

Outback Steakhouse Alice Springs Chicken

Recipe makes 6 meals

Ingredients

3 Boneless Skinless Chicken
Breasts, 8 oz each, cut in half
horizontally

6 slices Bacon

3 large Zucchini, chopped

3 large Squash, chopped

2 C Shredded Colby Jack
Cheese

18 oz bottle G Hughes Honey
Mustard, divided

8 oz Sliced Mushrooms

2 Tbsp Olive Oil, divided

1 Tbsp Lemon Pepper

Seasoning

Salt and Pepper to taste



Nutrition Profile

- per meal -

Calories - 440

Fat - 25g

Carbohydrates - 15g

Protein - 42g

**Estimated Cost
Per Meal**

\$3.86

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Instructions

1. Start by cutting your three chicken breasts in half horizontally and place them in a large Ziplock bag. Pour in 1/4 to 1/2 of your honey mustard, mix to coat, and set aside. Any honey mustard that is left in the bottle can be used for dipping sauce when you eat your meals.
2. Heat a large skillet over medium-high heat and cook your 6 slices of bacon. When done, remove them from the pan and set them aside but leave the bacon fat in the pan.
3. In that same pan, add in your sliced mushrooms and sauté for 2-3 minutes. Remove from heat and set those aside as well.
4. Lay your chopped zucchini and squash out on a large baking sheet and add 1 Tbsp of olive oil. Mix to coat, then season with 1 Tbsp of lemon pepper seasoning and a little salt. You can use any seasoning you prefer if you do not like, or do not have, lemon pepper seasoning. Set your veggies aside while you start your chicken.
5. Heat a large skillet over medium-high heat and add 1 Tbsp of olive oil. Cook your chicken breasts for 3-4 minutes on each side to give them a nice sear. You will finish cooking in the oven. Discard leftover marinade.
6. Once all of your chicken is seared, lay them out on a second baking sheet and top with 1 strip of bacon each, a handful of sautéed mushrooms, and a generous handful of cheese. Loosely cover with aluminum foil, ensuring it doesn't touch the cheese. Place both sheet pans in the oven at 425°F for about 15 minutes or until your chicken is cooked through. You may want to cook your veggies a little longer to reach your desired preference. When done, add salt and pepper to taste.
7. Portion out and enjoy!



Notes

- The veggies and veggie seasoning in this recipe are interchangeable to fit your preference. If you do not like zucchini and squash, you can swap them out for any veggie that you like. Same for the seasoning.
- For even distribution of meals among meal containers, you can either estimate the portions, or weigh the entire batch, and divide that number by your number of meal containers. This recipe makes six meals, so it would be the total weight, divided by six. That will be your portion size per meal.
- If storing for meal prep, place into freezer safe meal containers, and place in the freezer for freshness. Take the meal out of the freezer and place it in the refrigerator the night before to let the meal thaw out.