

Meez Chicken Caesar Salad

Get ready to fall in love with Meez's take on a classic Chicken Caesar salad. It starts with a ridiculously tasty Roasted Red Pepper Caesar dressing, tossed with romaine and arugula, and topped with grilled chicken breast, our own cauliflower "croutons" and a hard-boiled egg. It will be the best Caesar you have ever tasted.

30 *Minutes to the Table*

30 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Saucepan
Baking Sheet
Large Skillet
Large Mixing Bowl

FROM YOUR PANTRY

Eggs (1 per serving)
Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Cauliflower & Cheese
Chicken Breast
Romaine Lettuce
Arugula
Roasted Red Pepper
Caesar Dressing

Good To Know

Our free-range 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 – 780 Calories, 67g Protein, 47g Fat, 23g Carbs, and 14 Freestyle Points.

Lightened up Health Snapshot per serving – 630 Calories, 34g Fat, 21g Carbs by using two-thirds of the dressing and eliminating the eggs.

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

**SCAN QR CODE
to view YouTube
cooking video**



INGREDIENTS: Chicken Breast, Romaine, Arugula, Cauliflower, Red Peppers, Parmesan, Pecorino Romano, Mozzarella, Mayonnaise, Apple Cider Vinegar, Lemon, Miso, Garlic, Chives, Black Pepper

meez meals

1. Get Organized

Preheat oven to 425 degrees.

2. Hard-Boil the Eggs

Place 2 eggs in a saucepan and add water until the eggs are submerged by one inch. Cover and bring to a boil over high heat. Once boiling, turn off the heat and leave the eggs in the hot water, covered for 10 to 15 minutes. Remove the shell and run under cold water. Slice into bite sized pieces.

3. Make the Cauliflower “Croutons”

While the water is coming to a boil, lightly spray or brush a large baking sheet with oil. Arrange the **Cauliflower & Cheese** mix into two rectangles, each approximately 6 inches by 6 inches. Bake until the cheese starts to melt, about 10 to 15 minutes. Flip and continue cooking until the cheese is bubbly and brown, an additional 10 minutes. Remove from the baking sheet and separate into bite-sized pieces using two forks.

4. Cook the Chicken

Once the Cauliflower “Croutons” are in the oven, heat a large skillet with 1 Tbsp of olive oil over medium-high heat. Add the **Chicken** to the skillet, and cook until crisp and brown, about 4 minutes, and turn. Cook until brown on the second side, about 4 additional minutes. Transfer the chicken to a cutting board and let rest for 5 minutes. Once the chicken has rested, slice into one-inch strips.

5. Put It All Together

Slice the **Romaine Lettuce** into one-inch pieces and combine with the **Arugula**, sliced hard-boiled egg, and the **Roasted Red Pepper Caesar Dressing** in a large mixing bowl. Toss well and transfer to individual serving bowls. Top with the sliced chicken and Cauliflower “Croutons.” Enjoy!

Instructions for two servings.

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