

### *Sweet Asian BBQ Chicken*

**15 Min**  
to Table

**15 Min**  
Hands  
On

**1 Whisk**  
Super  
Easy

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**Getting Started**

Heat 1 Tbsp olive oil in a large skillet.

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**From Your Pantry**

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

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### *Sweet Basil Chicken Tacos*

**20 Min**  
to Table

**20 Min**  
Hands  
On

**1 Whisk**  
Super  
Easy

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**Getting Started**

Make the coleslaw.

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**From Your Pantry**

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

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# Quick Tips



### *Chive Beurre Blanc*

### *Salmon & Mushrooms*

**25 Min**  
to Table

**25 Min**  
Hands  
On

**1 Whisk**  
Super  
Easy

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**Getting Started**

Heat olive oil in large skillet.

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**From Your Pantry**

You'll need olive oil, salt and pepper.

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### *Indian Butter Chicken*

**25 Min**  
to Table

**25 Min**  
Hands  
On

**2 Whisks**  
Easy

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**Getting Started**

Preheat oven to 425.

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**From your Pantry**

You'll need olive oil, salt and pepper.

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### *Nashville Hot Tofu Sliders*

**30 Min**  
to Table

**20 Min**  
Hands  
On

**1 Whisk**  
Super  
Easy

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**Getting Started**

Preheat your oven to 450.

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**From your Pantry**

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

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## *Loaded Mozzarella and Balsamic-Glazed Tomato Quesadilla*

<b>25 Min</b> to Table	<b>25 Min</b> Hands On	<b>2 Whisks</b> Easy
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**Getting Started** No pre-work needed.

**Meal Tip** Use two pans to cook tomatoes and spinach at the same time

## *Tex-Mex Gnocchi Bake*

<b>40 Min</b> to Table	<b>20 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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**Getting Started** Preheat your oven to 400.

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

**Meal Tip** If you prefer softer gnocchi, just boil them for 6 to 8 minutes.

## *Red Pepper Shrimp with Feta and Orzo*

<b>15 Min</b> to Table	<b>15 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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**Getting Started** Bring a saucepan of water to boil.

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

## *Halloumi Crispy Rice Bowl with Ginger-Lime Vinaigrette*

<b>20 Min</b> to Table	<b>30 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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**Getting Started** Preheat your oven to 425.

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

## *BBQ Pulled Pork on Brioche*

<b>20 Min</b> to Table	<b>20 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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**Getting Started** Assemble the slaw and refrigerate.

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

## *Korean Beef Bulgogi*

<b>30 Min</b> to Table	<b>30 Min</b> Hands On	<b>2 Whisks</b> Easy
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**Getting Started** Bring 2 cups of water to boil in large saucepan.

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

**Meal Tip** Combine the ingredients in a bowl for a delicious stir-fry.

# Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Sweet Basil Chicken Tacos	560	50	12	62 CC 37	6	1010	20	16	80% Vitamin C	40% Vitamin A
Nashville Hot Tofu Sliders	980	34	50	104	10	1420	18	27	164% Calcium	59% Iron
(open face sandwich and 1/2 the aioli)	670		33					17		
Korean Beef Bulgogi	570	40	25	45 CC 34	8	716		17	287% Vitamin C	18% Calcium
BBQ Pulled Pork on Brioche	830	32	31	110	6	1400	66	31	200% VitamonC	50% Vitamin B6
(use 3/4 BBQ sauce and open face)	640		24					23		
Chive Beurre Blanc Salmon & Mushrooms	460	35	28	16	4	490	7	10	80% Vitamin D	30% Vitamin A
Tex-Mex Gnocchi Bake	870	31	26	133	12	3008	15	29	123% Vitamin C	84% Vitamin A
(1/2 the cheese, sauce and salsa)	656		14					21		
Indian Butter Chicken	840	53	60	28	8	560	14	24	302% Vitamin A	192% Vitamin C
(1/2 the butter and 1/2 the nuts)	670		43					17		

# Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Red Pepper Shrimp with Feta and Orzo	440	38	15	41 CC 19	15	720	8	9	220% Vitamin C	35% Vitamin A
Loaded Mozzarella & Balsamic-Glazed Tomato Quesadilla	595	26	31	57	6	772		19	298% Vitamin A	133% Vitamin C
Sweet Asian BBQ Chicken	660	51	7	103	4	950	69	19	107% Vitamin B6	20% Vitamin C
Halloumi Crispy Rice Bowl with Ginger-Lime Vinaigrette	680	31	42	46 CC 26	5	1080	13	21	50% Vitamin C	10% Calcium
(use 1/2 the rice & 1/2 the vinaigrette)	540		34					16		
Add a Protein All-Natural Chicken Breast	220	41	5	0	0	85	0	3	90% Vitamin B6	4% Iron
Add a Protein 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 rcmndd daily)	
Turtle Molten Bundt	500	6	30	53	3	370		27	25% Iron	6% Vitamin A
Tiramisu for Two	290	5	15	35	1	40	29		6% Calcium	2% Iron
Rockslide Brownie	550	5	35	56	2	230		31	25% Vitamin A	8% Calcium
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.*

# Sweet Asian BBQ Chicken

Our test kitchen couldn't get enough of this sweet Asian BBQ sauce. With mae ploy sauce, tamari, honey and ginger, it's addictive. We're serving it with all-natural chicken breast, fresh green beans, and served over Yaki Soba Noodles. Yum!

**20** *Minutes to the Table*

**20** *Minutes Hands On*

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

Large Skillet  
Saucepan

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 5 MEEZ CONTAINERS

Yaki Soba Noodles  
Green Beans  
Chicken Breasts  
Sweet Asian BBQ Sauce  
Herbs & Sesame Seeds

## Good To Know

**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** – 660 Calories, 7g Fat, 103g Carbs, 51g Protein and 19 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: Chicken, Green Beans, Yaki Soba Noodles, Mae Ploy, Brown Sugar, Tamari, Honey, Green Cilantro, Onion, Ginger, Garlic, Sesame Seed, Basil, Crushed Red Pepper

**meez** *meals*

### 1. Cook the Noodles

Bring a large saucepan of water to boil. Add the **Yaki Soba Noodles** to the boiling water with a few pinches of salt and cook until al dente, about 3 minutes. Drain the noodles and set aside until step 4.

### 2. Char the Green Beans

Heat 1 Tbsp olive oil in a large skillet over high heat. When the oil is hot, add the **Green Beans** in a single layer with a sprinkle of salt and pepper. Cook, undisturbed until they start to char, about 2 to 3 minutes. Stir and cook for an additional 1 to 2 minutes. Remove from the skillet and transfer to serving plates. Wipe out the skillet.

### 3. Cook the Chicken

Return the now empty skillet to the stove over medium high heat and add 1½ Tbsp of olive oil. Pat dry and generously salt and pepper the **Chicken Breasts** on both sides. When the oil is hot, add the chicken and cook until the bottom is brown, about 4 to 5 minutes. Flip and add the **Sweet Asian BBQ Sauce**. Cook until the sauce thickens enough to coat the back of a spoon, about 5 additional minutes. While it cooks, spoon the sauce on top of the chicken consistently so it does not burn.

### 4. Put It All Together

Place the noodles next to the green beans on serving plates. Top the noodles with the chicken and drizzle a bit of sauce from the pan over top. Sprinkle the entire dish with the **Herbs & Sesame Seeds**. Enjoy!

# Nashville Hot Tofu Sliders

Nashville hot chicken is everywhere, so we created a vegetarian-friendly version. With extra-firm tofu in place of chicken and our own mix of spices, we came up with a taste that we love even more than the original. We're making sliders with chive aioli, a soft, tender bun and roasted fingerling potato fries. Even non-vegetarians will love this dish!

**30** *Minutes to the Table*

**20** *Minutes Hands On*

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

- Large Skillet
- Baking Sheet
- Large Mixing Bowl

### FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper
- Flour (1/2 cup)
- Butter (4½ Tbsp)
- Eggs (3)

### 6 MEEZ CONTAINERS

- Pickled Veggies
- Fingerling Potatoes
- Tofu
- Slider Buns
- Nashville Hot Spices
- Chive Aioli

## Add Protein Cooking Instructions

**Health Snapshot Per Serving**- 980 Calories, 34g Protein, 104g Carbs, 50g Fat, 27 Freestyle Points

**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**- 980 Calories, 34g Protein, 104g Carbs, 50g Fat, 27 Freestyle Points.

