

### *Cantonese Chicken Kow*

---

<b>30 Min</b> to Table	<b>30 Min</b> Hands On	<b>2 Whisks</b> Easy
---------------------------	------------------------------	-------------------------

---

#### **Getting Started**

Put a saucepan of water on to boil.

#### **From Your Pantry**

You'll need olive oil, salt and pepper

---

### *Lemon Orzo with Spinach & Halloumi*

---

<b>15 Min</b> to Table	<b>15 Min</b> Hands On	<b>1 Whisk</b> 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*

---

<b>20 Min</b> to Table	<b>20 Min</b> Hands On	<b>2 Whisks</b> Easy
---------------------------	------------------------------	-------------------------

---

#### **Getting Started**

Heat 1 Tbsp. of oil in a large skillet

#### **From Your Pantry**

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

---

### *Honey Butter Chicken and Waffles*

---

<b>30 Min</b> to Table	<b>30 Min</b> Hands On	<b>2 Whisks</b> Easy
---------------------------	------------------------------	-------------------------

---

#### **Getting Started**

Preheat your oven to 425.

#### **From Your Pantry**

You'll need one egg, olive oil, salt and pepper

---

### *Barbequed Sweet Potato Couscous Gratin*

---

<b>40 Min</b> to Table	<b>10 Min</b> Hands On	<b>1 Whisk</b> Super Easy
---------------------------	------------------------------	---------------------------------

---

#### **Getting Started**

Preheat your oven to 400 and put water on to boil.

#### **Speed Tip**

You can cook the couscous ahead, to save time.

---

### *Queso Fiesta Casserole*

---

<b>45 Min</b> to Table	<b>10 Min</b> Hands On	<b>1 Whisk</b> Super Easy
---------------------------	------------------------------	---------------------------------

---

#### **Getting Started**

Preheat your oven to 425.

#### **From your Pantry**

You'll need olive oil, salt and pepper.

---

### *Rotini with Basil Oil and Pecorino*

---

<b>25 Min</b> to Table	<b>25 Min</b> Hands On	<b>1 Whisk</b> Super Easy
---------------------------	------------------------------	---------------------------------

---

#### **Getting Started**

Put a saucepan of water on to boil.

#### **Omnivore Option**

Baked Chicken breast would be delicious!

---

### *Asian Angus Beef Burger*

---

<b>25 Min</b> to Table	<b>25 Min</b> Hands On	<b>1 Whisk</b> Super Easy
---------------------------	------------------------------	---------------------------------

---

#### **Getting Started**

Heat 1 Tbsp of olive oil in a skillet.

#### **From Your Pantry**

You'll need olive oil and one egg per serving.

---

### *Salmon with Lemon and Asparagus*

---

<b>25 Min</b> to Table	<b>25 Min</b> Hands On	<b>2 Whisks</b> Easy
---------------------------	------------------------------	-------------------------

---

#### **Getting Started**

No pre-work needed.

#### **From your Pantry**

You'll need 1/4 c flour and 3/4 T butter per serving.

#### **Speed Tip**

Cook the asparagus and salmon at the same time.

---

### *Steak Florentine*

---

<b>25 Min</b> to Table	<b>25 Min</b> Hands On	<b>1 Whisk</b> Super Easy
---------------------------	------------------------------	---------------------------------

---

#### **Getting Started**

Heat the olive oil in a large skillet.

#### **From your Pantry**

You'll need olive oil, salt and pepper.

---

### *Avocado Tilapia Sandwich with Jalapeño Slaw*

---

<b>20 Min</b> to Table	<b>15 Min</b> Hands On	<b>1 Whisk</b> Super Easy
---------------------------	------------------------------	---------------------------------

---

#### **Getting Started**

Preheat your oven to 400.

