

*Chicken Parmesan  
with Basil Aioli Kale Slaw*

**20 Min**  
to Table

**20 Min**  
Hands  
On

**1 Whisk**  
Super  
Easy

**Getting Started**

Preheat your oven to  
400.

**From Your Pantry**

You'll need olive oil,  
salt, and pepper.

*Lemon Orzo with  
Spinach & Halloumi*

**15 Min**  
to Table

**15 Min**  
Hands  
On

**1 Whisk**  
Super  
Easy

**Getting Started**

Put a saucepan of  
water onto boil.

**From Your Pantry**

You'll need olive oil,  
salt & pepper

# Quick Tips



*Crispy Shrimp Bao Bun*

**20 Min**  
to Table

**20 Min**  
Hands  
On

**2 Whisks**  
Easy

**Getting Started**

Heat 1 Tbsp. of oil in a  
large skillet

**From Your Pantry**

You'll need olive oil,  
eggs, salt & pepper

*Chimichurri Steak with  
Skillet Potatoes*

**30 Min**  
to Table

**25 Min**  
Hands  
On

**1 Whisk**  
Easy

**Getting Started**

No prework needed.

**Leftover Tip**

Layer everything to  
make a casserole.

*Chicken Enchiladas Verde*

**25 Min**  
to Table

**45 Min**  
Hands  
On

**1 Whisk**  
Super  
Easy

**From Your Pantry**

You'll need olive oil,  
salt and pepper

**Getting Started**

Preheat your oven to  
375, & put a pot of  
water on to boil.

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### *Chicken Panang Curry with Crispy Noodles*

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**30 Min**  
to Table

**30 Min**  
Hands  
On

**2 Whisk**  
Easy

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**Getting Started**

Put a saucepan of water onto boil.

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**From Your Pantry**

You'll need olive oil, salt & pepper

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### *Brussels Sprouts Unda with Cranberry Aioli*

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**25 Min**  
to Table

**25 Min**  
Hands  
On

**2 Whisks**  
Super  
Easy

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**Getting Started**

Preheat your oven to 425.

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**Omnivore Option**

Bacon, prosciutto, and pork loin all work well with this dish.

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**From your Pantry**

You'll need a little olive oil, vegetable oil, eggs, salt and pepper.

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### *Sweet Potato Kale and Rice Bowl with Peanut Sauce*

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**40 Min**  
to Table

**20 Min**  
Hands  
On

**1 Whisk**  
Easy

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**Getting Started**

Preheat your oven to 450 & put a saucepan on to boil.

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**Omnivore Option**

We like this dish as is.

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### *Chile-Lime Salmon with Street Corn Elote*

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**10 Min**  
to Table

**25 Min**  
Hands  
On

**1 Whisk**  
Super  
Easy

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**Getting Started**

Preheat your oven to 375.

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**From Your Pantry**

You'll need olive oil, salt and pepper.

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### *Roasted Vegetables with Asiago Vinaigrette*

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**25 Min**  
to Table

**5 Min**  
Hands  
On

**1 Whisk**  
Super  
Easy

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**Getting Started**

Preheat your oven to 400.

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**Omnivore Option**

We love this dish as is.

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### *Italian Wedding Soup*

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**30 Min**  
to Table

**25 Min**  
Hands  
On

**1 Whisk**  
Super  
Easy

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**Getting Started**

Heat a large saucepan over medium-high heat

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**From Your Pantry**

You'll need salt and pepper.

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**Meal Tip**

Soup is always good warmed up for a lunch of leftovers

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# Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Chile-Lime Salmon with Street Corn Elote	650	41	35	47	5	1070	15	16	140% Vitamin C	20% Calcium
Crispy Shrimp Bao Bun	599	44	18	67	4	786	14	13	101% Vitamin A	134% Vitamin C
Lemon Orzo with Spinach & Halloumi	720	42	32	65 CC 20	5	920	6	22	42% Vitamin C	25% Vitamin A
(1/2 the orzo)	590		32					18		
Chicken Enchiladas Verde	720	56	16	88	8	1200	6	16	23% Calcium	33% Iron
(use half the rice)	630		16					13		
Sweet Potato, Kale & Rice Bowl with Peanut Sauce	570	28	16	85	11	235		16	753% Vitamin A	127% Vitamin C
Italian Wedding Soup	265	13	9	36	5	1645	5	6	207% Vitamin A	44% Vitamin C
Chicken Panang Curry with Crispy Noodles	820	55	35	69 CC 30	6	940	18	22	35% Iron	150% Vitamin C
(use 2/3 of the pasta & sauce)	630		25					15		
Chimichurri Steak with Skillet Potatoes	530	36	18	59	6	112		15	124% Vitamin C	71% Vitamin B12
Brussels Sprout Unda with Cranberry Aioli	540	25	29	46	13	450		20	21% Calcium	7% Vitamin A

# Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Chicken Parmesan with Basil Aioli Kale Slaw	980	77	58	37	4	1320	8	24	83% Calcium	106% Vitamin B6
(use 1/2 the breadding and basil oil)	780		42					17		
Roasted Vegetables with Asiago Vinaigrette	600	17	32	68	12	518		19	556% Vitamin C	16% Calcium
Molten Chocolate Cake	520	7	31	54	3	360		28	30% Iron	4% Vitamin A
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
Belgian Chocolate Vegan Brownies	420	6	20	62	4	300			10% Iron	
Peanut Butter Cookies	400	8	22	45	2	330		18	4% Iron	6% Vitamin A
Chocolate Chunk Cookies	180	2	9	22	1	170	10	9	2% Calcium	4% 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.*

## Chili Lime Salmon with Street Corn Elote

We love the creamy, zingy taste of Mexican street corn. We're putting it front and center as the base for salmon crusted with crunchy panko and cotija cheese. With chili and lime, this dinner is fresh and flavorful and practically hands-free.

**25** *Minutes to the Table*

**10** *Minutes Hands On*

**1 Whisk** *Super Easy*

### Getting Organized

#### EQUIPMENT

Large Oven-Safe Skillet

#### FROM YOUR PANTRY

Olive Oil

Salt & Pepper

#### 4 MEEZ CONTAINERS

Salmon

Corn & Peppers

Chili Lime Aioli

Seasoned Panko & Cotija

Cheese

### Make The Meal Your Own

**Our salmon** is responsibly fished, so it's free from dyes, antibiotics and any industrial grain-based diets.

### Good To Know

**Health snapshot per serving** – 650 Calories, 35g Fat, 41g Protein, 47g Carbs, 16 Smart Points

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

INGREDIENTS: Salmon, Corn, Mayonnaise, Poblano Pepper, Red Bell Pepper, Cotija Cheese, Sour Cream, Panko Breadcrumbs, Lime, Cilantro, Paprika, Chili Powder

meez *meals*

### 1. Get Started

Preheat the oven to 375 degrees.

### 2. Sear the Salmon

Pat dry the **Salmon** and season with salt and pepper. Heat 1 Tbsp olive oil in a large skillet over high heat. When the oil is very hot, sear the salmon on one side for one minute, flip and repeat. Set the salmon aside for step 3. Do not wipe out the skillet.

*If you don't have an oven-safe skillet, you can transfer to an oiled 8x8 or similar sized casserole dish.*

### 3. Make the Elote

Add the **Corn & Peppers** to the now-empty skillet and cook until the peppers start to char and soften slightly, about 4 to 5 minutes. Turn off the heat, add the **Chili Lime Aioli** and stir well.

### 4. Bake and Serve

Layer the seared salmon on top of the elote and sprinkle the **Seasoned Panko & Cotija Cheese** over the entire dish in a single layer. Bake until the top starts to brown, about 15 minutes. Remove from the oven and let rest for 5 minutes.

Enjoy!

Instructions for two servings.

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

# Crispy Shrimp Bao Buns

We've taken the work out of China's classic bread-like dumpling. We're delivering fluffy bao buns, shrimp, tasty Asian slaw (and even spicy sriracha on the side) for a restaurant-worthy dinner that's on the table in just twenty minutes.

**20** *Minutes to the Table*

**20** *Minutes Hands On*

**2 Whisks** *Easy*

## Getting Organized

### EQUIPMENT

- 2 Large Skillets (one with a cover)
- Large Mixing Bowl

### FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper
- Eggs (one per serving)

### 6 MEEZ CONTAINERS

- Asian Slaw
- Slaw Dressing
- Bao Buns
- Seasoned Cornstarch
- Shrimp
- Sriracha

## Good to Know

The Crispy Shrimp Bao Buns taste great without the Sriracha but if you like spicy, the **Sriracha sauce we included gives it a kick** that takes it to the next level!

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

**Health snapshot per serving** – 600 Calories, 44g Protein, 18g Fat, 67g Carbs, 13 Freestyle 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: Shrimp, Bao Bun, Broccoli, Daikon Radish, Green Onion, Carrot, Basil, Mayo, Garlic, Ginger, Tamari, Sesame Oil, Lime, Sesame Seeds, Cornstarch, Kosher Salt.

meez *meals*

### 1. Getting Organized

Combine the **Asian Slaw** and the **Slaw Dressing** in a large mixing bowl and refrigerate until step 4.

