

Truffle Mac-n-Cheese

45 Min to Table	25 Min Hands On	1 Whisk Super Easy
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Getting Started

Preheat oven to 375 and bring a saucepan of water to boil.

From Your Pantry

You'll need olive oil, flour, butter, salt, & pepper.

Butternut Squash Tacos with Ancho Crema

25 Min to Table	10 Min Hands On	1 Whisk Super Easy
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Getting Started

Preheat your oven to 425.

From your Pantry

You'll need olive oil, salt and pepper .

Quick Tips



Mediterranean Lemon Chai Salmon with Pearl Couscous

20 Min to Table	20 Min Hands On	1 Whisk Super Easy
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Leftovers Tip

Serve leftovers over lettuce

Getting Started

Put a saucepan of water on to boil.

From Your Pantry

You'll need about 1/4 cup of flour per serving

Bistro Steak with Pesto Penne

20 Min to Table	25 Min Hands On	1 Whisk Super Easy
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Getting Started

Put a saucepan of water on to boil.

Meal Tip

Cook up to 2 days in advance for an easy dinner or lunch.

Pomegranate-Glazed Chicken with Cheesy Smashed Potatoes

30 Min to Table	30 Min Hands On	1 Whisk Easy
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Getting Started

Preheat your oven to 425.

From Your Pantry

You'll need olive oil, salt and pepper

Tuscan Cabbage & Kale Soup

40 Min to Table	10 Min Hands On	1 Whisk Super Easy
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Getting Started Cook the Mirepoix.

From Your Pantry You'll need some olive oil, salt and pepper.

Huli Huli Chicken

30 Min to Table	30 Min Hands On	2 Whisks Easy
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Meal Tip Cut portion size chicken strips for the kids.

Getting Started Set your oven to broil and put 2 cups of water in a saucepan to boil

Add Spice You'll need some olive oil, ¼ cup flour per serving, salt and pepper

Mojo Verde Shrimp & Spanish Rice

30 Min to Table	30 Min Hands On	2 Whisks Easy
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Getting Started Preheat oven to 425.

From Your Pantry You'll need olive oil, salt and pepper

Roasted Red Pepper Gnocchi with Smoky Sausage

30 Min to Table	30 Min Hands On	1 Whisk Super Easy
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Getting Started Preheat your oven to 400 degrees.

Meal Tip For a softer texture, boil the gnocchi first.

From your Pantry You'll need olive oil, salt and pepper

Ginger-Soy Aioli Rice Bowl

45 Min to Table	15 Min Hands On	1 Whisk Super Easy
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Getting Started Put a saucepan of water on to boil.

Omnivore Option Seared tuna would be delicious with this meal.

Chicken Satay Noodle Bowl

25 Min to Table	25 Min Hands On	1 Whisk Super Easy
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From Your Pantry You'll need olive oil, salt and pepper.

Getting Started Put a saucepan of water on to boil.

Meal Tip Scrambled eggs make a great addition to this meal.

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Mojo Verde Shrimp & Spanish Rice	650	37	19	84	7	830	8	15	60% Vitamin A	130% Vitamin C
Pomegranate-Glazed Chicken with Cheesy Smashed Potatoes (Green Beans)	775	74	22	63 CC 32	3	752		18	73% Vitamin C	34% Calcium
(use 1/2 the potatoes, cheese and sour cream)	605		15					12		
Truffle Mac-n-Cheese	980	39	63	69	7	695	15	38	156% Vitamin C	90% Calcium
(use all the veggies and half of everything else)	610		42					32		
Bistro Steak with Pesto Penne	555	45	25	40	7	387		16	72% Vitamin B-12	25% Calcium
Huli Huli Chicken	810	64	4	134	2	577		23	34% Vitamin A	11% Vitamin B-6
(Use 1/2 the sauce, 2/3 of the rice, and no flour on the chicken)	585		4					16		
Roasted Red Pepper Gnocchi with Smoky Sausage	675	27	15	109	7	1930	9	19	71% Vitamin C	71% Vitamin A
(half the pesto cream and two-thirds of the gnocchi)	490		12					13		

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Ginger-Soy Aioli Rice Bowl	405	14	12	60	10	310		12	223% Vitamin A	33% Vitamin C
Chicken Satay Noodle Bowl	575	69	19	39	9	458		13	79% Vitamin C	14% Vitamin B-6
Butternut Squash Tacos with Ancho Crema	610	14	20	99	12	1140	30	18	138% Vitamin A	62% Vitamin C
Mediterranean Lemon Chai Salmon with Pearl Couscous	790	47	50	45 CC 36	6	291	6	15	262% Vitamin C	54% Vitamin A
Tuscan Cabbage and Kale Soup	150	8	1	28	8	796	9	1	117% Vitamin A	40% Vitamin C
Add a Protein All-Natural Chicken Breast	220	41	5	0	0	85	0	3	90% Vitamin B6	4% Iron
Add a Pretein Bistro Chateau Steak	220	30	10	0	0	75	0	5	10% Iron	10% Potassium
Add a Protein Norwegian Salmon	220	35	0	0	0	130	0	4	60% Vitamin B6	15% Potassium
Add a Protein Premium Shrimp	120	28	0.5	0	0	170	0	1	8% Potassium	4% iron

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmnded daily)	
Flourless Chocolate Cake	370	5	16	32	2	130	18	18	20% Iron	10% Vitamin A
Tiramisu for Two	290	5	15	35	1	40	29		6% Calcium	2% Iron
Oreo Mousse Pie	760	8	49	78	3	390	52		6% Calcium	6% Iron
Chocolate Chunk Cookies	180	2	9	22	1	170	10	9	2% Calcium	4% Vitamin A
Kitchen Sink Cookies	380	5	19	49	2	400	10	17	20% Iron	8% Vitamin A

Below some of the recipes you will see Lighten Up Options. Those meals can easily be prepared without all of the calorie-dense ingredients and still keep their magic.

These are our best estimates for a single serving based on the recipes as written. The actual nutritional information may vary a bit. And, of course, if you have leftovers, the actual numbers will be lower.

Mojo Verde Shrimp & Spanish Rice

This weeknight favorite is packed with flavor and a snap to prepare. With our fresh Mojo Verde sauce, veggie-filled Spanish rice, and seared shrimp, it's a sunny dinner perfect for a cold night.

20 *Minutes to the Table*

20 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Medium Saucepan
Large Skillet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Rice
Yukon & Sweet
Potatoes
Veggies & Spices
Shrimp
Mojo Verde

Good to Know

Shrimp is a good source of selenium, omega-3 fatty acids, vitamin B12 and astaxanthin, a natural and powerful antioxidant.

Health snapshot per serving – 650 Calories, 19g Fat, 37g Protein, 84g Carbs, and 15 Smart Points

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

INGREDIENTS: Shrimp, White Rice, Yukon Potatoes, Sweet Potatoes, Corn, Red Bell Pepper, Yellow Onion, Green Onion, Mayonnaise, White Vinegar, Orange Juice, Tomato, Ancho Chile, Vegetable Stock, Garlic, Cilantro, Parsley, Kosher Salt, Paprika, Cumin, Coriander, Oregano

meezmeals

1. **Get Organized**

Bring a medium saucepan of water to a boil.

2. **Cook the Rice**

Add the **Rice** to the boiling water and cook until tender, about 15 minutes. Drain and set aside in the saucepan until step 3.

3. **Make the Spanish Rice**

While the rice is cooking, heat 1 Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, add the **Yukon & Sweet Potatoes** and cook until starting to brown, about 5 to 6 minutes. Add the **Veggies & Spices** and 2 Tbsp water. Cook, stirring frequently, until the onions and carrots soften, an additional 4 to 5 minutes. Turn off the heat and add to the saucepan with the cooked rice. Stir well, cover, and set aside. Wipe out the skillet.

4. **Cook the Shrimp**

Heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. Pat dry and lightly sprinkle the **Shrimp** with salt and pepper. When the oil is hot, add the shrimp and cook until opaque, about 1 minute each side.

5. **Put It All Together**

Serve the Spanish rice topped with the shrimp. Drizzle with the **Mojo Verde** and enjoy!

Instructions for two servings.

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

Pomegranate-Glazed Chicken with Cheesy Smashed Potatoes

Think classic American dinner taken to the next level. With Cheesy Sour Cream Smashed Potatoes that are even more delicious than you can imagine, sautéed green beans and seared chicken breast glazed with a sweet and savory pomegranate basil sauce, it's a family friendly dinner that's on the table in just thirty minutes.

30 Minutes to the Table

30 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Baking Sheet
Large Skillet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Red Potatoes
Cheesy Sour Cream
Green Beans
Chicken Breast
Pomegranate Glaze
Basil Oil

Good To Know

If you ordered the **Carb Conscious version**, we sent you cauliflower instead of the potatoes reducing the **carbs per serving to 40g**. In Step 1, spread the cauliflower on a baking sheet and drizzle with olive oil salt and pepper. Bake until the cauliflower starts to brown and is fork tender, about 12 to 15 minutes. Transfer to serving plate and top with cheesy sour cream.

Our free-range chickens thrive on an all-natural diet. They are never fed growth hormones and receive no antibiotics in their feed, their water, through intramuscular injection, or even the egg...ever.

Health snapshot per serving – 770 Calories, 57g Protein, 33g Fat, 59g Carbs, and 21 Freestyle Points.

Lightened-Up Health snapshot per serving – 600 Calories, 22g Fat, 46g Carbs, and 15 Freestyle Points using half the potatoes and half the cheesy sour cream.

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

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cooking video**



INGREDIENTS: Chicken Breast, Green Beans, Red Potatoes, Gouda, White Cheddar, Sour Cream, Chive, Pomegranate, Lime, White Wine, Dijon Mustard, Vegetable Oil, Basil, Black Pepper, Brown Sugar.

meez meals

1. Create the Cheesy Sour Cream Smashed Potatoes

Preheat oven to 425 degrees. Lightly brush or spray a baking sheet with oil.

Cut the **Red Potatoes** in half and place, cut side down, on the baking sheet. Lightly drizzle with olive oil and sprinkle with salt and pepper. Bake until the potatoes are soft and brown, about 25 minutes. Remove from the oven and then immediately use the flat bottom of a measuring cup or pot to squash them right on the baking sheet to about ½" to ¾" tall. Top with the **Cheesy Sour Cream**, then let sit until step 5.

2. Cook the Green Beans

While the potatoes are baking, heat 1 Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, add the **Green Beans** and sprinkle lightly with salt and pepper. Cook, stirring occasionally, until they start to brown, about 5 to 6 minutes. Transfer directly to serving plates. Wipe out the pan.

3. Cook the Chicken

Return the now-empty skillet to the stove with 1½ Tbsp olive oil over medium-high heat. When the oil is very hot, add the **Chicken Breasts** and cook until crisp and brown, about 4 to 5 minutes. Flip and cook until the other side is crisp and brown, about an additional 4 minutes. Transfer to the serving plates alongside the green beans.

4. Make the Glaze

Return the now-empty skillet to the stove over high heat and add the **Pomegranate Glaze** and bring to a boil. Cook for 5 minutes, stirring occasionally to keep from burning, until it thickens enough to coat the back of a spoon. Turn off the heat and let the glaze sit in the pan for a minute. Add the **Basil Oil** and stir continuously for another minute.

5. Put It All Together

Drizzle the glaze to completely cover the chicken and serve with the Cheesy Sour Cream Smashed Potatoes and green beans on the side. Enjoy!

It is important to smash and top the potatoes while they are very hot right out of the oven so the cheese can melt.

Instructions for two servings.

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

Truffle Mac-n-Cheese

There's no confusing this mac-n-cheese with the stuff in a box. We are combining gruyere and white cheddar with mushrooms, brussels, shell pasta and REAL truffle butter to create a dinner that's rich, sophisticated, and out of this world good.

45 Minutes to the Table

25 Minutes Hands On

1 Whisk Super-Easy

Getting Organized

EQUIPMENT

Large Saucepans
Casserole Dish
Mixing Bowl

FROM YOUR PANTRY

Flour (1/2 Tbsp per svg.)
Butter (1/2 Tbsp per svg.)
Olive Oil
Salt and Pepper

6 MEEZ CONTAINERS

Shell Pasta
Mushrooms
Brussels Sprouts
Cream Sauce
Cheese & Breadcrumbs
Truffle Butter

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. Shred with two forks and stir into the mac and cheese before it bakes in Step 5.

STEAK - While the mac and cheese is baking in Step 5, heat 1 Tbsp olive oil in a large skillet over high heat. Salt and Pepper the steaks and when the skillet is very hot, add the Steaks to the pan. Cook until the bottoms brown and the sides start to color, about 4 minutes each side for medium (3 min med-rare and 5-6 min for well done). Let rest for 5 minutes. Serve alongside the mac and cheese..

If you added shrimp, we recommend serving it separately with salt & pepper. Cook in a skillet with 1 Tbsp oil over medium-high heat to an internal temperature of 145 degrees..

Good to Know

Health snapshot per serving – 980 Calories, 39g Protein, 63g Fat, 69g Carbs.

Lightened Up Health snapshot per serving – 610 Calories, 42g Fat, 41g Carbs, using all the veggies and half of everything else.

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cooking video



INGREDIENTS: Shell Pasta, Brussel Sprouts, Mushrooms, Half & Half, Gruyere, White Cheddar, Panko Breadcrumbs, Vegetable Stock, Salted Butter, Black Truffle Pate, Black Pepper, Paprika, Garlic, Onion Powder.

meez meals

It doesn't matter how much water you use as long as it will comfortably cover the shells.

1. Getting Organized

Preheat oven to 375 degrees. Bring a large saucepan of water to boil with a pinch of salt. Spray or lightly brush a casserole dish with oil.

2. Cook the Shell Pasta

Add the **Shell Pasta** to the boiling water and cook until slightly firmer than al dente, about 7 to 8 minutes (it will finish cooking in step 5). Drain and set aside in the colander until step 4.

3. Sauté the Mushrooms and Brussels

Return the now-empty saucepan to the stove, with 1 Tbsp olive oil, over medium high heat. Add the **Mushrooms** and two-thirds of the **Brussels Sprouts** and cook until the mushrooms have softened and the Brussels are bright green, about 4 minutes.

4. Create the Cheese Sauce

Add 1 Tbsp plain butter (not the Truffle Butter we sent you) to the pan. Mix to coat the vegetables. Add 1 Tbsp flour and mix until the vegetables are coated in flour. Cook until the flour starts to brown, about 2 minutes. Add the **Cream Sauce** and bring to a boil, stirring continuously. Continue stirring and cook until the sauce thickens, about an additional 3 minutes. Turn off the heat. Add half the **Cheese & Breadcrumbs** and stir until cheese melts and there are no clumps. Add the cooked shells and mix well.

5. Bake the Dish

Pour the entire contents of the saucepan into the oiled casserole dish. Combine the remaining cheese & breadcrumbs and remaining uncooked brussels in a mixing bowl. Spread in a single layer, edge-to-edge on top of the mac-n-cheese. Bake until the sauce is bubbly and the breadcrumbs are golden brown, about 12 to 15 minutes.

6. Top with the Truffle Butter

Remove the casserole dish from the oven and immediately top with small dollops of the **Truffle Butter**. Let the dish rest for at least 5 minutes. Enjoy!

Instructions for two servings.

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

Bistro Steak with Pesto Penne

An Italian classic. We're tossing sirloin steak with a creamy basil pesto. With sautéed spinach, mushrooms and penne pasta, it's a meal we can't stop eating.

25 Minutes to the Table

20 Minutes Hands On

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Saucepan
Mixing Bowl
Skillet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Penne Pasta
Basil Pesto Cream
Mushrooms
Sirloin
Spinach
Parmesan

Make The Meal Your Own

If you ordered the **Carb Conscious version**, we sent you zucchini "noodles" instead of the pasta, reducing the **carbs per serving to 19g**. Skip step 1. Prior to step 2., heat 1 Tbsp olive oil in a large skillet over high heat. When the oil is hot, add the zucchini and cook until it starts to brown, about 2 to 3 minutes. Transfer the zucchini "noodles" to a mixing bowl and combine with half of the Basil Pesto Cream. Serve instead of the pasta in step 6.

Picky Eater Tip – The mushrooms are packaged separately, so you can serve them just to the diners who love them.

Good To Know

Be sure to generously season your steak with salt and pepper before cooking; the salt adds flavor while also keeping the meat tender. Chef Max recommends using ½ tsp of each.

Health snapshot per serving – 555 Calories, 45g Protein, 25g Fat, 40g Carbs, 16 Smart Points

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

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INGREDIENTS: Sirloin Steak, Spinach, Cremini Mushrooms, Penne Pasta, Parmesan, Heavy Cream, Basil, White Wine, Lemon Juice, Garlic

meez meals

1. Get Organized

Put a saucepan of water on to boil.

2. Cook the Pasta

Add the **Penne Pasta** to the boiling water and cook until al dente, about 12 to 14 minutes. Drain and return to the saucepan. Stir half of the **Basil Pesto Cream** into the warm pasta to coat.

3. Brown the Mushrooms

While the pasta is cooking, heat 1 Tbsp oil in a large skillet over high heat. Add the **Mushrooms** and cook, stirring occasionally, until golden brown, about 3 to 5 minutes. Remove the mushrooms to a bowl.

4. Cook the Steaks

Return the now-empty skillet to the stove with 1 tsp oil over high heat. While the skillet is heating, pat the **Sirloin** dry with a towel and season generously with salt and pepper (we recommend ½ tsp of each). When the skillet is very hot, add the sirloin. Cook until the bottoms brown & sides start to color, about 3 minutes. Flip and continue cooking for 3 minutes if you prefer your steak **medium-rare**. (Cook for 4 minutes for **medium**, and 5 to 6 for **well done**). Set aside to rest for 5 min.

After the steaks have rested, place them horizontally on a cutting board. Using a sharp knife, cut the steaks into even strips (we aim for ½" x 1" pieces).

5. Cook the Spinach

Return the skillet to the stove over medium heat. Add the **Spinach** and cook until lightly wilted, about 2 minutes.

6. Put It All Together

Serve the pasta topped with spinach, mushrooms and sliced steak. Sprinkle the **Parmesan** over the top and drizzle with extra pesto cream to taste.

To test if the skillet is hot enough for the beef, hold your hand about 6 inches above the skillet. If you can feel serious heat, it's ready to go.

Beef continues to cook as it rests, so remove it from the heat when it's a little less done than you like to prevent it from overcooking.

Instructions for two servings.

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

Huli Huli Chicken

You can find huli-huli chicken all over Hawaii, from high end restaurants to roadside stands, and after one taste you'll know why. With a teriyaki inspired sauce on tender chicken and grilled pineapple rings, this recipe is going to be a family favorite. After you serve it with basmati rice and a pickled cucumber salad, get ready to fall in love.

Getting Organized

EQUIPMENT

Saucepan
Large Skillet
Baking Sheet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper
Flour (about ¼ cup
per serving)

5 MEEZ CONTAINERS

Basmati Rice
Chicken Breast
Pineapple Rings
Huli Huli Sauce
Pickled Cucumber
Salad

30 *Minutes to the Table*

30 *Minutes Hands On*

2 Whisks *Easy*

Make The Meal Your Own

Shout “huli” as you cook. This dish was originally made on a grill with a make-shift spit and Hawaiians would scream “huli,” which means turn, when they rotated the chicken.

Good To Know

Our cage-free chickens thrive on an all-natural diet. They are never fed growth hormones and receive no antibiotics in their feed, their water, through intramuscular injection, or even the egg...ever.

Health snapshot per serving – 810 Calories, 4g Fat, 64g Protein, 134g Carbs, 23 Smart Points

Lighten Up snapshot per serving – 585 Calories, 3g Fat, and 16 Smart Points by using two-thirds of the rice, half the sauce, and eliminating the flour

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

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INGREDIENTS: Free-Range Chicken, Basmati Rice, Pineapple, Cucumber, Red Onion, Carrot, Tamari Sauce, Ketchup, Rice Wine Vinegar, Ginger, Sambal, Sugar, Kosher Salt, Garlic

*meez*meals

1. **Getting Organized**

Put 2 cups of water in a saucepan to boil. Set oven to broil.

2. **Cook the Rice**

Add the **Basmati Rice** to the boiling water, reduce heat to low, cover and simmer for 15-20 minutes or until desired tenderness. Let stand for 5 minutes and then fluff with a fork and set aside.

3. **Prep and Cook the Chicken**

While the rice is cooking, pour ½ cup flour in a shallow pan or plate and add a generous pinch of salt and pepper. Coat the **Chicken Breast** with the flour, making sure each piece is covered.

Heat a large skillet with 1 Tbsp olive oil on medium high heat. Add the coated chicken to the pan and cook for 3 to 4 minutes, until the chicken is crisp & brown. Turn the chicken over, cook for 3 to 4 minutes more, until this side is brown as well. Remove from heat and set aside.

4. **Broil the Pineapple Rings**

Lightly apply olive oil or cooking spray to a baking sheet and spread out **Pineapple Rings**. Place on the top rack of the oven and broil for 7-10 minutes or until rings begin to turn brown.

5. **Put it All Together**

Turn stove to medium-high, add **Huli Huli Sauce** and bring to a slight boil. Add cooked chicken breast and cook for 2 minutes.

Place the chicken on the rice and then top with the broiled pineapple rings. Drizzle a few large spoonfuls of the remaining sauce. Serve alongside the **Pickled Cucumber Salad** and enjoy!

Start by using just a little bit of the extra huli huli sauce and give it a try. You

Instructions for two servings.

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

*can always add
more till it
tastes just right!*

INGREDIENTS: Free-Range Chicken, Basmati Rice, Pineapple, Cucumber, Red Onion, Carrot, Tamari
Sauce, Ketchup, Rice Wine Vinegar, Ginger, Sambal, Sugar, Kosher Salt, Garlic

meezmeals

Roasted Red Pepper Gnocchi with Smoky Sausage

We go wild for roasted red pepper sauce. It has a mellow, creamy flavor that has us coming back for seconds. We're serving it up this week over toasted gnocchi and sautéed smoky sausage. Finished with fresh basil pesto cream, it's a sophisticated dinner that's on the table in just thirty minutes.

30 *Minutes to the Table*

30 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet
Baking Sheet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Gnocchi
Smoky Sausage
Peas & Red Peppers
Roasted Red Pepper
Sauce
Basil Pesto Cream

Make the Meal Your Own

We love the crunchy texture of toasted gnocchi but if you prefer it softer you can boil the gnocchi for 6 to 8 minutes.

Good to Know

Health snapshot per serving – 675 Calories, 27g Protein, 15g Fat, 19 Freestyle Points.

Lightened-Up Health snapshot per serving – 490 Calories, 21g Protein, 12g Fat, 13 Freestyle Points with half the pesto cream and two-thirds of the gnocchi.

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: Gnocchi, Sausage, Red Peppers, Peas, Ricotta, Garlic, Basil, Lemon, Cream, Wine, Parmesan, Oregano.

meez meals

1. Getting Organized

Preheat oven to 400 degrees.

2. Toast the Gnocchi

Place the **Gnocchi** on a baking sheet and toss with olive oil, salt and pepper. Bake the gnocchi until slightly crunchy on the outside, about 16 to 18 minutes, stirring once after 10 minutes of cooking. Remove from oven and set aside.

3. Cook the Sausage

While the gnocchi are cooking, cut the **Smoky Sausage** once down the middle lengthwise and then slice each of the two halves into ¼" thick half-moons.

Heat a large skillet over medium-high heat and when the pan is hot, add the sausage and sauté until they are slightly crispy, about 4 minutes. Remove the sausage from the skillet and place on a paper-towel-lined plate.

4. Make the Sauce

Wipe out the skillet and warm over medium heat. Add the **Peas & Red Peppers** and **Roasted Red Pepper Sauce** (the red sauce), and heat until warm, about 2 minutes. Stir in the toasted gnocchi and cooked sausage and remove from heat.

5. Put It All Together

Spoon into bowls and drizzle with the **Basil Pesto Cream**. Enjoy!

Instructions for two servings.

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

Ginger-Soy Aioli Rice Bowl

We're cooking up edamame, carrots and snow peas, and then tossing them with Himalayan red rice and our famous Ginger-Soy Aioli. It's a Japanese-style rice bowl your family will love.

45 Minutes to the Table

15 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Large Skillet
Saucepan

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ

CONTAINERS

Himalayan
Red Rice
Edamame
Mixed Sesame
Seeds
Vegetable Mix
Ginger-Soy
Aioli

Add Protein Cooking Instructions

Integrate into recipe: Prior to step 2, cook the protein (per instructions below) and then slice into strips (flake the salmon, leave shrimp whole) and stir into the vegetables and rice in Step 3.

Cook protein: Lightly sprinkle the protein with salt & pepper. Heat a large skillet with 1-2 Tbsp olive oil on medium-high heat (*high for steak*.) When the oil is hot, cook the protein until the:

CHICKEN is crisp and brown, about 4 to 5 minutes per side. Let rest for 5 minutes.

STEAK bottoms are brown and sides start to color, about 4 minutes per side for medium (3 min for med-rare and 5-6 min for well done.) Let rest for 5 minutes.

SALMON is crisp and brown, about 4 minutes per side. Let rest for 5 minutes.

SHRIMP are opaque and no longer grey in color, about 1 minute per side.

Good To Know

If you ordered the **Carb Conscious** version, we sent you zucchini instead of the rice, reducing the **carbs per serving to 29g**. Skip steps 1 & 2. Prior to step 3, heat 1 Tbsp olive oil in a skillet over medium-high heat. When the oil is hot, add the zucchini and yellow squash and cook until the edges are brown, about 2 to 3 minutes. Remove from the skillet and set aside. Do not wipe out pan. In step 3, add the cooked veggies instead of rice.

Health snapshot per serving – 740 Calories, 41g Fat, 77g Carbs, 17g Protein, 20 Smart Points

Lightened up health snapshot per serving – 600 Calories, 33g Fat, 62g Carbs, and 15 Smart Points by using two-thirds of the rice AND the aioli.

SCAN QR CODE
to view
YouTube
cooking video



INGREDIENTS: Edamame, Himalayan Red Rice, Carrots, Snow Peas, Mayonnaise, Bok Choy, Green Onions, Tamari, Sesame Seeds, Brown Sugar, Ginger, Garlic

meez *meals*

1. **Getting Organized**

Put a saucepan of water on to boil.

2. **Cook the Rice**

Add a generous pinch of salt to the boiling water and add the **Himalayan Red Rice**. Cook until the rice is fluffy, about 20 to 25 minutes, then drain and return to the pot. Cover and set aside for 5 minutes.

We set the rice aside for 5 minutes after draining so the rice will steam.

3. **Stir Fry the Vegetables**

While the rice is cooking, heat 1 Tbsp of olive oil in a large skillet over high heat. Add the **Edamame** and cook for 5 minutes, then add the **Vegetable Mix** and cook until the snow peas are bright green, 5 to 7 minutes.

Add the cooked rice to the pan and mix well, then remove from the heat. Add the of the **Ginger-Soy Aioli** and mix well. Serve topped with **Mixed Sesame Seeds** and enjoy!

Love this recipe? #meezmagic

Instructions for two servings.

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

Chicken Satay Noodle Bowl

We're hooked on Thai Chicken Satay, with its tender chicken and crazy-delicious peanut sauce. So we turned that classic Thai appetizer into a complete meal by cooking cage-free chicken with plenty of Asian veggies and rice noodles. Mixed up with that delectable Satay sauce, it's the test kitchen's new favorite. Best of all, it's on the table in less than 30 minutes.

25 *Minutes to the Table*

25 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Saucepan
Large Skillet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Rice Noodles
Chicken
Garlic and Ginger
Asian Vegetables
Satay Sauce
Green Onions and
Cilantro

Make the Meal Your Own

Want to add some additional richness? Try scrambling an egg and mixing it in. You won't be disappointed!

Good to Know

Our cage-free chickens thrive on an all-natural diet. They are never fed growth hormones and receive no antibiotics in their feed, their water, through intramuscular injection, or even the egg...ever.

Health snapshot per serving – 575 Calories, 69g Protein, 19g Fat, 13 Smart Points

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: Chicken, Rice Noodles, Cabbage, Edamame, Carrots, Bok Choy, Peanuts, Garlic, Ginger, Rice Wine Vinegar, Tamari, Brown Sugar, Cayenne Pepper, Sesame Oil, Green Onion, Cilantro

meez meals

1. Getting Organized

Put a saucepan of water on to boil.

2. Cook the Rice Noodles

Add the **Rice Noodles** to the boiling water and cook until tender, 5-6 minutes.

Drain, rinse under cold water and set aside.

3. Prepare the Chicken

While the rice noodles are cooking, heat a large skillet with 1 Tbsp of olive oil on medium-high heat. Add the **Chicken** to the pan and cook for 4 to 5 minutes, until the chicken is crisp and brown. Turn the chicken over and cook for another 4 minutes, until this side is brown as well.

Remove from heat and place on a cutting board. Once the chicken has rested for 5 minutes, use a sharp knife to cut the chicken breast evenly into strips, about ¼" to ½" wide and set aside.

4. Cook the Veggies

Place the **Asian Vegetable Mix** and **Garlic and Ginger** in the now empty skillet and sauté, stirring frequently, over medium-high heat for 7-8 minutes.

Stir in the **Satay Sauce** until vegetables are completely coated and sauce is warm, about 1 minute. Remove skillet from heat.

5. Putting it All Together

Combine the rice noodles and chicken strips with the contents of the skillet and stir until the peanut sauce has completely coated everything.

Top with **Green Onions and Cilantro**, serve and enjoy!

Instructions for two servings.

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

Butternut Squash Tacos with Ancho Crema

Taco night made easy. This gem is just ten minutes hands on and packed with flavor thanks to our Ancho Chile Crema. It's rich and smoky and turns roasted butternut squash and sweet potatoes into something truly magical. Topped with our pickled onions, it's a dinner we just love.

25 Minutes to the Table

10 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Baking Sheet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Butternut Squash &
Sweet Potatoes
Corn Tortillas
Pickled Red Onion &
Jalapeño
Ancho Chile Crema
Cotija Cheese

Add Protein Cooking Instructions

CHICKEN - While the veggies are roasting in Step 2, 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 place in the tacos before the veggies in Step 4.

STEAK - While the veggies are roasting in Step 2, heat 1 Tbsp olive oil in a large skillet over high heat. Salt and Pepper the steaks and when the skillet is very hot, add the **Steaks** to the pan. Cook until the bottoms brown and the sides start to color, about 4 minutes each side for **medium** (3 min **med-rare** and 5-6 min for **well done**). Let rest for 5 minutes. Slice into strips and place in the tacos before the veggies in Step 4.

SHRIMP -While the veggies are roasting in Step 2, 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. Place in the tacos before the veggies in Step 4.

Good To Know

Health snapshot per serving – 610 Calories, 14g Protein,
20g Fat, 99g Carbs, and 18 Freestyle Points.

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



INGREDIENTS: Sweet Potato, Butternut Squash, Corn Tortilla, Red Onion, Apple Cider Vinegar, Cotija Cheese, Green Cabbage, Sugar, Celery, Mayonnaise, Ancho Chili, Cilantro, Lime, Garlic, Salt, Cumin, Coriander

meez meals

1. **Get Organized**

Preheat the oven to 425.

2. **Roast the Veggies**

Add the **Butternut Squash & Sweet Potatoes** to a baking sheet and toss with olive oil salt and pepper. Arrange in a single layer and roast until the veggies start to brown and become crisp, about 18 to 20 minutes. Remove from the oven and transfer the veggies to a bowl.

3. **Warm the Tortillas**

Place the **Corn Tortillas** in a single layer on the now-empty baking sheet and warm in the oven for about 2 minutes.

4. **Put It All Together**

Drain the excess liquid from the **Pickled Red Onion & Jalapeño**.

Arrange the roasted veggies on each warmed tortilla and drizzle with the **Ancho Chile Crema**. Add the drained pickled veggies and finish with the **Cotija Cheese**. Enjoy!!

Instructions for two servings.

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

Mediterranean Lemon Chai Salmon with Pearl Couscous

Back by popular demand, Meez's signature lemon chai dressing brings a sunny flavor to seared salmon. Served up with tomatoes, broccoli and pearl couscous, it's an easy dinner the whole family will love.

20 Minutes to the Table

20 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Saucepan
Shallow Pie Dish or
Plate
Large Skillet

FROM YOUR PANTRY

½ Cup of Flour
Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Couscous
Salmon
Broccoli
Lemon Chai Sauce
Feta Cheese

Make The Meal Your Own

If you're making the **carb conscious version** we sent you cauliflower "rice" instead of couscous, reducing the **carbs per serving to 31g**. Skip Steps 1 and 2. Prior to Step 3, heat 1 Tbsp olive oil in a large skillet. When the oil is hot, add the cauliflower and sauté until brown, 3 to 4 minutes. Serve in place of the couscous.

If you ordered the **gluten-free version**, we've sent you quinoa. Bring 2 ½ cups of water to a boil, and then add the quinoa and a dash of salt. Cover and lower the heat to a simmer. Cook for 12 to 15 minutes, until the grain looks spiraled. Fluff and let sit covered for 5 minutes.

Good To Know

If you want to test the doneness of the salmon, use a thermometer. You want the internal temperature to be at least 140 degrees. If you don't have a thermometer, you can cut the fish in half to check the doneness.

Health snapshot per serving – 940 Calories, 46g Fat, 53g Protein, 80g Carbs, 24 Freestyle Points

Lightened up snapshot - 660 Calories, 30g Fat, 51g Carbs,
14 Freestyle Points by using 1/2 of the couscous
AND ½ the sauce.

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



INGREDIENTS: Broccoli, Salmon, Couscous, Grape Tomatoes, Feta Cheese, Vegetable Oil, Lemon Juice, Green Onion, Brown Sugar, Garlic, Herbs and Spices

meez meals

1. Getting Organized

Put a saucepan of water on to boil.

2. Cook the Couscous

Salt the boiling water and add the **Couscous**. Cook 7 to 8 minutes until al dente. Drain and set aside.

3. Dredge and Cook the Salmon

While the couscous is cooking, pour ½ cup flour in a shallow pie pan or on a plate and add a generous pinch of salt and pepper. Coat the **Salmon** with the flour, making sure each fillet is covered.

Heat 2 Tbsp of oil in a large skillet on high heat. Add the salmon and cook 4 minutes. Flip and cook an additional 2 minutes. Turn off the heat and let sit for 5 minutes. Remove from the pan and set aside.

4. Cook the Broccoli

Heat the same skillet that you used to cook the salmon over medium-high heat. (Don't wipe it out. You want all those bits of flavor.) Add the **Broccoli** and cook until bright green but still crisp, about 3 to 5 minutes. Add the **Lemon Chai Sauce** to the pan and cook until hot, about 1 minute.

Serve the couscous topped with salmon, broccoli and **Feta Cheese**. Enjoy!

Love this recipe? #meezmagic

Instructions for two servings.

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

Any kind of flour will work here: all-purpose, rice flour, even tapioca flour. Use your favorite.

If you want to check the doneness of the fish, use a thermometer (you're looking for 140 degrees or higher) or cut the fish in half.

Tuscan Cabbage and Kale Soup

Cold weather calls for soup, and this Italian classic is one of our favorites. With white beans, fresh kale and cabbage cooked up in a rich tomato broth. Served up with a sprinkling of Pecorino Romano, it's cooked from scratch in less than thirty minutes.

25 *Minutes to the Table*

10 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Saucepan
with a cover

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Mirepoix
Broth Starter
Beans & Tomatoes
Cabbage & Kale
Pecorino Romano

Add Protein Cooking Instructions

Integrate into recipe: While the broth is simmering in step 2, cook the protein (per instructions below) and then shred (*flake the salmon, leave shrimp whole*) and stir into the soup in step 3.

Cook protein: Lightly sprinkle the protein with salt & pepper. Heat a large skillet with 1-2 Tbsp olive oil on medium-high heat (*high for steak.*) When the oil is hot, cook the protein until the: CHICKEN is crisp and brown, about 4 to 5 minutes per side. Let rest for 5 minutes.

STEAK bottoms are brown and sides start to color, about 4 minutes per side for medium (3 min for med-rare and 5-6 min for well done.) Let rest for 5 minutes.

SALMON is crisp and brown, about 4 minutes per side. Let rest for 5 minutes.

SHRIMP are opaque and no longer grey in color, about 1 minute per side.

Good to Know

Health snapshot per serving – 150 Calories, 8g Protein, 28g Carbs, 1g Fat, 1 Freestyle Point.

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: Cabbage, Kale, Great Northern Beans, Tomatoes, Onions, Celery, Carrots, Pecorino Romano
Garlic, Vegetable Stock, Miso, Black Pepper, Thyme, Liquid Smoke.

meez meals

1. Cook the Mirepoix

Heat 1 Tbsp olive oil to a large saucepan over medium-high heat. When the oil is hot add the **Mirepoix** (onions, celery, carrots & garlic) to the saucepan and cook, stirring continuously, until the onions start to brown, about 2 minutes.

2. Make the Broth

Stir in the **Broth Starter, Beans & Tomatoes**, and 2 cups of water, cover, and bring to a boil. Once the soup is boiling, reduce heat to medium and let simmer, covered for 8 minutes.

3. Cook the Cabbage & Kale

Add the **Cabbage & Kale** and cook until it softens but the kale still maintains its green color, about 3 minutes.

4. Serve and Enjoy

Ladle the soup into bowls and top with the **Pecorino Romano**. Enjoy!

Instructions for two servings.

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