

Hearty Paella with Crispy Green Beans

30 Minutes to the Table

15 Minutes Hands On

1 Whisk Super Easy

A savory paella of summer squash, zucchini and tomatoes with a pinch of parmesan to boost the flavor. Finished with a chive oil and crispy green bean topper, it's even better than the Valencia inspiration.

Getting Organized

EQUIPMENT

Oven-Safe Skillet
and Lid
Large Skillet

FROM YOUR PANTRY

Olive Oil
Salt/Pepper

5 MEEZ CONTAINERS Squash & Other

Veggies
Basmati Rice
Tomato Broth
Green Beans
Chive Oil

Add Protein Cooking Instructions

CHICKEN - Prior to step 3, heat 1 Tbsp of olive oil in a large skillet on medium-high heat. Salt and pepper the Chicken Breasts and, when the oil is hot, cook until crisp and brown, about 4 to 5 minutes on each side. Let rest for 5 minutes. Slice into strips and serve on top of the paella rice before drizzling with the chive oil in Step 4.

SHRIMP - Prior to step 3, heat 1 Tbsp of olive oil in a large skillet on medium-high heat. Salt and pepper the Shrimp and, when the oil is hot, cook until they are opaque and no longer grey in color, about 1 minute on each side. Serve on top of the paella rice before drizzling with the chive oil in Step 4.

If you added steak, we recommend serving it separately with salt & pepper. Cook in a skillet with 1 Tbsp oil over high heat to internal temperature of 145 (for medium doneness).

Good To Know

If you ordered the **Carb Conscious version**, we sent you cauliflower "rice" instead of the Basmati rice, reducing the **carb per serving to 38g**. In step 2, use the cauliflower with only ¼ cup water.

Health snapshot per serving – 770 Calories, 48g Fat, 57g Carbs, 20g Protein, 24 Freestyle Points

Lightened up Health snapshot per serving – 660 Calories, 37g Fat, 56g Carbs, 19 Freestyle points by using two-thirds of the Chive Oil.

INGREDIENTS: Coconut Milk, Green Beans, Basmati Rice, Tomato, Yellow Squash, Zucchini, Celery, Vegetable Oil, Carrot, Sun Dried Tomatoes, Chives, Vegetable Broth, Garlic, Parmesan, Dijon Mustard, Lemon, Old Bay, Thyme

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1. Get Organized

Preheat your oven to 350.

2. Create the Paella

Heat 1 Tbsp olive oil in a large oven-safe skillet over medium-high heat. Add the **Squash & Other Veggies** and cook until the squash starts to char, about 3 to 4 minutes. Add the **Basmati Rice**, and cook until lightly toasted, about 1 minute. Add the **Tomato Broth** and ½ cup of water. Stir well and bring to a boil. Remove from the stove, cover and transfer to the oven. Bake until the liquid has been absorbed and the rice has a slightly crunchy texture, around the edges, about 20 to 25 minutes. Remove from the oven and let rest for at least 5 minutes.

3. Sear the Green Beans

While the paella is resting, heat 1 Tbsp olive oil in a second large skillet over medium-high heat. When the oil is hot, add the **Green Beans** with a sprinkle of salt and pepper. Cook until they are seared but still bright green, about 5 to 6 minutes. Turn off the heat and set aside.

4. Put It All Together

Serve the paella topped with the seared green beans and drizzle the entire dish with the **Chive Oil**. Enjoy!