### 2. Heat the Bao Buns

Use cooking spray or a brush to completely cover the inside of a large skillet (one that has a cover) with about 1 Tbsp of oil. Place on the stove over medium heat. When the oil is hot, add the **Bao Buns** and cook until the bottom is light brown, about 3 minutes. Flip and add ¼ cup water to the skillet. Cover and steam buns until fluffy and bottom starts to brown, about 5 to 7 minutes. Transfer Bao Buns directly to serving plates.

*Spread the oil on the entire surface of the skillet so the bao buns don't stick to the bottom.*

### 3. Cook the Shrimp

While the Bao Buns are steaming, whisk 2 eggs in a small bowl and place the **Seasoned Cornstarch** in a large zip-lock bag. Dry and place all **Shrimp** into the zip-lock bag with the cornstarch and shake until the shrimp are coated. Dip each Shrimp into the egg and place on a plate.

When all shrimp have been coated, heat 2 tablespoons of oil in a second large skillet over medium-high heat. When it's very hot, carefully place each shrimp into the hot oil. Cook for one minute on each side, then remove to a paper-towel-lined-plate.

*The Crispy Shrimp Bao Buns taste great without the Sriracha but if you like spicy, the Sriracha sauce gives it a kick that takes it to the next level!*

### 4. Put It All Together

Carefully open each steamed Bao Bun (forming a "taco" and maintaining the hinge at the bottom). Fill each bun with 3 shrimp, a generous helping of Asian Slaw, and a light drizzle of spicy **Sriracha** sauce. Enjoy!

Instructions for two servings.

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



## Lemon Orzo with Spinach & Halloumi

We're taking our inspiration from sunny Greece, where spinach, lemon and seared halloumi cheese are staples. This week we're pairing them with grape tomatoes and tender orzo pasta for a 15-minute dinner that's bright and fresh.

**15** Minutes to the Table

**15** Minutes Hands On

**1 Whisk** Super Easy

### Getting Organized

#### EQUIPMENT

Large Skillet  
Large Saucepan

#### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

#### 6 MEEZ CONTAINERS

Orzo Pasta  
Spinach  
Grape Tomatoes  
Seasoned Onions  
Halloumi Cheese  
Lemon

### Good To Know

If you ordered the **Carb Conscious version** we sent you cauliflower "rice" instead of orzo pasta, reducing the **carbs per serving to 20g**. Skip step 1 and prior to step 3, heat 1 Tbsp olive oil in a large skillet over high heat. When the oil is hot, add the cauliflower and sauté until it starts to brown, about 3 to 4 minutes. Add the spinach and stir until it starts to wilt, about a minute longer. Transfer the cauliflower and spinach to a large mixing bowl. Combine with the cooked, seasoned onions at the completion of step 3.

If you're cooking the **gluten-free version**, we sent you white rice instead of orzo. Follow the instructions in step 2 but cook the rice for 15 to 20 minutes.

**Health snapshot per serving** – 720 Calories, 42g Protein, 32g Fat, 65g Carbs, and 22 Freestyle Points.

**Lightened-Up Health snapshot per serving** – 590 Calories, 32g Fat, 39g Carbs, and 19 Freestyle Points using half the orzo.

**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: Halloumi Cheese, Spinach, Onion, Tomato, Orzo, Garlic, Parsley, Dill, Lemon Pepper, Black Pepper, Oregano, Lemon.

*meez* meals

### 1. Get Organized

Set a large saucepan of water to boil.

### 2. Cook the Orzo

Add the **Orzo Pasta** to the boiling water with a pinch of salt. Cook until al dente, about 10 to 12 minutes. Remove from the heat and drain. Return the cooked orzo to the empty saucepan along with the **Spinach** and stir well. Cover and set aside.

### 3. Make the Sauce

While the orzo is cooking, transfer the **Grape Tomatoes** to a zip lock bag and squish each one.

Heat 1 Tbsp olive oil in a large skillet over medium heat. When the oil is hot, add the **Seasoned Onions** and contents of the zip lock bag. Sauté until the onions and tomatoes become soft, about 4 minutes. Transfer the contents of the skillet to the saucepan with the orzo and spinach and mix well. Wipe out the skillet.

### 4. Grill the Halloumi

Place the **Halloumi Cheese** on a cutting board and slice into ½" cubes (they don't need to be perfect). Slice the **Lemon** in half.

Heat 1 Tbsp olive oil in the now-empty skillet over medium heat. When the oil is hot, add the cubed halloumi and the lemon halves, cut side down. Cook undisturbed until bottom of halloumi is golden brown, about 2 to 3 minutes. Flip and cook until another side is golden brown, about 2 additional minutes. Remove from the heat.

### 5. Put It All Together

Serve the seared Halloumi on top of the orzo with a generous squeeze of lemon. Enjoy!