#### **From Your Pantry**

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

---

# Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Avocado Tilapia Sandwich with Jalapeño Slaw	650	34	24	79	10	2700	24	18	100% Vitamin C	90% Vitamin A
Steak Florentine	625	38	44	20	6	891		20	286% Vitamin A	84% Vitamin C
Crispy Shrimp Bao Bun	599	44	18	67	4	786	14	13	101% Vitamin A	134% Vitamin C
Barbequed Sweet Potato Couscous Gratin	505	20	11	81	8	777		17	909% Vitamin A	130% Vitamin C
Honey Butter Chicken & Waffles	740	69	29	56	3	570		16	44% Vitamin A	24% Vitamin B-6
( ½ the dressing, ½ the butter and 1 waffle)	595		17					11		
Salmon with Lemon & Asparagus	511	39	26	21	6	1490		13	18% Vitamin B-6	0% Vitamin B12
Asian Angus Beef Burger	700	45	46	26 CC 6	2	624		15	60% Vitamin A	65% Vitamin C
(no bun, 1/2 the peanut sauce, 1/2 the aioli)	570		42					12		
Cantonese Chicken Kow	730	53	14	87 CC 30	6	990	4	14	70% Vitamin A	52% Vitamin C
(use 1/2 of the cornstarch, sambal & sesame oil, and pasta)	650		10					11		

# Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Queso Fiesta Casserole	440	16	17	57	9	830	10	12	147% Vitamin C	73% Calcium
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		
Rotini with Basil Oil & Pecorino	400	19	6	72	16	218		11	190% Vitamin C	14% Calcium
Honduran Chocolate Brownies (Gluten-Free)	340	4	18	42	3	140	31	16	4% Vitamin C	15% Iron
Flourless Chocolate Cake	370	5	16	32	2	130	18	18	20% Iron	10% Vitamin A
Turtle Molten Bundt	500	6	30	53	3	370		27	25% Iron	6% Vitamin A
Kitchen Sink Cookies	380	5	19	49	2	400	10	17	20% Iron	8% Vitamin A
Big Oatmeal Raisin Cookies	180	2	9	22	1	170		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.*

# Avocado Tilapia Sandwich with Jalapeño Slaw

Get ready for a flavor explosion. Our tilapia sandwich comes together with roasted sweet potato chips, a crunchy jalapeno slaw, creamy avocado dressing, and flaky tilapia, all served up on rustic Italian bread. It's a speedy dinner that's filling and fun.

**20** *Minutes to the Table*

**15** *Minutes Hands On*

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

Large Skillet  
Baking Sheet  
Mixing Bowl

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 5 MEEZ CONTAINERS

Sweet Potatoes  
Tilapia  
Italian Bread  
Avocado Dressing  
Jalapeño Slaw

## Good To Know

**Health snapshot per serving** – 650 Calories, 24g Fat, 79g Carbs, 34g Protein and 18 Smart Points

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

INGREDIENTS: Tilapia, Rustic Panini Bread, Sweet Potatoes, Broccoli, Avocado, Mayonnaise, Red Onion, Jalapeño, Lime, Sugar, Cilantro, Kosher Salt

**meez***meals*

### 1. Getting Organized

Preheat your oven to 400 degrees.

### 2. Prepare the Sweet Potato Chips

Toss the **Sweet Potatoes** with a drizzle of olive oil, salt and pepper on a baking sheet. Arrange in a single layer and roast until crispy, about 20 to 25 minutes.

### 3. Prepare and Cook the Tilapia

While the potatoes are baking, pat dry the **Tilapia** and sprinkle with salt and pepper. Heat 1 Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, add the tilapia and cook on one side until brown, about 3 minutes. Flip and repeat. Set aside. Wipe out the skillet.

### 4. Grill the Bread

Heat the now-empty skillet over medium heat. Brush both sides of the **Italian Bread** slices with olive oil, then add to the skillet in a single layer, working in batches if necessary. Cook until each side is golden brown, about 2 minutes per side.

### 5. Put It All Together

Toss half the **Avocado Dressing** with the **Jalapeño Slaw** in a mixing bowl.

Spread the remaining dressing on one side of the grilled bread. Layer the sweet potato chips on the dressed bread, then the tilapia, jalapeño slaw and final piece of bread. Slice the sandwich in half and enjoy!

