

Chicken Saagwala

One of northern India's tastiest curries. Fresh spinach, turmeric and garam masala come together to make a light sauce that's perfect with tender chicken and jasmine rice. We're serving it topped with crispy bell peppers and a creamy yogurt and kale salad, for a dinner that's totally delicious.

30 *Minutes to the Table*

30 *Minutes Hands On*

2 Whisks *Easy*

Getting Organized

EQUIPMENT

- Large Skillet
- Rimmed Baking Sheet
- Saucepan
- Mixing Bowl

FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper

7 MEEZ CONTAINERS

- Kale
- Yogurt Sauce
- Jasmine Rice
- Chicken
- Bell Peppers
- Seasoned Onions
- Spinach Sauce

Make The Meal Your Own

If you ordered the **Carb Conscious version**, we sent you cauliflower "rice" instead of Jasmine rice, reducing the **carbs per serving to 33g**. You don't need to boil any water. Instead, while the chicken is resting after step 4, use the now empty skillet to cook the cauliflower rice over high heat until it starts to brown, about 2 to 3 minutes. Serve in place of the rice in step 6.

This is a great make-ahead dinner. Cook the individual components when you have time and just heat when ready to eat

Good To Know

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, through intramuscular injection, or even the egg...ever.

Health snapshot per serving – 620 Calories, 23g Fat, 68g Protein, 46g Carbs, 12 Freestyle Points

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

INGREDIENTS: Chicken Breast, Jasmine Rice, Kale, Bell Peppers, Onion, Coconut Milk, Yogurt, Cream, Jalapeno, Ginger, Cilantro, Coriander, Turmeric, Crushed Red Pepper, Cumin, Fenugreek, Garam Masala, Lemon.

meez *meals*

1. Getting Organized

Preheat your oven to 425 degrees and set a pot of water to boil over high heat.

2. Make the Kale & Creamy Yogurt Salad

Arrange the **Kale** in a single layer on a baking sheet. Drizzle with olive oil, toss, and lightly salt and pepper. Bake until the edges of the kale are brown but still tender in places, about 7 to 8 minutes. (Watch closely near the end so it doesn't burn.) Transfer to a mixing bowl and add the **Yogurt Sauce** (white with green specs). Mix well and refrigerate until you're ready to eat.

3. Cook the Rice

While the kale is cooking, add the **Jasmine Rice** to the boiling water with a pinch of salt and boil uncovered until desired al dente, about 12 to 15 minutes. Drain well and return rice to the pot, cover, and set aside off the heat.

4. Cook the Chicken

While the rice is cooking, heat 1½ Tbsp olive oil in a large skillet over medium-high heat. Pat the **Chicken** dry with a paper towel and lightly salt and pepper. When the oil is hot, add the chicken and cook until the bottom is crisp and brown, about 4 minutes. Turn the chicken and cook for another 3 to 4 minutes, until the other side is brown as well.

Transfer the chicken to a cutting board and let rest 5 minutes, then use a sharp knife to cut the chicken breast into ½" cubes. Do not wipe out the pan.

5. Make the Veggies and Sauce

Add the **Seasoned Onions** to the now empty skillet and cook over medium-high heat until they start to brown, and you smell the aroma of spices, about 2 minutes. Lower the heat to medium and add the bright green **Spinach Sauce**. Scrape the tasty bits of onion off the bottom of the pan and mix well. Cook until the sauce is warm, about 2 to 3 minutes, stirring once or twice. Remove from the heat and stir in the cubed chicken.

6. Put It All Together

Serve the chicken and sauce over the jasmine rice and top with the creamy yogurt & kale salad. Sprinkle the **Bell Peppers** on top and enjoy!

*You'll need
enough
water to
completely
submerge
the rice.*

Instructions for two servings.

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