*We're sending  
the halloumi  
uncut to  
maintain  
maximum taste  
and freshness.*

Instructions for two servings.

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

## Chicken Enchiladas Verde

Classic enchiladas, on the table in a flash. With shredded chicken breast, sautéed bell peppers and a salsa verde that's fresh, flavorful, and unique. It's Mexican comfort food the family will love.

**45** *Minutes to the Table*

**25** *Minutes Hands On*

**1 Whisk** *Super Easy*

### Getting Organized

#### EQUIPMENT

2 Large Skillets  
Casserole Dish  
Large Mixing Bowl

#### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

#### 7 MEEZ CONTAINERS

Chicken Breasts  
Veggies  
Chihuahua Cheese  
Salsa Verde  
Corn Tortillas  
Rice  
Lime

### Make The Meal Your Own

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

**Health Snapshot Per Serving-** 720 Calories, 56g Protein, 16g Fat, 88g Carbs, 16 Freestyle Points

**Lightened-up Health Snapshot Per Serving-** 630 Calories, 16g Fat, 69g Carbs, 13 Freestyle Points, by using half of the rice.

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



INGREDIENTS: Chicken Breasts, Corn Tortillas, Green Chili Sauce, White Rice, Lime, Yellow Onion, Chihuahua Cheese, Red Bell Pepper, Green Bell Pepper, Sugar, Parsley, Cilantro, Garlic, Salt, Cumin, Coriander, Black Pepper

**meez** *meals*

### 1. Get Organized

Preheat your oven to 375 degrees and put a saucepan of water to boil over high heat. Spray or brush a 10x10 or similar casserole dish with oil.

### 2. Cook the Chicken

Heat 1½ Tbsp olive oil in a large skillet over medium high heat. Pat dry and generously salt and pepper the **Chicken Breasts** on both sides. Cook until crisp and brown, on one side, about 4 to 5 minutes. Flip, then cook until brown on the second side, about 4 additional minutes. Transfer the chicken to a cutting board and let rest for 5 minutes. Do not wipe out skillet. Once the chicken has rested, hold the chicken in place with one fork and with a second fork, shred the chicken into pieces typical of the size used in chicken soup and put into a large bowl.

### 3. Cook the Veggies

While the chicken is resting, add the **Veggies** to the now-empty skillet over medium high heat. Sauté until the peppers start to char and the onions become translucent, about 2 to 3 minutes. Transfer the cooked veggies to the large mixing bowl with the shredded chicken. Add half of the **Chihuahua Cheese**. Add one-third of the **Salsa Verde** to the bowl. Mix well.

### 4. Bake the Enchiladas

Add half the remaining salsa verde to the bottom of the casserole dish. Wrap the **Corn Tortillas** in paper towels and microwave until soft, about 20 to 30 seconds. Fill the tortillas with as much of the filling as possible while still being able to roll into tubes. Place the rolled enchiladas on top of the salsa verde, folded side down. Spread any filling that wouldn't fit inside the tortillas around the bottom of the casserole dish. Top everything with the remaining salsa verde and remaining cheese. Bake until the cheese is melted and starts to brown, about 15 minutes. Remove from the oven and let rest for 5 minutes

### 5. Cook the Rice and Serve

While the enchiladas are baking, add the **Rice** to the boiling water and cook at a rolling boil until the rice is tender, about 15 minutes. Drain well and transfer directly to serving plates. Serve the enchiladas (and the extra cooked enchilada filling) on top of the rice with a squeeze of fresh **Lime**. Enjoy!

Instructions for two servings.

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

# Sweet Potato, Kale & Rice Bowl with Peanut Sauce

This gem is humble and oh-so delicious. It's all about the Asian peanut butter sauce, which we could eat with a spoon. But since we're supposed to be grown ups, we're restraining ourselves. (Mostly.) Instead, we're tossing it with roasted sweet potatoes, toasted organic tofu, wilted kale and brown rice. The result is crazy good.

**40** *Minutes to the Table*

**20** *Minutes Hands On*

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

Saucepan  
Large Skillet  
Rimmed Baking Sheet  
Mixing Bowl

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 5 MEEZ CONTAINERS

Baked Tofu  
Brown Rice  
Kale  
Peanut Sauce  
Sweet Potatoes

## Make The Meal Your Own

**Cooking with a picky eater?** This peanut sauce makes even the scariest vegetable delicious. Try chopping the kale into small bites so it's more approachable for cautious eaters.

**Love peanuts?** Try sprinkling some more on top of the dish for an extra crunch.

## Good To Know

**Chef's Note** -- You'll see our method for cooking brown rice is a little unusual. It's faster than the traditional method, and we think the rice ends up fluffier.

**Health snapshot per serving** – 570 Calories, 28g Protein  
11g Fiber, 16 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: Sweet Potatoes, Kale, Baked Tofu, Brown Rice, Peanut Butter, Rice Vinegar, Soy Sauce, Brown Sugar, Garlic, Ginger, Spices

*meez* meals

## 1. Getting Organized

Preheat your oven to 450 and put a saucepan of water on to boil.

## 2. Cook the Rice

Add the **Brown Rice** to the saucepan of boiling water and simmer uncovered over medium heat for 30 minutes. Drain, then return it to the pot. Cover and let sit 5 minutes.

*We cook our brown rice like pasta. Make sure the water is boiling and you're good to go. Remember: brown rice has a firmer texture than white rice.*

## 3. Roast the Sweet Potatoes

While the rice is cooking, put the **Sweet Potatoes** on to a rimmed baking sheet and drizzle with olive oil, salt and pepper. Toss well, then arrange in a single layer and bake until tender, about 20 to 25 minutes.

## 4. Cook the Kale & Tofu

Heat 2 Tbsp olive oil in a large skillet over medium-high heat. Add the **Kale** and cook, stirring, until it's bright green and lightly wilted, about 3 to 5 minutes. Season with salt and pepper and transfer to a bowl.

*If you prefer softer kale, cook it for a few extra minutes.*

Heat another 2 Tbsp olive oil in the now-empty skillet over medium-high heat. Add the **Baked Tofu** to the pan and cook until it crisps in places, about 3 to 5 minutes on each side.

## 5. Put It All Together

Put the **Peanut Sauce** into a mixing bowl and thin with a little water. Serve the rice topped with kale, tofu and sweet potatoes. Drizzle with the peanut sauce and enjoy!

*Love this recipe? #meezmagic*

*We found 2 to 4 Tbsp water is just right.*

Instructions for two servings.

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

## Italian Wedding Soup

For the un-initiated, Italian wedding soup is named for the “marriage” of flavorful chicken broth, tender carrots, fresh spinach, al dente pasta and, most important, delectable meatballs. This gem is on the table in just 30 minutes and perfect for dinner.

**30** *Minutes to the Table*

**25** *Minutes Hands On*

**1 Whisk** *Super Easy*

### Getting Organized

#### EQUIPMENT

Large Sauce Pan with a Cover

#### FROM YOUR PANTRY

Salt & Pepper

#### 5 MEEZ CONTAINERS

Italian Meatballs  
Broth Starter  
Orzo Pasta  
Spinach  
Pecorino Cheese

### Make the Meal Your Own

Soup is always just as good warmed up the next day so make sure to order enough for leftovers to help with an easy lunch too.

### Good to Know

We're sending you the meatballs pre-shaped for a fuss-free dinner.

**Health snapshot per serving** – 240 Calories, 12g Protein, 7g Fat, 7 Smart Points.

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

INGREDIENTS: Italian Meatballs, Orzo, Spinach, Pecorino Cheese, Carrot, Onion, Parsnip, Tomato, Garlic, Oregano, Basil, Thyme, Black Pepper, Chicken broth.

meez *meals*

### 1. Cook the Meatballs

Heat a large saucepan over medium-high heat. When the pan is hot, add the **Italian Meatballs** and sauté until they begin to brown, about 2 minutes. Remove the meatballs from the pan and place on a paper-towel-lined plate.

### 2. Create the Soup

Without wiping out the saucepan, return it to medium-high heat. When it is hot, add ½ cup water and the **Broth Starter**. Cook until the carrots and parsnips are fragrant and slightly browned, about 6-7 minutes.

Add an additional 4 cups of water, turn heat up to high, cover, and bring to a boil. Add the **Orzo Pasta** and **Spinach**, replace the cover, and cook on a rapid boil for 4 minutes.

Reduce heat to medium and add the cooked Italian meatballs. Cover and simmer on a low boil until the pasta is al dente and the vegetables are soft, about 7 to 9 additional minutes.

### 3. Finish It Off

Ladle the soup into serving bowls and sprinkle with a generous helping of **Pecorino** cheese. Enjoy!

Instructions for two servings.

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



# Chicken Panang Curry with Crispy Noodles

We love the mellow peanuty flavors of Panang curries, especially when paired with chicken, cabbage, and snow peas. When served over crispy noodles, the extra step adds a restaurant-quality touch without much hassle.

**30** Minutes to the Table

**30** Minutes Hands On

**2 Whisk** Easy

## Getting Organized

### EQUIPMENT

Saucepan  
Large Skillet

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 5 MEEZ CONTAINERS

Noodles  
Chicken Breast  
Asian Veggies  
Panang Curry Sauce  
Cilantro & Green Onions

## Good To Know

If you ordered the **Carb Conscious version**, we sent you zucchini "noodles" instead of the noodles reducing the **carbs per serving to 30g**. Skip step 1. In place of step 3, heat 1 Tbsp olive oil in the empty skillet over high heat. When the oil is hot, add the zucchini "noodles" and cook until they start to char, about 3 to 4 minutes. Transfer to serving plates before topping with the curry chicken, veggies, and sauce.

**Health snapshot per serving** – 820 Calories, 35g Fat, 55g Protein, 69g Carbs, 22 Freestyle Points

**Lightened Up Health Snapshot per serving** – 630 Calories, 25g Fat, 49g Carbs, by using 2/3 of the noodles and the sauce.

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

INGREDIENTS: Chicken, Coconut Milk, Wheat Noodles, Cabbage, Snow Peas, Red Bell Pepper, Peanut Butter, Tamari, Green Onion, Yellow Curry, Brown Sugar, Ginger, Garlic, Rice Wine Vinegar, Lime, Basil, Cilantro

meez meals

### 1. Get Organized

Put a large saucepan of water on to boil.

### 2. Cook the Noodles

Add the **Noodles** to the boiling water and cook until al dente, about 8 to 10 minutes. Drain and return the cooked noodles to the saucepan until step 4.

### 3. Cook the Chicken

While the noodles are cooking, pat dry the **Chicken Breast** and generously season with salt and pepper.

Heat 1 Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, add the chicken and cook until the bottom is crisp and brown, about 4 to 5 minutes. Turn the chicken and cook for another 4 minutes, until the other side is brown as well. Transfer the chicken to a cutting board to rest for 5 minutes, then slice into ½" strips.

### 4. Crisp the Noodles

While the chicken is resting, wipe out the now-empty skillet and heat 1 Tbsp olive oil over high heat. Add the cooked noodles and spread in a single layer to the edges of the skillet. Cook until the bottoms and edges of the noodles start to brown and become crispy, about 3 to 4 minutes. Stir, and then cook until the noodles now on the bottom and edges also turn brown, an additional 2 to 3 minutes. Arrange the crispy noodles into a "nest" on each serving plate. Do not wipe out the skillet.

### 5. Cook the Veggies and Sauce

Heat 1 Tbsp oil in the now-empty skillet over medium high heat. When the oil is hot, add the **Asian Veggies** and sauté, stirring occasionally, until they soften and start to char, about 3 to 4 minutes. Add the **Panang Curry Sauce** to the skillet and bring to a boil. Lower the heat to medium and simmer until the sauce has thickened enough to coat the back of a spoon, about 5 minutes. Remove from the heat.

### 6. Put It All Together

Serve the chicken, veggies and curry sauce with the **Cilantro & Green Onions** sprinkled on top. Enjoy!

Instructions for two servings.

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

## Chimichurri Steak with Skillet Potatoes

An irresistible update on an Argentinian classic. With a zesty chimichurri puree, mouthwatering steak and skillet roasted potatoes, it's a sinfully delicious meal without all the calories. Seconds, anyone?

**30** *Minutes to the Table*

**25** *Minutes Hands On*

**1 Whisk** *Super Easy*

### Getting Organized

#### EQUIPMENT

Large Skillet

#### FROM YOUR PANTRY

Olive Oil

Salt & Pepper

#### 4 MEEZ CONTAINERS

Diced Potatoes

Onions & Garlic

Steak

Chimichurri

### Make The Meal Your Own

If you ordered the **Carb Conscious** version, you received broccoli instead of the potatoes reducing the **carbs per serving to 30g**. Replace Step 1. with these instructions: Preheat your oven to 400. Toss the Broccoli in 2 Tbsp oil and season with salt and pepper. Spread evenly on a rimmed baking sheet. Roast until tender and starting to brown, about 15 to 17 minutes.

**The leftovers from this meal** make a great casserole. Layer everything in a casserole dish, top with your favorite cheese (Chef Max recommends Chihuahua) and bake for 10 minutes in a 375-degree oven.

### 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** – 530 Calories, 18g Fat, 36g Protein, 59g Carbs, 15 Smart Points.

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

INGREDIENTS: Steak, Potatoes, Onion, Grape Tomatoes, Corn, Red Wine Vinegar, Lime Juice, Olive Oil, Parsley, Garlic, Cilantro, Spices

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### 1. Cook the Potatoes and Onions

Heat 2 Tbsp of oil in a large skillet over high heat. Add the **Diced Potatoes** and cook, stirring occasionally, until starting to brown, about 7 to 9 minutes. Add the **Onions & Garlic** to the skillet and continue cooking until the onions are translucent and the potatoes are fork tender, about 5 more minutes. Remove to a bowl and set aside.

### 2. Cook the Steak

Return the now-empty skillet to the stove with 1 Tbsp oil over high heat. While the skillet is heating, pat the **Steak** 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 steak. Cook it until the bottom browns and the sides start to color, about 3 minutes.

- **If you prefer your steak medium-rare**, flip and continue cooking 3 minutes. Remove from the heat and let rest for 5 minutes.
- **If you prefer your steak medium**, flip and continue cooking for 4 minutes. Remove from the heat and let rest for 5 minutes.
- **If you prefer your steak medium-well or well done**, flip and continue cooking for 5 to 6 minutes. Remove from the heat and let rest for 5 minutes.

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).

### 3. Put It All Together

Mix the **Chimichurri** in a bowl with 3 tbsp olive oil and top the steak and potatoes to taste. Enjoy!

*To test if the skillet is hot enough for the steak, 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.

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## Brussels Sprout Unda with Cranberry Aioli

Haven't heard of Unda? It's part omelet, part taco and one of our favorite ways to fill a tortilla. It starts with an egg that gets cooked right onto a corn tortilla. Then we're stuffing it with roasted Brussels sprouts, sautéed apples and finishing it with a cranberry aioli. It's offbeat and crazy good.

**25** *Minutes to the Table*

**25** *Minutes Hands On*

**2 Whisk** *Easy*

### Getting Organized

#### EQUIPMENT

Rimmed Baking  
Sheet  
2 Large Skillets

#### FROM YOUR PANTRY

Olive Oil  
Vegetable Oil  
Salt & Pepper  
Eggs (2 per serving)

#### 5 MEEZ CONTAINERS

Apple  
Brussels Sprouts  
Corn Tortillas  
Cranberry Aioli  
Pecan & Fontina Mix

### Make The Meal Your Own

**As soon as you think about dinner** – Preheat your oven to 425.

**Cooking with a picky eater?** The undas are great simply topped with cheese

**Health snapshot per serving** – 540 Calories, 25g Protein, 13g Fiber.

**Have questions?** The dinner hotline is standing by between 5 & 8 central time every night at 773.916.MEEZ

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



INGREDIENTS: Brussels Sprouts, Corn Tortillas, Apple, Mayonnaise, Fontina Cheese, Pecans, Cranberries

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## 1. Get Organized

Preheat your oven to 425

## 2. Roast the Brussels Sprouts

Put the **Brussels Sprouts** onto a rimmed baking sheet and drizzle with olive oil, salt, and pepper. Cook until crispy on the edges, about 12 to 20 minutes.

## 3. Sauté the Apple

While the sprouts are cooking, slice each **Apple** into quarters, then dice each quarter.

Heat 1 Tbsp olive oil in a large skillet over high heat. Add the apples and cook until they are just tender, about 3 minutes. Set aside until the brussels sprouts are done cooking, then add the apples to the brussels and mix together, then set aside.

## 4. Make the Unda

While the apples are cooking, break 1 egg into a bowl and add a pinch of salt. Give it a good whisk, then pour it into a second skillet. Let it set for 10 to 15 seconds, then put a **Corn Tortilla** on top of the egg. Cook the pair for 30 more seconds, until the egg seems like it has set completely.

Flip the egg & tortilla combination and cook until the tortilla is golden. Set aside and repeat until you've cooked all of your tortillas.

## 5. Put It All Together

Fill each unda with the roasted sprouts and apples and top with the **Pecan and Fontina Mix** and the **Cranberry Aioli**. Enjoy!

*To dice our apples, we cut each quarter into 3 slices, and then cut each of those slices into 4 pieces. But don't worry too much about the match!*

*The tortilla will stick to the egg because the egg is soft and runny, which is what we want.*

Instructions for two servings.

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# Chicken Parmesan with Basil Aioli Kale Slaw

Chicken Parmesan with a Meez twist. With fresh mozzarella, a cheesy-panko crust, and roasted kale slaw tossed with basil aioli dressing, this dinner is anything but ordinary. It's a favorite with kids and parents alike.

**20** Minutes to the Table

**20** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized

### EQUIPMENT

2 Baking Sheets  
Large Skillet

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 6 MEEZ CONTAINERS

Kale Slaw  
Basil Aioli  
Chicken Breast  
Seasoned Panko  
Breading  
Fresh Mozzarella  
Marinara Sauce

## 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** – 980 Calories, 77g Protein, 58g Fat, 37g Carbs, 24 Freestyle Points.

**Lighten Up Snapshot per serving** - 780 Calories, 42g Fat, 25g Carbs, 17 Freestyle Points with two-thirds of the Basil Aioli, two-thirds the Seasoned Panko Breading, and two-thirds the sauce.