# Steak Florentine

Caper butter steak on a bed of sautéed spinach and Italian white beans. And a made-from-scratch Rosemary sauce. Yep, this is a dinner worthy of your favorite Italian restaurant that you can make from scratch without hiring a sitter. Get ready to fall in love.

**25** Minutes to the Table

**25** Minutes Hands On

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

Large Skillet

### FROM YOUR PANTRY

Olive Oil

Salt & Pepper

### 6 MEEZ CONTAINERS

Steak

Lemon

Caper Butter

Spinach

Rosemary Sauce

White Beans

## Good To Know

The sauce has a wine base, but alcohol cooks off as it cooks, leaving just the great wine flavor.

**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** – 625 Calories, 38g Protein, 44g Fat, 20g Carbs, 20 Freestyle Points

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

INGREDIENTS: Steak, Spinach, White Wine, Great Northern Beans, Lemon, Garlic, Rosemary, Parsley, Black Pepper, Capers, Butter, Cream, Vegetable Stock, Onion.

meezmeals

### 1. Cook the Steak and Lemon

Heat 1 Tbsp oil in a large skillet over high heat. Pat dry the **Steak** and lightly salt and pepper. When the oil is very hot, add the steaks (spiced side up) and **Lemon** (sliced in half with peel side up) right next to the steaks.

Cook Lemon until it is well browned on the bottom, about 1 to 2 minutes. Continue cooking steak until the bottoms brown & sides start to color, about 3 minutes total. Flip and continue cooking for another 3 minutes if you prefer your steak **medium rare**. (Cook for 4 minutes for **medium**, and 5 to 6 for **well done**).

Remove the steaks from the heat (but do not wipe out the skillet) and immediately top with the **Caper Butter** and set aside to rest.

### 2. Create Sauce and Cook Spinach

While the steaks are resting, return the skillet to the stove over medium-high heat. Add the **Spinach** and sauté until it wilts, about 4 to 5 minutes. Stir in the **Rosemary Sauce** and cook until it thickens, about 3 to 4 minutes. Add the **White Beans** and cook until they are warm, about 1 minute.

Remove the spinach and beans from skillet and place directly on serving plates.

### 3. Put it All Together

Place the steak on the bed of spinach and beans and squeeze some lemon juice over top of the dish. Enjoy!

*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.*

*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.*



# 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.

meezmeals

## 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**

# Barbequed Sweet Potato Couscous Gratin

We're turning the whole idea of an au gratin on its head this week. Forget the heavy, cream-based staples of classic French cooking. Instead, we're layering pearl couscous and broiled sweet potatoes with a smoky barbeque sauce and mozzarella. Then, we top it off with crispy kale for a vitamin-packed twist.

**40** Minutes to the Table

**10** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized

### EQUIPMENT

Oven-Safe  
Saucepan  
Rimmed Baking  
Sheet

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 5 MEEZ CONTAINERS

Sweet Potatoes  
Pearl Couscous  
Barbeque Sauce  
Mozzarella & Cherries  
Kale

## Make The Meal Your Own

**Want this meal in a flash?** Prepare the sweet potatoes and couscous in advance. When it's time for dinner, assemble the casserole and sauté the kale. You'll be eating in 15 minutes.

**Kids and picky eaters** can eat their kale on the side.

## Good To Know

**If you're making the vegan version**, we've left out the cheese. It's just as delicious without it.

**If you're making the gluten-free version**, we've given you quinoa instead of couscous. Cooking it up is easy. Just bring 3 ¾ cups of water to a boil, 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 it and let it sit covered for 5 minutes.

**Health snapshot per serving** – 505 Calories, 20g Protein, 8g Fiber, 17 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, Pearl Couscous, Barbeque Sauce, Mozzarella Cheese, Parmesan Cheese, Cherries, Garlic

*meez* meals

### 1. Getting Organized

Preheat your oven to 400 degrees and put a saucepan of water on to boil.