**Lightened-up Health Snapshot Per Serving**- 670 Calories, 27g Protein, 72g Carbs, 33g Fat, 17 Freestyle Points, by using half of the Chive Aioli and serving the sliders open-faced.

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to view YouTube  
cooking video**



**INGREDIENTS:** Baked Yellow Tofu, Fingerling Potatoes, Slider Buns, Mayonnaise, Zucchini, Yellow Squash, Rice Wine Vinegar, Red Onion, Sugar, Lemon, Chives, Garlic Brown Sugar, Annatto Powder, Onion Powder, Smoked Paprika, Kosher Salt, Dill, Cayenne Pepper, White Pepper

meez *meals*



### 1. Get Started

Preheat your oven to 450 degrees. Drain the liquid from the **Pickled Veggies** and line a plate with paper towels.

### 2. Cook the Roast Fingerling Potato Fries

Slice each **Fingerling Potato** in half the long way, then slice each in half again so you have four long skinny fries per potato. Transfer the fries to a large mixing bowl, drizzle with olive oil, salt and pepper and toss. Arrange the coated fries on a baking sheet in a single layer. Roast until the outside of the potato is golden and slightly crispy, about 25 minutes.

### 3. Cook The Tofu

While the potatoes are roasting, whisk 2 eggs in a small bowl and spread ¼ cup of flour on a plate. Pat dry the **Tofu** and lightly sprinkle with salt and pepper. Place the tofu into the egg, shake off any excess, and then place into the flour and coat well on both sides. Heat 2 Tbsp olive oil in a large skillet over medium high heat. Cook the tofu until the coating browns, about a minute on each side. Place the cooked tofu on the paper-towel-lined plate. Wipe out the skillet.

### 4. Grill the Buns

Add 1 Tbsp of oil to the now empty skillet over medium-high heat. Cook the **Slider Buns**, cut-side down, until they start to brown, about 2 minutes. Remove and set aside. Do not wipe out the skillet.

### 5. Prepare the Nashville Hot Spices

Return the now-empty skillet to the stove over medium low heat and add 3 Tbsp of butter. When the butter melts, add the **Nashville Hot Spices** and stir until they are coated in butter and turn into a paste-like consistency. Turn off the heat and add the cooked tofu to the skillet. Stir until the tofu is well coated.

### 6. Put It All Together

Spread a generous helping of the **Chive Aioli** on the bottom bun and place the Nashville Hot tofu on top followed by the pickled veggies and top bun. Serve with the roasted fingerling potato fries. Enjoy!

Instructions for two servings.

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

# Korean Beef Bulgogi

Super fresh, super fast, super delicious. This dinner has it all. Grilled steak served up on fresh lettuce rolls with rice, stir fried carrots and cabbage is delicious on its own. But when topped with peanuts, basil, green onions and our delicious Bulgogi sauce, it's Meez magic.

**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

### 7 MEEZ CONTAINERS

Jasmine Rice  
Steak  
Red Cabbage & Carrots  
Romaine Lettuce  
Bulgogi Sauce  
Gochujang  
Peanuts, Basil & Green  
Onions

## Make The Meal Your Own

If you ordered the **Carb Conscious version**, we sent you cauliflower "rice" instead of the Jasmine rice, reducing the **carbs per serving to 34g**. Skip step 1. Prior to step 3., heat 1 Tbsp olive oil in a large skillet over high heat. Sauté the cauliflower "rice" until it starts to brown, about 2 to 3 minutes. Set aside and use in place of rice in step 5.

**As an alternative to lettuce wraps**, you can combine the ingredients in a bowl for a delicious stir-fry.

**Gluten Free?** You received Sriracha sauce because the Gochujang contains wheat.

## 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. We recommend using ½ tsp of each.

**Health snapshot per serving** – 570 Calories,  
40g Protein, 25g Fat, 45g Carbs, 17 Smart Points

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INGREDIENTS: Steak, Jasmine Rice, Romaine Lettuce, Red Cabbage, Carrots, Tamari, Mirin, Peanuts, Gochujang, Sesame Oil, Garlic, Ginger, Sesame Seeds, Basil, Green Onions

*meez* meals

### 1. **Get Organized**

Bring water to a boil in a large saucepan.

### 2. **Cook the Rice**

Add the **Jasmine Rice** to the boiling water with a pinch of salt and boil uncovered until desired texture, about 12 to 15 minutes. Remove from heat, drain, return rice to pot and set aside.

