

BBQ Pulled Pork on Brioche

The name says it all in this one. Tender, smoky, pulled pork smothered in our delicious BBQ sauce, topped with tangy & sweet brussels sprouts slaw, and resting inside the softest brioche roll we could find. With sautéed veggies on the side, it's the flavors of a down home barbeque, cooked up Meez style!

20 Minutes to the Table

20 Minutes Hands On

1 Whisks *Super Easy*

Getting Organized

EQUIPMENT

- Large Skillet
- Mixing Bowl

FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper

6 MEEZ CONTAINERS

- Brussels Sprout Slaw
- Slaw Dressing
- Corn & Peppers
- Pulled Pork
- Brioche
- BBQ Sauce

Good to Know

Health snapshot per serving – 830 Calories, 32g Protein, 31g Fat, 110g Carbs, 31 Freestyle Points

Lighten Up snapshot per serving – 640 Calories, 24g Fat, 82g Carbs, 23 Freestyle Points, served open face and $\frac{3}{4}$ of the BBQ Sauce.

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

**SCAN QR CODE
to view YouTube
cooking video**



INGREDIENTS: Pulled Pork, Brioche, BBQ Sauce, Brussels Sprouts, Corn, Red Bell Peppers, Green Bell Peppers, Brussels Sprouts, Carrots, Green Onion, Red Onion, Mayo, White Wine Vinegar, Lemon, Garlic, Brown Sugar, Ground Black Pepper.

meez meals

1. Assemble the Slaw

Combine the **Brussels Sprouts Slaw** and the **Slaw Dressing** (white liquid) with 1 Tbsp olive oil in a mixing bowl. Stir thoroughly, cover and place in the refrigerator until Step 5.

2. Cook the Veggies

Heat 1 Tbsp olive oil in a large skillet over high heat. When the oil is hot, add the **Corn & Peppers** along with a generous pinch of salt and pepper, and cook until the corn turns golden brown and the veggies start to char, about 6 to 8 minutes. Remove from the heat and transfer to serving plates. Wipe out the skillet.

3. Toast the Brioche Rolls

Return the now-empty skillet to the stove over medium heat. Lightly brush the inside of both halves of the **Brioche** and place, olive oil side down, in the skillet. Toast until it turns golden brown. Repeat for each roll.

4. Heat the Pulled Pork

Return the skillet to the stove over medium heat. Add the **Pulled Pork** and stir until it is hot, about 3 minutes. Turn off the heat and stir in the **BBQ Sauce**.

5. Put It All Together

Add a heaping portion of BBQ pork to each brioche bun. Place the Brussels sprouts slaw on top the BBQ pork and cover with the top half of the brioche roll. Serve alongside the sautéed veggies and enjoy!

The pulled pork is fully cooked. This step is to warm it and add a slight caramelization for flavor.

WARNING: This meal will be messy. No one will judge you if you want to eat it with a fork and knife

Instructions for two servings.

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