### 2. Roast the Sweet Potatoes

Put the **Sweet Potatoes** on a rimmed baking sheet. Drizzle with olive oil, salt and pepper and bake until the edges are crispy, about 15 to 25 minutes.

### 3. Cook the Couscous

Once the sweet potatoes are cooking, start the couscous. Salt the boiling water generously, add the **Pearl Couscous** and cook for 5 minutes. Drain and set aside.

*The couscous won't be done cooking in this first step. We're just par-cooking it.*

### 4. Assemble the Casserole

Turn the oven down to 300 degrees and put the couscous back into the saucepan or, if it's not oven-safe, into a casserole dish. Add the cooked sweet potatoes, **Barbeque Sauce** and ¼ cup water and mix well. Top with **Mozzarella & Cherries** and bake until the top is lightly browned and the cheese is melted, about 12 to 15 minutes.

### 5. Bake the Kale

Once the gratin gets into the oven, arrange the **Kale** on your rimmed baking sheet. Drizzle with olive oil, salt and pepper, and bake until softened and crisp on the edges, about 15 minutes. Serve the gratin topped with the kale.

*Love this recipe? #meezmagic*

Instructions for two servings.

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

# Honey Butter Chicken & Waffles

Chicken & Waffles taken up a notch. Or two or three. With roasted leeks, crispy buttermilk-breaded chicken, and sweet honey-butter served over a Belgian waffle, you've got a sophisticated spin on a down-home classic that's on the table in just 30 minutes.

**30** Minutes to the Table

**30** Minutes Hands On

**2 Whisks** Easy

## Getting Organized

### EQUIPMENT

Large Skillet  
Baking Sheet

### FROM YOUR PANTRY

One Egg  
Olive Oil  
Salt & Pepper

### 6 MEEZ CONTAINERS

Leeks  
Chicken  
Buttermilk Dressing  
Breading  
Honey Butter  
Belgian Waffles

## Good to Know

We're sending you the waffles already cooked, so no waffle iron required ☺

### Family favorite!

**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** – 740 Calories, 69g Protein, 29g Fat, 16 Freestyle Points

**Lighten-Up Health snapshot per serving** – 595 Calories, 67g Protein, 17g Fat, 11 Freestyle Points with half the dressing, half the butter and ½ waffle per serving.

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

INGREDIENTS: Chicken, Belgian Waffle, Leeks, Buttermilk, Panko, Mayonnaise, Butter, Honey, Chive, Black Pepper, Kosher Salt, Thyme, Basil, Oregano, Celery Salt, Dry Mustard, Paprika, Garlic, Ginger, White Pepper.

meez meals

### 1. Roast the Leeks

Preheat oven to 425. Arrange the **Leeks** in a single layer on a rimmed baking sheet and drizzle lightly with olive, oil, salt and pepper. Cook until they begin to crisp, about 10 minutes. Set aside for step 5.

### 2. Prepare the Chicken

While the leeks are roasting, pat dry and very loosely wrap each **Chicken** breast in saran wrap and place on a cutting board. Using a meat tenderizer (mallet) or bottom of a small pot, pound the thicker sections of the breast until each has reached uniform thickness. 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).

In a mixing bowl, mix half the **Buttermilk Dressing** with one egg. Spread the **Breading** evenly on a large plate. Now dip the chicken breast completely into the buttermilk dressing and let any excess drip off. Then put each piece of chicken onto the breading. Press down to make sure the breading adheres then repeat on the other side. Discard any unused buttermilk dressing and breading.

### 3. Cook the Chicken

Heat 2 Tbsp olive oil in a large skillet over medium heat. When the oil is hot add the breaded chicken and cook until the breading is golden brown, about 4 to 5 minutes. Flip and cook the other side until it is also brown, an additional 4 to 5 minutes. Remove from the heat.

While the chicken is resting, place the **Honey Butter** on top of the chicken breasts to melt.

### 4. Heat the Waffle

Wipe out the skillet and return to the stove over medium heat. Cook the **Belgian Waffles** until the first side is lightly brown. Flip and cook the other side until it is also brown, and the waffle is warmed thoroughly. Remove from heat and place directly on serving plates.

