

Arroz Con Pollo

A one-pot wonder with flavors your family will go crazy for. It all starts with classic Spanish Rice, seasoned with fresh herbs and plenty of diced tomatoes. Paired with sweet corn, sweet peas and seared chicken, it's this week's family-favorite recipe.

45 Minutes to the Table

15 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Oven Safe Skillet

FROM YOUR PANTRY

Olive Oil

Salt & Pepper

5 MEEZ CONTAINERS

Chicken Thighs

Rice

Spiced Tomatoes

Peas and Corn

Herbs and Spices

Make The Meal Your Own

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.

Good To Know

Be sure to generously season your chicken with salt, about ½ tsp for each thigh.

Health snapshot per serving – 765 Calories, 34g Protein, 22g Fat, 895mg Sodium, 107g Carbs, and 22 Smart Points.

Lightened Up snapshot per serving - 580 Calories, 31g Protein, 21g Fat, 890mg Sodium, 66g Carbs, and 17 Smart Points using half the rice.

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

INGREDIENTS: Free-Range Chicken, Rice, Tomatoes, Peas, Corn, Onions, Crushed Red Pepper, Lime Juice, Garlic, Chicken Base, Herbs and Spices

meez meals

1. Getting Organized

Preheat oven to 350.

2. Prep and Cook the Chicken

Season **Chicken Thighs** with salt, about ½ tsp for each thigh, and one third of the **Herbs and Spices**.

Heat 1 Tbsp oil in a large oven safe skillet over medium heat. Place thighs skin side down, and cook for about 10 minutes, until skin is golden brown and crispy. Turn thighs over and cook for another 3-4 minutes.

Remove thighs from pan, but be sure to leave all the juices in the pan.

3. Cooking the Rice

Stir the **Rice** and the **Spice Mix** into the sauté pan, making sure all the grains are covered with the juice. Add the **Spiced Tomatoes** and the **Peas and Corn**, and one and a third cup of water. Bring to a boil.

As soon as it starts to boil, turn off the heat, and put the chicken into the pan, with only the skin sticking out over the surface of the rice.

Cover and place in oven for about 30 minutes.

4. Putting It All Together

Uncover the pan, fluff the rice, and let it all cool for about 5 minutes. Serve the chicken on top of the rice. Enjoy!

Love this recipe? #meezmagic

We're cooking the rice in the juice from the chicken, making the recipe extra flavorful.

Instructions for two servings
Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois