

# Greek Briam

Greek cuisine has a knack for taking the simplest ingredients and transforming them into something magical. This recipe combines roasted, cauliflower and brussels sprouts in a feta-and-spices-tomato-sauce that's out of this world.

**35** *Minutes to the Table*

**15** *Minutes Hands On*

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

Oven Safe Skillet  
Baking Sheet

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 6 MEEZ CONTAINERS

Tomatoes  
Cauliflower & Brussels  
Zucchini  
Briam Sauce  
White Beans  
Feta & Parsley

## Make the Meal Your Own

This dish is great the next day and makes a perfect healthy office lunch.

Not a fan of Feta? You can set "no feta" as a food preference in Your Account.

## Good to Know

Briam is a traditional Greek roasted vegetable dish that is often referred to as "the Greek Ratatouille".

**Health snapshot per serving** – 310 Calories, 17g Protein, 10g Fat, 40g Carbs, 5 Freestyle Points.

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

INGREDIENTS: Brussels Sprouts, Cauliflower, Zucchini, Tomatoes, White Beans, Red Onion, Red Wine Vinegar, Feta, Garlic, Parsley, Oregano, Basil, Black Pepper, Cinnamon, Thyme, Vegetable Stock.

*meez* meals

### 1. Getting Organized

Preheat your oven to 425

### 2. Roast the Vegetables

Arrange the **Cauliflower & Brussels** out on a rimmed baking sheet and toss with olive oil, salt, and pepper. Roast until the vegetables brown, about 20 to 25 minutes. Remove from the oven and set aside.

When vegetables are done roasting, set the oven to broil.

### 3. Cook Tomatoes and Zucchini

While the vegetables are roasting, place the **Tomatoes** into a ziplock bag and seal tightly. Using your hands, squish the tomatoes until they burst. Pour the entire contents of the ziplock bag into a large oven-safe skillet, along with the **Briam Sauce** and 1¼ cup of water.

Stir and cook over a high heat until it comes to a boil. Let the sauce simmer until it starts to thicken and coats the mixing spoon, about 2 minutes. Add the **Zucchini, White Beans** and half of the **Feta & Parsley** and stir well. Cook until the zucchini softens and turns bright green, about 2 additional minutes. Remove from the heat.

Add the roasted vegetables to the skillet and stir so that all the vegetables are thoroughly covered in sauce.

### 4. Put It All Together

Sprinkle the remaining feta & parsley on top and place in the oven. Cook under the broiler until the feta starts to turn brown and soft, about 2 minutes. Serve and enjoy!

Instructions for two servings.

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