

Chicken Paprikash with Egg Noodles

Literally "Paprika Chicken", this is comfort food at its best: a rich cream sauce, mellow spices and tender egg noodles. We're making our version with beets and parsnips for a winter stew just right for a chilly night.

30 *Minutes to the Table*

30 *Minutes Hands On*

2 Whisks *Easy*

Getting Organized

EQUIPMENT

- Large Skillet (with a cover)
- Large Saucepan

FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper

6 MEEZ CONTAINERS

- Egg Noodles
- Sour Cream & Parsley
- Chicken Breast
- Beets & Parsnips
- Paprikash Sauce
- Paprika, Onions & Garlic

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 – 870 Calories, 74g Protein, 36g Fat, 21 Freestyle Points

Lighten-Up Health snapshot per serving – 630 Calories, 69g Protein, 20g Fat, 11 Freestyle Points per serving with half the sauce and half the noodles.

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

INGREDIENTS: Chicken Breast, Egg Noodles, Beets, Parsnips, Tomato, Peas, Onion, Garlic, Sour Cream, Parsley, Dill, Hungarian Paprika, Black Pepper.

meez *meals*

1. Cook the Egg Noodles

Set a large saucepan of water to boil. Add the **Egg Noodles** to the boiling water with a pinch of salt and cook until al dente, about 5 to 6 minutes. Drain thoroughly and return to the now empty saucepan with half the **Sour Cream & Parsley** over low heat. Stir until the noodles are coated and the sauce is warm, about a minute. Cover and set aside until step 4.

2. Cook the Chicken

While the noodles are cooking, heat 1 Tbsp olive oil in a large skillet over medium-high heat. Pat the **Chicken Breasts** dry with a paper towel and lightly salt and pepper. When the oil is very hot, add the chicken and cook until the bottom is crisp and brown, about 4 minutes. Turn the chicken and cook for another 4 minutes, until the other side is brown as well. Set chicken aside to rest for 5 minutes. Do not wipe out pan.

Once the chicken has rested cut into ¼" wide strips.

3. Cook the Veggies and Make the Sauce

Add 1 Tbsp olive oil to the now empty skillet and heat on medium high. When the oil is hot, add the **Beets & Parsnips** and sauté until they start to brown, about 4 to 5 minutes.

Add the **Paprika, Onions & Garlic** and stir continuously until the onions are evenly coated and spices are fragrant about 30 seconds. Add the **Paprikash Sauce** and bring to a boil. Reduce the heat to low, cover and simmer until the sauce thickens enough to coat the back of a spoon, about 6 to 7 minutes. Add the remaining Sour Cream & Parsley and cook until the entire mixture is hot.

4. Put It All Together

Serve the creamy egg noodles topped with the veggies and sauce, and the sliced chicken. Enjoy!

Instructions for two servings.

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