### 3. **Cook the Steak**

While the rice is cooking, heat 1 Tbsp of oil in a skillet 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 steaks.

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.

Once 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).

### 4. **Cook the Red Cabbage & Carrots**

While the steaks are resting, heat 1 Tbsp oil in the now-empty skillet over medium-high heat. When the oil is hot, add the **Red Cabbage & Carrots** and cook, stirring constantly, until the vegetables start to brown on the edges, about 7 minutes.

### 5. **Put it All Together**

Arrange the **Romaine Lettuce** on a plate and spread the thick, spicy, red **Gochujang** sauce across each leaf (will be your shell) as desired to taste. Top with a thin layer of rice, a little of the **Bulgogi Sauce** (the thinner brown sauce), red cabbage & carrots, sliced steak and add some additional Bulgogi Sauce on top of the steak.

Finish it off with the **Peanuts, Basil, & Green Onions** and enjoy!

*You just need enough water to completely cover the rice.*

*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.*

*Each family member can add the delicious Gochujang to their romaine lettuce leaf depending on how much they enjoy spicy food.*

Instructions for two servings.

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

# 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**

# Chive Beurre Blanc Salmon & Mushrooms

French white sauces have a reputation for being tricky, but the light, creamy Beurre Blanc is easier than you'd think. It's perfect with premium salmon, sautéed mushrooms and seared green beans.

**25** *Minutes to the Table*

**25** *Minutes Hands On*

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

- 2 Large Skillets
- Small Bowl

### FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper

### 5 MEEZ CONTAINERS

- Mushrooms
- Salmon
- Green Beans & Leeks
- Chive Butter
- Beurre Blanc Sauce

## Good to Know

**Health snapshot per serving** – 460 Calories, 28g Fat, 16g Carbs, 35g Protein and 10 Freestyle Points.

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

INGREDIENTS: Salmon, Green Beans, Cream, Button Mushrooms, Cremini Mushrooms, Leeks, Butter, White Wine, Chives, Vegetable Stock, Dijon Mustard, Black Pepper

**meez***meals*

### 1. Cook the Mushrooms

Heat 1 Tbsp olive oil in a large skillet over medium-high heat. Add the **Mushrooms** and cook, stirring occasionally, until they brown, about 7 to 8 minutes. Remove from the skillet and set aside in a small bowl. Do not wipe out the skillet. You'll use it in step 4 for the sauce.

### 2. Cook the Salmon

While the mushrooms are cooking, lightly sprinkle the **Salmon** with salt and pepper.

Heat 1 Tbsp olive oil in a second large skillet over high heat. When the oil is hot, add the salmon and cook until the bottom is browned and each piece begins to color up the side, about 3 to 4 minutes. Flip and continue cooking until the other side is well browned, about 3 more minutes. Remove from the skillet and let rest for 5 minutes. Wipe out the skillet. You'll use it in step 3 for the green beans.

### 3. Cook the Green Beans & Leeks

While the salmon is resting, heat 1 Tbsp olive oil in the now-empty salmon skillet over medium-high heat. When the oil is hot, add the **Green Beans & Leeks** with a light sprinkle of salt and pepper. Cook until the green beans are bright green and just starting to char, about 5 to 6 minutes.

### 4. Create the Sauce

While the green beans are cooking, melt the **Chive Butter** in the now-empty mushroom skillet over medium heat. Add the **Beurre Blanc Sauce** and simmer, stirring frequently, until the sauce has thickened enough to coat the back of a spoon, about 3 to 4 minutes. Turn off the heat and stir in the cooked mushrooms.

### 5. Put It All Together

Serve the salmon topped with the mushrooms and Beurre Blanc sauce, and the green beans & leeks on the side. Enjoy!

# Tex-Mex Gnocchi Bake

Yep, you read the name right. We're putting two flavors together in one crazy cross-cultural gem that's sure to please everyone in your family. Toasted gnocchi is a perfect partner for black beans, sweet corn and poblano peppers. Topped with Chihuahua & Monterey Jack cheese and cooked until melty and delicious. Heaven.

