

Lemon Chicken with Red Potatoes & Asparagus

30 *Minutes to the Table*

30 *Minutes Hands On*

1 Whisk *Super Easy*

Simple, sophisticated and delicious. We are hooked on this gem. We're smothering all-natural chicken breasts with a light lemon cream sauce and serving it up with roasted red potatoes and asparagus. It's summer cooking at its best and on the table in just thirty minutes.

Getting Organized

EQUIPMENT

Large Skillet
Baking Sheet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Red Potatoes
Chicken
Asparagus
Lemon
Creamy Lemon Sauce

Good to Know

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 – 530 Calories, 19g Fat, 38g Carbs, 50g Protein, and 11 Freestyle Points.

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

**SCAN QR CODE
to view YouTube
cooking video**



INGREDIENTS: Chicken, Red Potatoes, Asparagus, Lemon, Cream, White Wine, Chicken Stock, Garlic, White Pepper, Savory

meez  *meals*

1. Get Organized

Preheat the oven to 425.

2. Roast the Potatoes

Cut the **Red Potatoes** in half and place, cut side down, on a baking sheet. Lightly drizzle with olive oil and sprinkle with salt and pepper. Bake until the potatoes are brown on the outside and tender inside, about 25 minutes. Remove from the oven.

3. Cook the Chicken

While the potatoes are roasting, heat 1½ Tbsp olive oil in a large skillet over medium-high heat. Pat dry the **Chicken Breasts** and season with salt and pepper. When the oil is very hot, add the chicken and cook until crisp and brown, about 5 minutes. Flip and cook until the other side is crisp and brown, about an additional 4 minutes. Remove from the skillet and allow to rest for 5 minutes, then place directly on your serving plates. Wipe out the skillet.

4. Cook the Asparagus

Heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. When the oil is hot, add the **Asparagus** and sprinkle lightly with salt and pepper. Slice the **Lemon** in half crosswise and sear alongside the asparagus. Cook, the asparagus, stirring occasionally, until it starts to brown, about 5 to 6 minutes. Transfer the asparagus and lemon directly to serving plates. Wipe out the skillet.

5. Make the Cream Sauce

Return the now-empty skillet to the stove over medium-high heat. Add the **Creamy Lemon Sauce** and bring to a boil, then lower the heat to medium-low and cook until it thickens enough to coat the back of a spoon, about 3 minutes, stirring frequently to keep it from burning. Pour over the chicken from edge-to-edge.

6. Put It All Together

Serve the potatoes alongside the chicken and the asparagus. Squeeze the grilled lemon over the entire dish. Enjoy!

Instructions for two servings.

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