

# Chicken Florentine

Chicken Florentine sounds fancy, but we make it easy to cook on a busy weeknight. Our scrumptious marinara sauce arrives ready to heat and we're serving cage-free, all-natural chicken breast, spinach and creamy cheese sauce, sautéed zucchini, and capers and pepitas for a crunch.

**25** *Minutes to the Table*

**25** *Minutes Hands On*

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

2 Large Skillets

### FROM YOUR PANTRY

Olive Oil

Salt & Pepper

### 6 MEEZ CONTAINERS

Chicken

Capers & Pepitas

Zucchini

Marinara Sauce

Spinach

Seasoned Cheese Sauce

## 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** – 625 Calories, 38g Protein, 44g Fat, 20g Carbs, 20 Freestyle Points

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

INGREDIENTS: Chicken, Spinach, Zucchini, Tomato, Cream Cheese, Cream, Pepitas, Mozzarella, Provolone, Red Onion, Basil, Parmesan, Lemon Zest, Olive Oil, Sugar, Capers, Black Pepper, Tomato Paste, Sage, Kosher Salt, Fennel, Thyme, Tarragon, Garlic.

meez *meals*

### 1. Cook the Chicken

Heat 1 Tbsp olive oil in a large skillet over high heat. Generously salt and pepper the **Chicken** on both sides and, when the oil is hot, add to the pan. Cook until crisp and brown on one side, about 4 to 5 minutes, and flip. Cook until brown on the second side, about 4 additional minutes. Remove the chicken and place on a cutting board to rest for 5 minutes. Do not wipe out the pan. When chicken has rested, cut into strips, about ¼" to ½" thick and set aside.

### 2. Create the Sauce

While the chicken is cooking, heat 1 Tbsp olive oil in a second large skillet over medium-high heat. Add the **Capers & Pepitas** and cook, stirring frequently, until the seeds start to brown and the capers begin to pop, 4 to 5 minutes. Remove from the skillet and set aside.

Heat 1 Tbsp olive oil in the now-empty skillet used for the capers & pepitas over medium-high heat. When the oil is hot, add the **Zucchini** and cook until it is seared and starts to soften, about 2 to 3 minutes. Stir in the **Marinara Sauce**, reduce the heat to low, and simmer until it thickens slightly, about 2 to 3 minutes. Turn off the heat.

### 3. Cook the Spinach and Cheese Sauce

Heat 1 Tbsp olive oil in the now-empty chicken skillet over medium-high heat. Add the **Spinach** and sauté until it wilts, about 3 minutes. Turn off the heat, add the **Seasoned Cheese Sauce** to the skillet and stir well.

### 4. Put It All Together

Serve the sliced chicken over the cheesy spinach and smother it with the zucchini and marinara. Top with the capers & pepitas and enjoy!

Instructions for two servings.

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