40 Minutes to the Table

20 Minutes Hands On

1 Whisk Super Easy

## Getting Organized

### EQUIPMENT

Large Oven-Safe  
Skillet or Dutch  
Oven  
Baking Sheet

### FROM YOUR

### PANTRY

Olive Oil  
Salt & Pepper

### 5 MEEZ CONTAINERS

Corn, Bean &  
Tomato Salsa  
Tex-Mex Sauce  
Mexican Cheese  
Gnocchi  
Poblano Peppers

## Add Protein Cooking Instructions

**Integrate into recipe:** Prior to step 4, cook the protein (per instructions below) and then slice into strips (*flake the salmon, leave shrimp whole*) and serve alongside the gnocchi when it is finished.

**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 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** – 870 Calories, 31g Protein, 26g Fat, 29 Smart Points.

**Lighten Up snapshot per serving** – 655 Calories, 20g Protein, 14g Fat, 21 Smart Points using ½ the cheese, sauce, and salsa.

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to view  
YouTube  
cooking video



INGREDIENTS: Gnocchi, Tomatoes, Poblano Peppers, Corn, Black Beans, Chihuahua Cheese, Monterey Jack Cheese, Cilantro, Cumin Coriander, Oregano, Chipotles in Adobo.

meez meals



### 1. Getting Organized

Preheat your oven to 400 degrees.

### 2. Toast the Gnocchi

Place the **Gnocchi** on a baking sheet and toss with olive oil, salt and pepper. Bake until golden brown, about 16 to 18 minutes, stirring once after 10 minutes of cooking. Remove from the oven and set aside until step 4.

### 3. Cook the Vegetables

While the gnocchi is cooking, heat 2 Tbsp olive oil in a large oven-safe skillet (or Dutch Oven) over medium-high heat. Once the oil is hot, add the **Poblano Peppers** and cook until the edges are brown, about 6 to 8 minutes. Add the **Corn, Bean & Tomato Salsa** and the **Tex-Mex Sauce** and cook until the sauce starts to bubble, and salsa is warm, about one minute, then turn off the heat.

### 4. Finish the Bake

Stir in half the **Mexican Cheese** and add the toasted gnocchi when it comes out of the oven. (It is OK to let the dish sit if the gnocchi isn't ready yet.)

Mix well, then top with the remaining cheese. Bake until the cheese is melted and starts to brown, about 7 to 9 minutes.

Serve and enjoy!

Instructions for two servings.

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

# Indian Butter Chicken

Tender chicken cooked up in a creamy tomato sauce with just the right blend of Indian spices and sweet butter. We're serving this classic recipe with roasted cauliflower.

**25** *Minutes to the Table*

**25** *Minutes Hands On*

**2 Whisk** *Easy*

## Getting Organized

### EQUIPMENT

- 2 Large Skillets
- Sheet Pan

### FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper

### 6 MEEZ CONTAINERS

- Cauliflower
- Chicken
- Tomato Cream Sauce
- Spiced Butter
- Spinach
- Cashew

## Good to Know

Butter chicken originated in Delhi, sometime during the 1950s. Today it can be found in all over the world.

**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** – 840 Calories, 53g Protein, 60g Fat, 28g Carbs, 24 Freestyle Points.

**Lighten-Up snapshot per serving** – 670 Calories, 43g Fat, 23g Carbs, 17 Freestyle Points using half the butter and half the nuts.

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

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INGREDIENTS: Chicken, Spinach, Cauliflower, Tomato, Cream, Cashew, Butter, Cilantro, Garlic, Ginger, Garam Masala, Cayenne Pepper, Turmeric, Coriander, Lime, Sugar.

meez *meals*

### 1. Roast the Cauliflower

Preheat oven to 425. Spread the **Cauliflower** on a baking sheet in a single layer and drizzle with olive oil, salt and pepper. Cook until it starts to brown, about 15 to 17 minutes. Remove from oven and set aside.

### 2. Cook the Chicken

While the cauliflower is roasting, dry the **Chicken** with a paper towel and lightly 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, 3 to 4 minutes. Turn the chicken and cook for another 3 to 4 minutes, until the other side is brown as well.

Remove from the 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 ½" cubes and set aside. Do not wipe out the pan.

### 3. Make the Indian Butter Sauce

Bring the **Tomato Cream Sauce** to a boil in the now-empty skillet over medium-high heat. Reduce the heat to medium and simmer, uncovered until the sauce thickens slightly, about 5 minutes. Add ¾ of the **Spiced Butter** and stir until melted, then turn off the heat. Add the cubed chicken and stir to coat.

