

Tahitian Chicken Paella

Tropical flavors give the classic Spanish paella a twist we just love. With caramelized pineapple, sweet bell peppers, cage-free chicken breast and a coconut soy ginger sauce, this rice casserole is bursting with flavor.

40 Minutes to the Table

20 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Oven-Safe Large
Skillet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Chicken Breast
Pineapple & Peppers
Rice
Coconut Soy Ginger
Sauce
Cashews

Make The Meal Your Own

If you ordered the **Carb Conscious version**, we sent you cauliflower "rice" instead of the white rice. This change and eliminating the extra drizzle of sauce at the end, reduces the **carbs per serving to 35g**. Prior to step 3., heat 1 Tbsp olive oil in a large skillet over high heat. Sauté the cauliflower "rice" until it starts to brown, about 2 to 3 minutes. Remove from the heat and set aside. Use in place of the rice in step 4 and DO NOT add the water and only cook in the oven for 10 to 15 minutes (checking on the level of the liquid periodically).

Good To Know

The trick to this dish is to use a large skillet or frying pan that will be safe in the oven. The rice should fit in a thin layer so it can develop crusty bits on the bottom, which is our favorite part of paella.

Health snapshot per serving – 810 Calories, 69g Protein, 93g Carbs, 19g Fat, 17 Freestyle Points

Lightened-up health snapshot – 658 Calories, 7g Fat, 84g Carbs, 12 Freestyle points by eliminating the nuts and using $\frac{3}{4}$ of the sauce (may need to add additional water during cooking.)

SCAN QR CODE
to view
YouTube
cooking video



INGREDIENTS: Chicken Breast, Coconut Milk, Pineapple, Bell Peppers, Rice, Pineapple Juice, Onion, Tamari Sauce, Cashews, Brown Sugar, Cilantro, Garlic, Herbs and Spices

meez meals

1. Getting Organized

Preheat your oven to 375.

2. Prep the Chicken

Place the **Chicken Breast** on a cutting board. Using a sharp knife, cut the chicken breast lengthwise into long strips, about 1/4" wide. Rotate the chicken breast 90 degrees and then cut across to create small, even cubes of chicken.

Once the chicken is cut, generously sprinkle with salt and pepper (we use 1/4 tsp salt and 1/4 tsp pepper, so use about half per side, or more if you like).

3. Cook the Chicken and Vegetables

Heat 1 Tbsp oil in a large, oven-safe skillet over high heat. Add the cubed chicken breast and cook, stirring occasionally, until no longer pink on the outside, about 3 to 5 minutes. Add the **Pineapple & Peppers** and continue cooking until the vegetables are soft and fragrant, 3 to 5 minutes.

4. Prepare and Bake the Paella

Stir the **Rice** into the pan along with 3/4 of the **Coconut Soy Ginger Sauce** and 1 cup of water. Bring to a boil and then cover (if your skillet doesn't have a lid, use aluminum foil).

Put the skillet into the oven and cook the paella until the rice is tender and the water has been absorbed, about 30 minutes. Check at 20 and 25 minutes for water level. If the rice isn't fully cooked once the water has been absorbed, you can add a little more water and continue cooking until the rice is tender. Once the rice is to your liking, turn the oven off, but leave the skillet in for an additional 5 minutes.

5. Put It All Together

Top the paella with **Cashews** and drizzle with the remaining sauce. Serve and enjoy!

*Be sure to
save 1/4 of
the coconut
soy ginger
sauce.
You'll need it
at the end to
finish the
dish.*

*Resist the
urge to stir
the paella, let
it cook
undisturbed.*

Instructions for two servings.

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