

# Mae Ploy Chicken

Mae Ploy is the secret sauce behind some of our favorite Thai recipes. This week we're glazing chicken in the classic sweet chili sauce, then serving it over a bed of brown rice and fresh asparagus. Topped with peanuts and fresh herbs, it's the Thai dinner you've been craving.

**35** *Minutes to the Table*

**15** *Minutes Hands On*

**2 Whisk** *Easy*

## Getting Organized

### EQUIPMENT

Sauce Pan  
Sauté Pan  
Baking Sheet

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 5 MEEZ CONTAINERS

Brown Rice  
Asparagus  
Chicken Breasts  
Mae Ploy Sauce  
Peanuts and Herbs

## Make The Meal Your Own

**We think meal is just as good cold** as it is warm, so we like it as a make-ahead lunch or dinner.

**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 breast.

**Health snapshot per serving** – 685 Calories, 8g Fat, 91g Carbs, 67g Protein and 17 Freestyle Points.

**Lighten Up snapshot per serving** – 505 Calories, 7g Fat, 49g Carbs, and 9 Freestyle Points by using half the rice and half the sauce.

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

INGREDIENTS: Free-Range Chicken, Asparagus, Brown Rice, Mae Ploy Sauce, Peanuts, Cilantro, Lime Juice, Tamari, Garlic, Sriracha Sauce and Ginger

**meez** *meals*

### 1. Getting Organized

Preheat oven to 400 and bring water to a boil.

Add the **Brown Rice** to the boiling water with a pinch of salt. Cook until al dente, about 20 to 30 minutes. Drain the rice, fluff with fork and cover.

*We cook our rice like pasta so just make sure you cover the rice with plenty of water*

### 2. Cooking the Asparagus

Place the **Asparagus** on a baking sheet, drizzle with olive oil, salt and pepper. Bake in oven for 6-8 minutes. The asparagus should be fork tender and will continue to cook a bit when you take them out of the oven.

### 3. Cooking the Chicken

Generously sprinkle the **Chicken Breasts** with salt and pepper (we use ¼ tsp salt and ¼ tsp pepper, so use about half per side, or more if you like).

Heat 1 tsp oil in a skillet over high heat. When the oil is hot, add the chicken to the pan. Cook, without moving or flipping, until the bottom is browned and each piece begins to color up the side, about 4 minutes. Flip and continue cooking until the other side is well browned, about 3 more minutes.

*Your sauce will be the perfect consistency when it's thick enough to coat the back of a spoon without falling off*

When chicken is done cooking, reduce the heat to medium high, and add the **Mae Ploy Sauce** to the chicken, and cook for another 4-5 minutes. This will help make the sauce nice and thick.

*Spoon sauce over the chicken while it cooks to add a delicious glaze.*

### 4. Putting It All Together

Put the rice on a plate, top with the asparagus and chicken. Add the **Peanuts and Herbs**. Enjoy!

*Love this recipe? #meezmagic*

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