

Tomatillo Cilantro Chicken Tamales

We're making tamales this week. Yes, from scratch. And it's simpler and more delicious than you can imagine. With shredded chicken, a creamy tomatillo sauce and masa, we're sending you the ingredients for an authentic recipe cooked up right in your own home. (if you do need help, we are at 773-916-6339)

45 Minutes to the Table

25 Minutes Hands On

3 Whisks Medium

Getting Organized

EQUIPMENT

Steamer or Deep
Saucepan
Large Skillet

FROM YOUR PANTRY

Salt & Pepper
Egg (one per
serving)

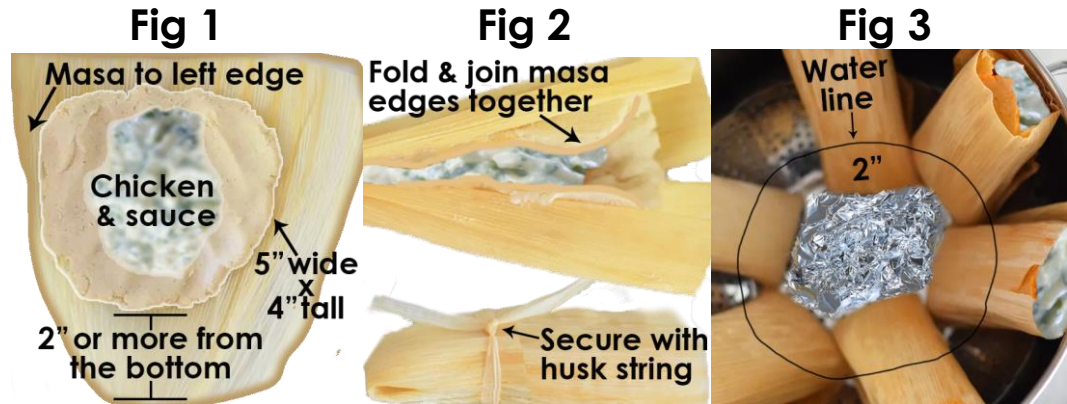
5 MEEZ CONTAINERS

Chicken
Corn Husks
Masa
Creamy
Tomatillo
Sauce
Pepper Medley
Salsa

Good to Know

Health snapshot per serving – 655 Calories, 70g Protein, 15g Fat, 69g Carb, 12 Freestyle Points.

Tamale Assembly Diagram (for reference with instructions on other side)



INGREDIENTS: Chicken, Masa*, Corn Husks, Tomatillos, Enchilada Sauce, Cubanelle Peppers, Bell Peppers, Red Onion, Corn, Cream Cheese, Lime Juice, Kosher Salt, Coriander, Garlic, Cilantro. *contains lard

meez meals

1. Getting Organized

Fill a steamer or very deep saucepan with about 2" of water and set to boil over high heat. Take one of the **Corn Husks** and rip six ¼" strips and set aside.

The chicken will not be fully cooked but will finish in step 4.

2. Make the Chicken & Sauce

While the water is coming to a boil, dry and generously salt and pepper the **Chicken**. Heat 1 Tbsp olive oil in a large skillet over medium-high heat. When the oil is very hot, add the chicken and cook until it starts to brown, about 2 minutes. Flip and cook the other side until it is brown, 2 additional minutes. Remove the chicken from the heat and set aside to rest for 5 minutes. Do not wipe out the pan.

These will be the strings to hold together the tamales while cooking.

While the chicken is resting return the skillet to the stove over medium heat. Add the Creamy Tomatillo Sauce and cook until warm, about 2 to 3 minutes. Turn off the heat. Slice the rested chicken breast into ¼" cubes and stir into the skillet.

3. Assemble the Tamales

Set three corn husks flat on the counter. Divide half the masa evenly across the three husks in a thin 5"x4" rectangle as shown in Fig 1 (see flip side of card). Divide half the chicken & sauce evenly across the three husks as well, placing it on top of the masa as shown in Fig 1.

The masa should be between 1/8 to 1/4 inch thick.

Fold the long ends of the husk over (see top portion of Figure 2), joining the two masa edges so that they touch each other and then let the husks overlap. Fold the bottom section of the husk up and secure it loosely using one of the six husk strips (see bottom portion of Fig 2). Repeat these steps for three additional tamales using up the remaining masa and chicken & sauce. When finished with step 3, you should have six tamales ready to be cooked.

Make sure the open end of the tamale doesn't fall into the water.

4. Cook the Tamales and Serve

Once the water is boiling: **1)** if using a steamer, place the tamales into the top section and cover; or **2)** if you are using a deep saucepan, place the tamales, folded-end down, directly into about 2" of boiling water, using a ball of aluminum foil to keep the tamales from falling (see Figure 3). Cover and steam for 20 minutes. Cut the strings with a scissors, open up the husk and top with the **Pepper Medley Salsa**. Enjoy!

Don't eat the corn husks!

Instructions for two servings.

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