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

INGREDIENTS: Chicken Breast, Fresh Mozzarella, Tomatoes, Parmesan, Pecorino Romano, Panko Breadcrumbs, Kale, Broccoli, Brussels Sprouts, Green Cabbage, Radicchio Red Onion, Basil, Mayonnaise, Olive Oil, Oregano, Garlic, Paprika, Lemon, Kosher Salt, White Pepper.

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## 1. Getting Organized

Preheat your oven to 400.

## 2. Roast the Kale Slaw

Arrange the **Kale Slaw** in a single layer on a baking sheet. Drizzle with olive oil, salt & pepper. Bake until the edges start to char, about 10 to 12 minutes. Remove from the oven and mix right away with the **Basil Aioli** right on the baking sheet. Transfer to serving plates. Leave the oven on.

## 3. Prep the Chicken

While the veggies are cooking, very loosely wrap each **Chicken Breast** in saran wrap and place on a cutting board. Pound it until it starts to spread, using a meat tenderizer (mallet) or bottom of a small pot. Flip the chicken over and continue to pound until it is about ¼" thick and has doubled in size. Generously season with salt and pepper (we use ¼ tsp salt and ¼ tsp pepper, so use about half per side, or more if you like).

Spread the **Seasoned Panko Breading** evenly on a large plate and put each piece of chicken onto the breading. Press down to make sure the breading adheres then repeat on the other side.

*Don't be afraid to get your aggression out on the chicken!*

*The chicken will not be fully cooked after its time in the skillet. It will finish cooking in the oven.*

*Only pour the sauce along the middle so the breading stays nice and crisp.*

*Fresh mozzarella doesn't melt completely but will be hot, soft and delicious.*

## 4. Cook the Chicken

Heat 1½ Tbsp olive oil in a large skillet over medium high heat. When the oil is hot, add the chicken and cook, without disturbing, until the sides brown, about 1 minute. Flip and continue cooking until other side is brown as well, about 1 additional minute.

Transfer the chicken to a second baking sheet and top with the **Fresh Mozzarella**, two or three pieces per breast, centered the long-way. Drizzle the **Marina Sauce** down the center of the fresh mozzarella pieces.

Bake until the cheese starts to melt, about 8 to 10 minutes. Remove from the oven and let rest for 5 minutes.

## 5. Put It All Together

Serve the chicken parmesan on top of the basil aioli kale slaw. Enjoy!

Instructions for two servings.

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# Roasted Vegetables with Asiago Vinaigrette

It doesn't get any easier, or more delicious, than this. Chef Max's Asiago vinaigrette adds a spark that makes roasted broccoli, peppers and tomatoes irresistible. We're tossing them with crunchy croutons, toasted quinoa and shaved Parmesan for ridiculously tasty dinner we just love.

**25** *Minutes to the Table*

**5** *Minutes Hands On*

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

Rimmed Baking  
Sheet(s)  
Mixing Bowl

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 7 MEEZ CONTAINERS

Broccoli  
Tomatoes  
Peppers & Quinoa  
Cannellini Beans  
Baguettes  
Asiago Vinaigrette  
Parmesan Cheese

## Make The Meal Your Own

**Want to get a jump on dinner?** Cook the vegetables ahead and serve as a cold salad.

**Leftovers tip** – Members tell us they love this dish served cold with sliced chicken and raw spinach.

## Good To Know

**Health snapshot per serving** – 600 Calories, 17g Protein, 12g Fiber, 19 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: Bell Peppers, Cannellini Beans, Broccoli, Quinoa, Bread, Asiago Cheese, Parmesan Cheese, White Wine Vinegar, Tomatoes, Green Onions, Olive Oil, Lemon, Miso, Garlic, Spices

*meez* meals

### 1. Getting Organized

Preheat your oven to 400.

### 2. Roast the Vegetables

Put the **Broccoli, Tomatoes, Peppers & Quinoa** and **Cannellini Beans** into a large mixing bowl and drizzle with olive oil, salt and pepper. Toss well, then arrange on a rimmed baking sheet (or two) in a single layer. Cook until the tomatoes burst, the peppers are lightly browned and the broccoli is a little crispy, about 15 to 20 minutes, then return to the large mixing bowl.

*We're cooking the quinoa right along with the vegetables. It's a hands-free trick that gives the quinoa a crunchy, nutty texture.*

### 3. Make the Croutons

While the vegetables are roasting, cut the **Baguettes** into ½" cubes and place on a baking sheet. Drizzle with olive oil, and lightly salt and pepper. Bake until the croutons brown, about 8 to 10 minutes

### 4. Put It All Together

Toss the cooked vegetables with half of the **Asiago Vinaigrette**. Serve topped with the croutons, **Parmesan Cheese** and more vinaigrette to taste. Enjoy!

*Love this recipe? #meezmagic*

Instructions for two servings.

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