

Fontina Baked Chicken

A classic Italian recipe and guaranteed crowd pleaser. With melted Fontina, crispy breadcrumbs and balsamic-glazed greens, all drizzled with an Italian cream sauce, it's a restaurant-worthy meal on the table in just 30 minutes.

30 *Minutes to the Table*

15 *Minutes Hands On*

2 Whisks *Easy*

Getting Organized

EQUIPMENT

Large Oven-Safe Skillet
Large Skillet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Chicken Breast
Roasted Red Peppers
Fontina & Breadcrumbs
Cream Sauce
Spinach & Kale
Balsamic Glaze

Make The Meal Your Own

Have leftovers? These flavors are delicious with pasta. Just cook up your favorite and toss with the leftovers.

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 or through intramuscular injection...ever.

Good To Know

Be sure to generously season your chicken with salt and pepper before cooking. Chef Max recommends using ¼ tsp of each.

Health snapshot per serving – 535 Calories, 17g Fat, 66g Protein, 31g Carbs, 15 Smart Points

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

INGREDIENTS: Cage-Free Chicken, Roasted Red Pepper, Spinach, Fontina Cheese, Half & Half, White Wine, Kale, Panko Breadcrumbs, Balsamic Vinegar, Italian Breadcrumbs, Brown Sugar, Garlic, Herbs

meez meals

1. Getting Organized

Preheat your oven to 400.

2. Prep and Cook the Chicken

Generously season the **Chicken Breast** with salt and pepper (we use ¼ tsp salt and ¼ tsp pepper, so use about half per side, or more if you like).

Heat 1 tsp oil in a large oven-safe skillet over high heat. When the oil is hot, add the chicken breasts to the pan. Cook, without moving or flipping, until the bottom is browned and each piece begins to color up the side, about 3 minutes. Flip and continue cooking until the other side is well browned, about 3 more minutes. Turn off the heat.

The chicken will not be fully cooked at this point, but it will continue cooking in the oven.

3. Bake the Chicken

Lay the **Roasted Red Peppers** evenly on top of the chicken breasts. Top with **Fontina & Breadcrumbs**, pressing down to cover the peppers and the entire chicken breast.

Pour the **Cream Sauce** into the bottom of the pan and return pan to medium-high heat. As soon as the sauce begins to boil, turn off the heat and place the skillet into the oven. Bake until the breadcrumbs are golden brown and the sauce has thickened, about 12 to 15 minutes.

The sauce will be very thick. We like it that way, but if you prefer a thinner sauce, add 1-2 Tbsp of water to the pan after it's been in the oven 5 minutes.

4. Sauté the Greens

Heat 1 tsp oil in a large skillet over high heat. Add the **Spinach & Kale** and cook until lightly wilted, but still bright green, about 2 minutes. Stir in **Balsamic Glaze**, coating the greens, until thickened. Drain any excess liquid from the pan.

Serve the glazed greens alongside the baked chicken.

If you're cooking your greens in batches, use 1 tsp of oil per batch.

Love this recipe? #meezmagic

Instructions for two servings.

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