

Green Curry Chicken with Broccoli

A little spicy and a little sweet, green curry has a fresh flavor that we just love. We're cooking it up with juicy chicken breast, bell peppers, and sautéed broccoli. It's a super simple one-pan dinner we just love.

25 *Minutes to the Table*

25 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet

FROM YOUR PANTRY

Olive Oil

Salt & Pepper

4 MEEZ CONTAINERS

Chicken

Broccoli

Red Peppers & Green

Beans

Green Curry Sauce

Make the Meal Your Own

Want to eat even faster? Use two pans and you can have dinner on the table in just 15 minutes.

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 – 445 Calories, 66g Protein, 12g Fat, 5 Freestyle Points

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

INGREDIENTS: Chicken, Broccoli, Red Bell Pepper, Green Beans, Coconut Milk, Curry Paste, Lime, Miso, Lemongrass, Ginger, Tamari, Basil, Brown Sugar.

meez meals

1. Cook the Chicken

Heat a 1 Tbsp olive oil in a large skillet over medium-high heat. Generously salt and pepper the **Chicken** on both sides and add to the pan. Cook until crisp and brown on one side, about 4 minutes, and turn. Cook until brown on the second side, about 3 to 4 additional minutes.

Remove the chicken and place on a cutting board to rest for 5 minutes. Do not wipe out the pan.

When chicken has rested, cut into strips, about ¼" to ½" thick and set aside.

2. Sauté the Vegetables

Return the skillet to the stove over medium-high heat and add the **Broccoli**. Cook until the broccoli starts to brown, about 4 to 5 minutes. Remove the broccoli and place on serving plates.

Without wiping out the skillet, add the **Red Peppers & Green Beans** and cook until they start to brown, about 4 minutes.

3. Put It All Together

Add the **Green Curry Sauce** to the skillet and bring to a boil, then remove from the heat.

Stir in the chicken strips and pour the entire contents of the skillet over the broccoli and enjoy!

Instructions for two servings.

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