

Bacon & Smoked Gouda Chicken

We took our inspiration from the cozy cafes of the Netherlands, where Gouda is king and chicken is a favorite. We're pairing smoked Gouda with savory bacon on top of juicy chicken breast. Served up over sautéed cabbage and leeks with a honey-mustard BBQ sauce that had us coming back for seconds.

25 *Minutes to the Table*

25 *Minutes Hands On*

2 Whisks *Easy*

Getting Organized

EQUIPMENT

Large Skillet with a Cover
Meat Tenderizer (mallet) or
Small Pot

FROM YOUR PANTRY

Olive Oil
Salt & Pepper
Butter (1/2 tbs per svg.)

5 MEEZ CONTAINERS

Bacon & Onions
Cabbage & Leeks
Chicken Breast
Smoked Gouda Cheese
Honey Mustard BBQ Sauce

Make The Meal Your Own

In a hurry? You can shave 10 minutes off this recipe if you use two pots and cook the chicken while the veggies are cooking.

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.

Good To Know

Health snapshot per serving – 860 Calories, 45g Fat, 77g Protein, 40g Carbs, 28 Freestyle Points.

Lightened-Up Health snapshot per serving – 650 Calories, 28g Fat, 31g Carbs, 13 Freestyle Points by using 2/3 of the cheese, Bacon & Onions, 2/3 of the BBQ Sauce and not including the butter.

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

INGREDIENTS: Chicken Breast, Cabbage, Leeks, Smoked Gouda, Bacon, Onion, BBQ Sauce, Dijon Mustard, Honey, Apple Cider Vinegar, Black Pepper.

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1. Cook the Bacon & Onions

Cook the **Bacon & Onions** in a large skillet over medium heat until the bacon is slightly crisp, and the onions are translucent, about 4 minutes. Take the bacon and onions out of the skillet and set aside until Step 3. Do not wipe out skillet.

2. Cook the Cabbage and Leeks

Add 1 Tbsp butter to the now-empty skillet over medium heat. When the butter has melted, add the **Cabbage & Leeks** with a light sprinkle of salt and pepper. Cook, stirring occasionally, until the cabbage starts to soften and turns a light, almost translucent green, about 7 to 8 minutes. Transfer directly to serving plates. Do not wipe out the skillet.

3. Cook the Chicken

While the cabbage & leeks are cooking, very loosely wrap each **Chicken Breast** in plastic wrap and place on a cutting board. Pound it until it starts to spread, using a meat tenderizer (mallet) or bottom of a small pot. Flip the chicken over and continue to pound until it is less than ¼" thick and has doubled in size. 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.)

Once the cabbage & leeks are finished cooking, heat 1½ Tbsp olive oil in the now-empty skillet over medium-high heat. When the oil is hot, add the chicken and cook, without moving, until the sides brown, about 2 minutes. Flip and continue cooking until the chicken just starts to get golden, about 1 minute longer. Spread the **Smoked Gouda Cheese** on top of the chicken in a single layer, edge-to-edge. Then arrange the cooked bacon and onions over the cheese, also in a single layer, edge-to-edge.

Cover the skillet and cook until the cheese is completely melted, about 2 to 3 additional minutes.

4. Put It All Together

Serve the smothered chicken breasts on top of the cabbage & leeks and drizzle with the **Honey Mustard BBQ Sauce**. Enjoy!

The oil from the bacon and onions will add flavor to the veggies in step 2.

Don't be afraid to get your aggression out on the chicken!

Instructions for two servings.

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