

# Mae Ploy Chicken

Mae Ploy is the secret sauce behind some of our favorite Thai recipes. This week we're glazing chicken in the classic sweet chili sauce, then serving it over a bed of brown rice and fresh asparagus. Topped with peanuts and fresh herbs, it's the Thai dinner you've been craving.

**35** Minutes to the Table

**15** Minutes Hands On

**2 Whisk** *Easy*

## Getting Organized

### EQUIPMENT

Sauce Pan  
Sauté Pan  
Baking Sheet

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 5 MEEZ CONTAINERS

Brown Rice  
Green Beans  
Chicken Breasts  
Mae Ploy Sauce  
Peanuts and Herbs

## Make The Meal Your Own

**We think meal is just as good cold** as it is warm, so we like it as a make-ahead lunch or dinner.

**Our free-range 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

**Be sure to generously season your chicken** with salt, about ½ tsp for each breast.

**Health snapshot per serving** – 760 Calories, 17g Fat, 16271mg Sodium, 9g Fiber, 88g Carbs, 67g Protein and 22 Smart Points

**Lighten Up snapshot per serving** – 600 Calories, 17g Fat, 868mg Sodium, 8g Fiber, 52g Carbs, 65g Protein and 15 Smart Points with half the sauce and rice.

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

INGREDIENTS: Free-Range Chicken, Green Beans, Brown Rice, Mae Ploy Sauce, Peanuts, Cilantro, Lime Juice, Tamari, Garlic, Sriracha Sauce and Ginger

**meez** *meals*

### 1. Getting Organized

Preheat oven to 425 and bring water to a boil.

Add the **Brown Rice** to the boiling water with a pinch of salt. Cook until al dente, about 20 to 30 minutes. Drain the rice, fluff with fork and cover.

*We cook our rice like pasta so just make sure you cover the rice with plenty of water*

### 2. Cooking the Green Beans

Place the **Green Beans** on a baking sheet, drizzle with olive oil, salt and pepper. Bake in oven for 8-10 minutes. The green beans should look a bit charred, be fork tender and will continue to cook a bit when you take them out of the oven.

### 3. Cooking the Chicken

Generously sprinkle the **Chicken Breasts** 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 skillet over high heat. When the oil is hot, add the chicken to the pan. Cook, without moving or flipping, until the bottom is browned and each piece begins to color up the side, about 4 minutes. Flip and continue cooking until the other side is well browned, about 3 more minutes.

*Your sauce will be the perfect consistency when it's thick enough to coat the back of a spoon without falling off*

When chicken is done cooking, reduce the heat to medium high, and add the **Mae Ploy Sauce** to the chicken, and cook for another 4-5 minutes. This will help make the sauce nice and thick.

*Spoon sauce over the chicken while it cooks to add a delicious glaze.*

### 4. Putting It All Together

Put the rice on a plate, top with the green beans and chicken. Add the **Peanuts and Herbs**. Enjoy!

*Love this recipe? #meezmagic*

Instructions for two servings  
**Meez Meals \* 1459 N. Elmwood Avenue \* Evanston \* Illinois**