### 5. Put It All Together

Drizzle the remaining buttermilk dressing on the waffles, cover with the roasted leeks and top with the chicken and melted honey butter. Enjoy!

*Save the other half of the buttermilk dressing to drizzle on the chicken in step 5.*

*We use one hand to take the chicken through these steps and keep the other hand clean to hold the bowl or plate. It makes the process neater and easier.*

*We like the way the pan caramelizes the waffle but feel free to use your toaster oven if you prefer*

Instructions for two servings.

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

# Salmon with Lemon & Asparagus

Lemon brings out the best in salmon. Particularly when it's part of a white wine and caper sauce. Together, they add a brightness and sophistication that can't be beat. Add fresh asparagus, and you have a recipe the family will love.

**25** Minutes to the Table

**25** Minutes Hands On

**2 Whisks** *Easy*

## Getting Organized

### EQUIPMENT

Mixing Bowl  
Shallow Pie Pan or Plate  
Large Skillet

### FROM YOUR PANTRY

½ Cup Flour  
1 ½ Tbsp Butter  
Olive Oil  
Salt & Pepper

### 4 MEEZ CONTAINERS

Asparagus & Fennel  
Salmon  
Capers & Sunflower  
Seeds  
White Wine Lemon  
Sauce

## Make The Meal Your Own

**Speed Trick** – Use 2 skillets and cook the asparagus and salmon at the same time.

**Salmon has a reputation for being tricky to cook.** Chef Max says the key to perfect salmon is making sure you don't overcook it. Cook over high heat for a few minutes per side and then let it rest. The salmon continues cooking as it rests, so let it sit 5 minutes, covered, off the heat before you cut into it and check for doneness.

**Not sure about fennel?** Forget its reputation for having a strong licorice flavor. Once it's sautéed with asparagus and paired with our lemon sauce, it mellows out and adds a great texture and depth of flavor that we just love.

**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** – 511 Calories, 26g Fat, 39g Protein, 21g Carbs, 1490 mg Sodium, 13 Smart Points

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

INGREDIENTS: Salmon, Asparagus, White Wine, Fennel, Capers, Sunflower Seeds, Lemon Juice, Brown Sugar, Garlic, Lemon Zest, Miso, Concentrated Vegetable Stock, Herbs

meez meals

### 1. Cook the Asparagus

Heat 1 Tbsp oil in a large skillet over medium-high heat. Add the **Asparagus & Fennel** and cook until the asparagus is bright green and the fennel is just starting to brown, about 5 to 7 minutes. Remove to a bowl or serving dish. Wipe out the skillet and return to the stove.

### 2. Cook the Salmon

Pour ½ cup flour in a shallow pie pan or on to a plate and add a generous pinch of salt and pepper. Pat the **Salmon** fillets dry with a paper towel and coat with the flour, making sure each fillet is covered. Repeat this process with remaining salmon pieces.

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. Remove the salmon fillets to the bowl or serving dish with the asparagus and fennel. Pour out any excess oil from the pan.

*Place the salmon in the pan gently to avoid any oil splashing.*

### 3. Make The Lemon Caper Sauce

Return the now-empty skillet to the stove over medium-high heat. Add the **Capers & Sunflower Seeds** and cook, stirring, until the seeds start to brown and the capers begin to pop, 2 to 5 minutes. Pour the **White Wine Lemon Sauce** into the pan and simmer until the liquid has reduced by half, about 5 to 7 minutes.

*It's OK if your skillet still has a little flour from the salmon - it will help thicken the sauce.*

Remove the skillet from the heat and stir 1 ½ Tbsp butter into the sauce. Pour the lemon caper sauce over the salmon and asparagus to serve. Enjoy! *Love this recipe? \*meezmagic*

*Finishing with butter gives the sauce its body. Resist the urge to skip on it.*

Instructions for two servings.