### 4. Cook the Spinach

While the sauce is cooking, heat 1 Tbsp olive oil in a separate skillet on medium-high heat. When the oil is hot, add the **Spinach** and cook until it wilts, about 3 to 4 minutes. Add the remaining Spiced Butter to the pan and cook until the butter is melted, and the spinach is coated. Remove from the heat and place directly on serving plates.

### 5. Put It All Together

Top the spinach with the chicken and **Cashews**. Serve the roasted cauliflower along the edges of the plate and drizzle sauce from the pan over top of the entire dish. Enjoy!

*The spinach is bulky when uncooked but will reduce once wilted so you may need to add it a bit at a time.*

Instructions for two servings.

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

# Red Pepper Shrimp with Feta and Orzo

Roasted red peppers make for a creamy-without-the-cream sauce that makes a healthy dinner feel indulgent. With sautéed shrimp, flavorful feta, olives and orzo pasta, it's a 15-minute dinner you'll love.

**15** *Minutes to the Table*

**15** *Minutes Hands On*

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

Large Saucepan  
Large Skillet

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper  
Butter (1 Tbsp per svg.)

### 6 MEEZ CONTAINERS

Orzo  
Red Bell Peppers  
Roasted Red Pepper  
Sauce  
Shrimp  
Olives, Capers & Red  
Onions  
Feta & Herbs

## Good to Know

If you ordered the **carb conscious version**, we sent you zucchini instead of orzo, reducing the **carbs per serving to 19g**. Before step 2, add the zucchini rice to the skillet over medium-high heat and cook until it starts to brown, about 2 to 3 minutes. Remove from skillet and place directly on your serving dishes.

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

**Health snapshot per serving** – 440 Calories, 38g Protein, 15g Fat, 41g Carbs, 9 Freestyle Points

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

INGREDIENTS: Shrimp, Red Bell Pepper, Roasted Red Pepper, Orzo, Feta, Red Onion, Black Olives, Lemon Juice, Kalamata Olives, Capers, Garlic, Parsley, Lemon Pepper, Oregano

*meez*meals

### 1. **Get Organized**

Bring a saucepan of water to a boil.

### 2. **Cook the Pasta**

Add the **Orzo** to the boiling water and cook until al dente, about 10 to 12 minutes. Drain and transfer to serving bowls.

### 3. **Sear the Red Bell Peppers**

While the orzo is cooking, heat 1 Tbsp olive oil in a large skillet over medium-high heat. Add the **Red Bell Peppers** and cook until they start to char, about 3 to 4 minutes. Add the **Roasted Red Pepper Sauce** and heat until bubbling, about one minute. Pour the contents of the skillet directly over the orzo in the serving bowls. Wipe out the skillet.

### 4. **Cook the Shrimp and Veggies**

Pat the **Shrimp** dry with a paper towel and lightly salt and pepper. Heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. When the oil is hot, add the shrimp and cook until they are opaque and no longer grey in color, about a minute on each side. Remove from the skillet and transfer to a cutting board. Cut each shrimp in half. Wipe out the skillet.

Heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. Add the **Olives, Capers & Red Onions** and cook until the capers start to pop and are toasted, about 3 minutes. Add 1 Tbsp of butter and stir until it melts, then turn off the heat. Add the halved shrimp to the skillet and stir well.

### 5. **Put It All Together**

Serve the shrimp and veggies on top of the orzo and red peppers, and sprinkle with the **Feta & Herbs**. Enjoy!

Instructions for two servings.

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

# Loaded Mozzarella & Balsamic-Glazed Tomato Quesadilla

25 Minutes to the Table

25 Minutes Hands On

2 Whisks *Easy*

Our members say it best: "The quesadilla was fantastic. It was tasty, easy and fun to make! Kinda like pizza AND the grape tomato topping was so GOOD." What could be that delicious? This caprese-inspired quesadilla layers basil pesto, spinach, balsamic-glazed tomatoes and lots of mozzarella in a warm tortilla. It's a dinner you don't want to miss.

## Getting

## Add Protein Cooking Instructions

## Organized

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

### EQUIPMENT

Large Skillet  
Bowl

**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.

### FROM YOUR

### PANTRY

Olive Oil  
Salt & Pepper

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.

### 6 MEEZ

### CONTAINERS

Tomatoes  
Balsamic  
Glaze  
Spinach  
Tortillas  
Basil Pesto  
Mozzarella

## Good To Know

**If you're making the gluten-free version**, we've given you corn tortillas. They're smaller than flour tortillas, so you'll make two round quesadillas per person, rather than one half-moon.

**If you're making the vegan version**, skip the mozzarella and make a pesto and spinach foldover. Cook the vegetables and heat the tortillas according to the instructions, then spread on the pesto, fill with the spinach and tomatoes and cook until heated through.

**Health snapshot per serving** – 595 Calories, 31g Fat, 26g Protein, 6g Fiber, 19 Smart Points

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INGREDIENTS: Tomatoes, Spinach, Flour Tortillas, Mozzarella Cheese, Basil, Almonds, Balsamic Vinegar, Brown Sugar, Lemon Juice, Olive Oil, Garlic

meez *meals*

### 1. Getting Organized

Heat 1 Tbsp of olive oil in a large skillet over medium heat.

### 2. Cook the Vegetables

Add the **Tomatoes** and cook until they pop and most of the liquid has evaporated, 5 to 10 minutes. Add the **Balsamic Glaze** and cook another 2 minutes. Transfer to a bowl and return the skillet to the heat.

Add the **Spinach** and a good pinch of salt. Cook until it just wilts, about 1 to 2 minutes.

### 3. Assemble the Quesadillas

Wipe out the skillet with a paper towel, and then heat 1 Tbsp of oil over medium heat. Place one **Tortilla** into the skillet and move around to lightly coat the bottom with oil. Repeat each time you're making a new quesadilla.

Spread the **Basil Pesto** on the tortilla and then add some of the wilted spinach and **Mozzarella** on one side. Fold one side over and cook until golden, about 2 to 3 minutes on each side.

### 4. Put It All Together

Cut the quesadillas into pieces and serve topped with the glazed tomatoes. Enjoy!

*We like to assemble the quesadillas in the pan so there's no risk of a mess.*

*If there's extra liquid with the tomatoes, just leave it behind. You don't want to make the quesadillas soggy.*

Instructions for two servings.

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

*Love this recipe? #meezmagic*

INGREDIENTS: Tomatoes, Spinach, Flour Tortillas, Mozzarella Cheese, Basil, Almonds, Balsamic Vinegar, Brown Sugar, Lemon Juice, Olive Oil, Garlic

*meez*meals



# Sweet Basil Chicken Tacos

Sweet and simple is the magic of this recipe. Sauté chicken, heat tortillas, add delectable Sweet Basil Sauce. That's the recipe for an easy dinner that's just right for a busy weeknight. We think your family will love it as much as ours.

**15** *Minutes to the Table*

**15** *Minutes Hands On*

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

Large Skillet

### FROM YOUR PANTRY

Olive Oil

Salt & Pepper

### 5 MEEZ CONTAINERS

Chicken Breasts

Tortillas

Sweet Basil Sauce

Arcadian Lettuce

Cucumber Yogurt &

Bell Pepper Sauce

## Good to Know

If you ordered the **Carb Conscious version**, we sent you romaine lettuce instead of tortillas, reducing the **carbs per serving to 37g**. Skip step 2. Chop the romaine and place as a salad base on your serving dishes. Top with the chicken, sauce, and greens and finally the vegetable tzatziki in step 4.

**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** – 560 Calories, 12g Fat, 62g Carbs, 50g Protein, and 16 Freestyle Points.

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

INGREDIENTS: Chicken Breasts, Flour Tortillas, White Peach, Arcadian Lettuce Mix, Mae Ploy, Cucumber, Red Bell Peppers, Tomato, Red Onion, Greek Yogurt, Basil, Cream, Lime, Lemon, Garlic, Kosher Salt

meez meals

### 1. Cook the Chicken

Heat 1 Tbsp olive oil in a large skillet over medium-high heat. Pat dry and generously salt and pepper the **Chicken Breasts** on both sides. When the oil is hot, add the chicken breasts and cook until they are 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 then slice into ½ inch strips. Wipe out the skillet.

### 2. Warm the Tortillas

While the chicken is resting, return the now-empty skillet to the stove over medium-high heat. Warm the **Tortillas** for about 30 seconds on each side. Transfer the warm tortillas directly to serving plates.

