Red Curry Chicken Scallion Dumplings & Bok Choy

20 Minutes to the Table

20 Minutes Hands On

2 Whisks Easy

Golden, pan-seared chicken scallion dumplings are the star of this colorful meal, paired with tender bok choy, cabbage, and snow peas in a rich Thai red curry sauce. Fresh cilantro, green onions, carrots, daikon radish, and crushed peanuts add brightness and crunch to every bite. Best of all, the entire meal comes together in a single pan for easy cleanup.

Getting Organized

EQUIPMENT
- Large Skillet

FROM YOUR PANTRY
- Olive Oil
- Salt & Pepper

5 MEEZ CONTAINERS
- Chicken Scallion Dumplings
- Snow Peas, Cabbage & Bok Choy
- Thai Red Curry Sauce
- Carrots, Radish & Green Onion
- Peanuts

Good to Know

Health snapshot per serving – 570 Calories, 31g Fat, 53g Carbs, 21g Protein, and 19 Freestyle Points.

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

INGREDIENTS: Chicken Scallion Dumplings, Coconut Milk, Bok Choy, Green Cabbage, Snow Peas, Peanut, Carrot, Daikon Radish, Green Onion, Yellow Curry, Garlic, Ginger, Lime, Brown Sugar, Basil, Fish Sauce, Cilantro, Red Curry.

meez meals

1. **Sear the Dumplings**
   Heat 1 tbsp olive oil in a large skillet over medium high heat. When the oil is hot, arrange the ***Chicken Scallion Dumplings*** in a single layer with the flat side down. Cook until the bottoms start to sear, about 3 to 4 minutes.

   Add ¼ cup water, cover and steam until dumplings are soft, about 2 to 3 minutes. Uncover and cook until the water has evaporated, an additional 2 to 3 minutes. Remove from the skillet and set aside until step 4. Wipe out the skillet.

2. **Sauté the Vegetables**
   Heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. When the oil is hot, add the ***Snow Peas, Cabbage & Bok Choy*** with a sprinkle of salt and pepper. Cook until the cabbage and bok choy start to char and soften, about 5 to 6 minutes. Remove from the heat and set aside until step 4.

3. **Create the Curry Sauce**
   Return the now-empty skillet to the stove over medium-high heat. Add the ***Thai Red Curry Sauce*** and bring to a boil. Reduce the heat to medium-low and simmer until the sauce has thickened enough to coat the back of a spoon, about 3 to 4 minutes. Add the seared dumplings to the skillet and cook for an additional 2 minutes. Remove from the heat.

4. **Put It All Together**
   Serve the dumplings and sauce on top of the cooked vegetables followed by the ***Carrots, Radish & Green Onion.*** Using a mallet or bottom of a small saucepan, crush the ***Peanuts*** while still in the bag and sprinkle them over top. Enjoy!

Instructions for two servings.