot, add the ***Beets & Onions*** with a sprinkle of salt and pepper. Cook, stirring occasionally, until the beets soften and onions are soft and start to brown, about 6 to 7 minutes. Add the ***Chukander Sauce*** and stir well. Lower the heat to low and continue to cook until the sauce has warmed through and the beets are tender, an additional 3 to 4 minutes. Turn off the heat and stir in the sliced chicken.

4. **Put It All Together**
   Serve the chicken, beets, and sauce topped with the ***Cucumber Mint Crema.*** Tear off pieces of naan bread to scoop up what you can't get with a fork. Enjoy!

Instructions for two servings.

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