

# Buttermilk Salad with Nut-Crusted Chicken

**30** Minutes to the Table

**15** Minutes Hands On

**2 Whisks** *Easy*

How to make a delicious salad into a hearty dinner? Toss together a buttermilk broccoli salad and serve it topped with nut-crusted chicken breast. With walnuts, almonds, pecorino and panko, this crunchy coating makes for a meal that's extra special.

## Getting Organized

### EQUIPMENT

Mixing Bowl  
2 Shallow Bowls  
or Pie Pans  
Baking Sheet

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper  
1 Egg

### 5 MEEZ CONTAINERS

Chicken Breast  
Nut Crust  
Broccoli  
Dates & Walnuts  
Buttermilk Dressing

## Make The Meal Your Own

**The buttermilk broccoli salad** is just as delicious cold as it is at room temperature. If you want to chill it, mix everything together a day before you cook the chicken to let the flavors meld.

**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

**Be sure to generously season your chicken** with salt and pepper before cooking. Chef Max recommends using  $\frac{1}{4}$  tsp of each.

**Health snapshot per serving** – 720 Calories, 31g Fat, 68g Protein, 54g Carbs, 19 Smart Points

**Lightened up snapshot** – 500 Calories, 17g Fat and 11 Smart Points with  $\frac{1}{2}$  of the nut crust, buttermilk dressing, and dates and walnuts mix.

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

INGREDIENTS: Cage-Free Chicken, Broccoli, Dates, Walnuts, Buttermilk, Mayonnaise, Almonds, Panko Breadcrumbs, Pecorino Cheese, Cider Vinegar, Sugar

*meez* meals

### 1. Getting Organized

Preheat your oven to 400.

### 2. Prep the Chicken and Dredge

Generously season **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).

Whisk 1 egg with 2 Tbsp water in a shallow bowl or pie pan. In a second bowl or pie pan, pour out the **Nut Crust**.

### 3. Dredge and Bake the Chicken

Put each piece of chicken into the nut crust, then into the egg mixture and then return to the bowl with the nut crust. Press down to make sure the crust adheres to each chicken breast.

Carefully transfer the chicken to a baking sheet. Drizzle the top of each piece with olive oil (or, if you prefer, you can put ½ Tbsp of butter on each piece). Bake until the crust is brown and the chicken is fully cooked, about 15 to 20 minutes.

*Keep a baking sheet nearby, so you can quickly transfer the breaded chicken to it.*

*When you put the chicken into the nut crust the first time, much of it won't stick, but the flavors are getting in there.*

### 4. Make the Broccoli Salad

While the chicken is baking, open the **Buttermilk Dressing** and reserve 2 Tbsp for finishing the chicken. Combine the **Broccoli, Dates & Walnuts** and remaining buttermilk dressing in a mixing bowl. Season with salt and pepper to taste.

*We like the broccoli salad at room temp, but you can chill it if you prefer.*

### 5. Put It All Together

Serve the broccoli salad topped with the baked chicken. Drizzle the reserved buttermilk dressing over the top.

*Love this recipe? #meezmagic*

Instructions for two servings.

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