

Island Chicken with Jasmine Rice

Chicken coated with toasted coconut is already a classic combination. Add our signature Lime Coconut Sauce, bell peppers, and jasmine rice, and you've got something "Island-special" right here in the Midwest.

40 *Minutes to the Table*

25 *Minutes Hands On*

2 Whisk *Easy*

Getting Organized

EQUIPMENT

Saucepan
2 Baking Sheets

FROM YOUR PANTRY

Olive Oil
Salt & Pepper
Eggs (1 per serving)

6 MEEZ CONTAINERS

Seasoned Cornstarch
Toasted Coconut
Chicken
Bell Peppers
Jasmine Rice
Lime Coconut Sauce

Make the Meal Your Own

If you're cooking with kids, cut their chicken into small strips before serving.

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 – 730 Calories, 65g Protein, 18g Fat, 14 Freestyle Points

Lighten Up snap shot per serving – 605 Calories, 64g Protein, 14g Fat, 10 Freestyle Points using half the sauce and cornstarch.

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

INGREDIENTS: Chicken, Jasmine Rice, Coconut, Bell Peppers, Coconut Milk, Cornstarch, Mayonnaise, Lime, Ginger, Garlic, Black Pepper, Basil, Curry Powder, Cayenne Pepper.

meez meals

1. Getting Organized

Pre-heat oven to 400. Put water in a saucepan to boil.

2. Cook the Chicken and Peppers

Beat 2 eggs in a small bowl. Place the **Seasoned Cornstarch** and **Toasted Coconut**, separately, in two other small bowls and coat both sides of the **Chicken**, first with the cornstarch, then the egg and finally the coconut. Place each chicken breast on a baking sheet that has been lightly coated with oil. Roast the chicken until the coconut turns golden brown and chicken is cooked through, about 20 to 25 minutes.

Place the **Bell Peppers** on a second baking sheet, drizzle with olive oil, salt, and pepper. Cook the peppers until they start to brown, also around 20 to 25 minutes.

As the chicken and bell peppers finish cooking, remove from oven and set aside.

3. Cook the Rice

While the chicken and peppers are cooking, add the **Jasmine Rice** to the boiling water with a pinch of salt and boil uncovered until desired texture, about 12 to 15 minutes. Remove from heat, drain excess water, and return the rice to the pot.

Stir two-thirds of the **Lime Coconut Sauce** into the rice. Set heat to medium and cook until rice is slightly creamy, about 3 to 5 minutes.

4. Put It All Together

Stir the roasted peppers into the rice.

Serve the rice and peppers topped with the coconut crusted chicken and pour the remaining lime coconut sauce over top. Enjoy!

*Fill your pot
with enough
water to
cover the rice
completely.*

Instructions for two servings.

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