### 3. Cook the Sauce and Greens

Add the **Sweet Basil Sauce** to the now-empty skillet and cook over medium-high heat until the sauce is hot and thickens slightly, about 2 minutes. Add the **Arcadian Lettuce** to the skillet and stir until the lettuce is wilted, about 1 to 2 minutes. Remove from the heat and stir in the sliced chicken.

### 4. Put It All Together

Fill the tortillas with the chicken, greens, and any additional sauce from the skillet. Top with the **Cucumber Yogurt & Bell Pepper Sauce**.

Enjoy!

Instructions for two servings.

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

# Halloumi Crispy Rice Bowl with Ginger-Lime Vinaigrette

There are few ingredients we love more than seared halloumi for making dinner special. Paired with crispy jasmine rice, roasted beets and a ginger-lime vinaigrette, it's magic.

**30** Minutes to the Table

**20** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized

### EQUIPMENT

Medium  
Saucepan  
Large Skillet  
Small Bowl  
Rimmed Baking  
Sheet

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 6 MEEZ CONTAINERS

Ginger-Lime  
Vinaigrette  
Jasmine Rice  
Seasoned Onions  
Beets  
Kale  
Halloumi Cheese

## Add Protein Cooking Instructions

**Integrate into recipe:** Prior to Step 5, cook the protein (per instructions below) then slice into strips (flake the salmon, leave shrimp whole) and serve on top of the rice bowl in Step 6.

**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're cooking the **Carb Conscious version**, we sent you diced zucchini instead of Jasmine Rice, reducing the **carbs to 26g per serving**. In place of step 2, heat 1 Tbsp olive oil in a large skillet over high heat. When the oil is hot sauté the zucchini until it starts to brown, about 2 to 3 minutes. Then add the Seasoned Onions and continue to cook for another 2 to 3 minutes until the onions are soft. Transfer directly to serving bowls.

**Health snapshot per serving** – 680 Calories, 31g Protein, 42g Fat, 46g carbs, 21 Freestyle Points.

**Lightened up health snapshot per serving** – 540 Calories, 31g Carbs, 34g Fat, and 16 Freestyle Points, by using half the Jasmine Rice and half the Ginger-Lime Vinaigrette.

INGREDIENTS: Halloumi Cheese, Beets, Jasmine Rice, Kale, Yellow Onion, Vegetable Oil, Rice Wine Vinegar, Lime, Ginger, Cilantro, Miso, Sugar, Turmeric, Paprika, White Pepper

meez meals

### 1. Get Ready

Preheat your oven to 425. Bring a medium saucepan of water to a boil. Combine 1 Tbsp olive oil and the **Ginger Lime Vinaigrette** in a small bowl and set aside until step 6.

### 2. Cook the Rice

Add the **Jasmine Rice** to the boiling water and cook until tender, about 12 to 15 minutes. Drain well and return to the saucepan. Add the **Seasoned Onions**, cover and set aside until step 4.

### 3. Roast the Vegetables

While the rice is cooking, place the **Beets** on a rimmed baking sheet and drizzle with olive oil and lightly season with salt and pepper. Toss and arrange in a single layer on one half of the baking sheet. Repeat the same process with the **Kale** on the other half. Roast until the beets and kale start to crisp and brown, about 15 minutes. Remove from the oven and toss all the veggies together with tongs on the baking sheet and set aside.

### 4. Make the Crispy Rice

Heat 2 Tbsp olive oil in your largest skillet over medium-high heat. When the oil is hot, spread the rice/onions in an even layer and cook until the bottom starts to brown and crisp, about 3 to 4 minutes. Flip the rice and cook on the other side until it starts to brown, an additional 3 to 4 minutes. Transfer directly to serving bowls. Wipe out the skillet.

### 5. Sear the Halloumi

Place the **Halloumi Cheese** on a cutting board and cut in half lengthwise, then slice into rectangles about ¼" thick. You should have about 10 to 12 pieces per serving after slicing.

Heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. When the oil is hot, add the Halloumi and lightly sprinkle with pepper. Cook until one side is golden brown, about 3 minutes, then flip and cook the other side until golden brown, an additional 3 minutes.

### 6. Put It All Together

Top the crispy rice with the kale and beets and then the seared halloumi. Drizzle the entire dish with the Ginger-Lime Vinaigrette. Enjoy!

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

Instructions for two servings.

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