

# Honey Butter Chicken & Waffles

Chicken & Waffles taken up a notch. Or two or three. With roasted leeks, crispy buttermilk-breaded chicken, and sweet honey-butter served over a Belgian waffle, you've got a sophisticated spin on a down-home classic that's on the table in just 30 minutes.

**30** Minutes to the Table

**30** Minutes Hands On

**2 Whisks** Easy

## Getting Organized

### EQUIPMENT

Large Skillet  
Baking Sheet

### FROM YOUR PANTRY

One Egg  
Olive Oil  
Salt & Pepper

### 6 MEEZ CONTAINERS

Leeks  
Chicken  
Buttermilk Dressing  
Breading  
Honey Butter  
Belgian Waffles

## Good to Know

We're sending you the waffles already cooked, so no waffle iron required ☺

### Family favorite!

**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** – 740 Calories, 69g Protein, 29g Fat, 16 Freestyle Points

**Lighten-Up Health snapshot per serving** – 595 Calories, 67g Protein, 17g Fat, 11 Freestyle Points with half the dressing, half the butter and ½ waffle per serving.

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

INGREDIENTS: Chicken, Belgian Waffle, Leeks, Buttermilk, Panko, Mayonnaise, Butter, Honey, Chive, Black Pepper, Kosher Salt, Thyme, Basil, Oregano, Celery Salt, Dry Mustard, Paprika, Garlic, Ginger, White Pepper.

meez meals

### 1. Roast the Leeks

Preheat oven to 425. Arrange the **Leeks** in a single layer on a rimmed baking sheet and drizzle lightly with olive, oil, salt and pepper. Cook until they begin to crisp, about 10 minutes. Set aside for step 5.

### 2. Prepare the Chicken

While the leeks are roasting, pat dry and very loosely wrap each **Chicken** breast in saran wrap and place on a cutting board. Using a meat tenderizer (mallet) or bottom of a small pot, pound the thicker sections of the breast until each has reached uniform thickness. Generously season with salt and pepper (we use ¼ tsp salt and ¼ tsp pepper, so use about half per side, or more if you like).

In a mixing bowl, mix half the **Buttermilk Dressing** with one egg. Spread the **Breading** evenly on a large plate. Now dip the chicken breast completely into the buttermilk dressing and let any excess drip off. Then put each piece of chicken onto the breading. Press down to make sure the breading adheres then repeat on the other side. Discard any unused buttermilk dressing and breading.

### 3. Cook the Chicken

Heat 2 Tbsp olive oil in a large skillet over medium heat. When the oil is hot add the breaded chicken and cook until the breading is golden brown, about 4 to 5 minutes. Flip and cook the other side until it is also brown, an additional 4 to 5 minutes. Remove from the heat.

While the chicken is resting, place the **Honey Butter** on top of the chicken breasts to melt.

### 4. Heat the Waffle

Wipe out the skillet and return to the stove over medium heat. Cook the **Belgian Waffles** until the first side is lightly brown. Flip and cook the other side until it is also brown, and the waffle is warmed thoroughly. Remove from heat and place directly on serving plates.

### 5. Put It All Together

Drizzle the remaining buttermilk dressing on the waffles, cover with the roasted leeks and top with the chicken and melted honey butter. Enjoy!

*Save the other half of the buttermilk dressing to drizzle on the chicken in step 5.*

*We use one hand to take the chicken through these steps and keep the other hand clean to hold the bowl or plate. It makes the process neater and easier.*

*We like the way the pan caramelizes the waffle but feel free to use your toaster oven if you prefer*

Instructions for two servings.

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