

## Hawaiian Paella

The idea for this dinner started with roasted pineapple. We told Chef Max how much we love roasting the tropical fruit and asked him to brainstorm more dishes. When he suggested paella cooked up in a Hawaiian soy-ginger sauce, topped with roasted pineapple and baked tofu, we knew we had a winner.

**30** *Minutes to the Table*

**5** *Minutes Hands On*

**1 Whisk** *Super Easy*

### Getting Organized

#### EQUIPMENT

Oven-Safe Large Skillet  
Rimmed Baking Sheet

#### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

#### 5 MEEZ CONTAINERS

Pineapple & Celery  
Coconut Soy Ginger  
Sauce  
Rice  
Baked Tofu  
Cashews

### Make The Meal Your Own

**Omnivore's Option** – Pork loin is a tasty addition. Slice it thin, and then layer it on top of the vegetables. It will cook right on top.

### 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.

**Don't have an oven-safe skillet?** No problem. You can transfer the paella to a large casserole dish, instead.

**Health snapshot per serving** – 660 Calories, 30g Protein, 10 g Fiber, 17 WW+ Points

**Lightened up snapshot** – 500 Calories, 10 g Fat and 14 WW+ Points when you leave out the cashews.

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

INGREDIENTS: Baked Tofu, Coconut Milk, Rice, Pineapple, Pineapple Juice, Celery, Onion, Soy Sauce, Cashews, Brown Sugar, Cilantro, Ginger, Garlic, Spices

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### 1. Getting Organized

Preheat your oven to 375.

### 2. Roast the Pineapple & Celery

Put the **Pineapple & Celery** on a rimmed baking sheet. Drizzle with olive oil, salt and pepper, and bake until the celery is tender and golden brown in places, about 17 to 23 minutes.

### 3. Prepare the Paella

As soon as the veggies are in the oven, heat a large skillet over high heat and add  $\frac{3}{4}$  of the **Coconut Soy Ginger Sauce** and 1 cup of water. Bring to a boil and add the **Rice** and **Baked Tofu**. Cook for one minute, and then sprinkle the **Cashews** over top.

*Be sure to save  $\frac{1}{4}$  of the coconut soy ginger sauce. You'll need it at the end to finish the dish.*

### 4. Bake the Paella

Put the skillet into the oven and cook the paella until the rice is tender and the water has been absorbed, about 15 minutes. 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.

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

### 5. Put It All Together

Put the skillet back on to the stove over high heat for 2 to 3 minutes. Arrange the roasted pineapple and celery on top of the paella, and drizzle with the remaining sauce. Enjoy!

*The 2 to 3 minutes on the stove will help develop a bottom crust to the paella. It's our favorite part!*

Instructions for two servings.

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