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



# Asian Angus Beef Burger

Big, messy and crazy delicious. Thai peanut sauce, Asian Slaw and a Bok Choy omelet bring an Asian flair to this burger that we can't get enough of. With a bok choy salad, it's a dinner the whole family will love.

**25** Minutes to the Table

**25** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized

### EQUIPMENT

- Large Skillet
- Large Mixing Bowl
- 2 Small Mixing Bowls

### FROM YOUR PANTRY

- Olive Oil
- Eggs (1 per serving)

### 6 MEEZ CONTAINERS

- Bok Choy & Green Onions
- Ginger-Soy Aioli Sauce
- Asian Slaw
- Angus Beef Burger
- Bun
- Peanut Sauce

## Make The Meal Your Own

If you want to make it a **Carb Conscious Choice**, and reduce the **carbs per serving to 6g**, follow the instructions for the Lightened-Up preparation below.

## 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** – 700 Calories, 45g Protein, 46g Fat, 26g Carbs, 15 Freestyle Points

**Lightened-Up Health snapshot per serving** – 570 Calories, 42g Fat, 6g Carbs, 12 Freestyle Points by skipping the bun and using half of the peanut sauce and half the aioli sauce. Make a salad by combining the slaw with the bok choy and aioli sauce, placing the burger on top, layering some peanut sauce on the burger and finishing with the omelet on top.

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

INGREDIENTS: Angus Beef Burger, Bun, Bok Choy, Radish, Broccoli, Carrots, Green Onion, Peanut Butter, Mayonnaise, Tamari, Garlic, Ginger, Rice Wine Vinegar, Brown Sugar, Cayenne Pepper, Sesame Oil.

*meez* meals

### 1. Make the Bok Choy Salad and Asian Slaw

Put two-thirds of the **Bok Choy & Onions** in a mixing bowl with half the **Ginger-Soy Aioli** and mix well. Refrigerate until you're ready to eat. Mix the **Asian Slaw** (the component with the long thin pieces of carrot) and the remaining Ginger-Soy Aioli in a bowl until the veggies are well coated and set aside for step 5.

### 2. Create a Bok Choy Omelet

Heat 1 Tbsp olive oil in a large skillet over medium-high heat and scramble 2 eggs in a small bowl. When the oil is hot, add the remaining Bok Choy & Onions and sauté until the bok choy softens, about 3 to 4 minutes. Spread the veggies evenly in the pan and pour in the eggs. As the egg sets in the center, gently push it to the edges of the pan with a spatula, ensuring the uncooked eggs that remain get to the bottom of the pan to set. Once the egg has set, use the spatula to cut in half. Cook until the bottoms starts to brown slightly, about one minute, then flip each half. Cook until the other sides starts to brown slightly as well, about another minute. Remove from the skillet and set aside. Wipe out the pan.

### 3. Cook the Angus Beef Burger

Return the now empty skillet to the stove over high heat. When the pan is hot, cook the **Angus Beef Burger** until the bottom and sides are brown, about 3 minutes. Flip and continue cooking for 2 minutes if you prefer your burger **medium rare**. (Cook for 3 minutes for **medium**, and 4 to 5 for **well done**). Set aside to rest for 5 min. Wipe out the pan.

### 4. Toast the Bun

While the burger is resting, return the now empty skillet to the stove over medium heat. Lightly brush the inside of each half of the **Bun** with olive oil and toast in the skillet, oiled side down, until golden brown, Repeat for each roll.

### 5. Build the Burger

Spread a generous helping of **Peanut Sauce** on the bun bottom and place the burger on top. Layer an additional spread of Peanut Sauce directly on the burger. Next place the omelet on top, followed by the Asian slaw and finally the bun top. Enjoy with the Bok Choy Salad on the side!

*If you have a meat thermometer, use it to achieve desired doneness for the burger.*

*Medium Rare: 125*

*Medium: 135*

*Medium-Well: 145*

*Well Done: 160*

Instructions for two servings.

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

# Cantonese Chicken Noodle

We're velveting the chicken to give it that silky, tender texture found in great Chinese food and serving it up in a delicious white sauce. Paired with crispy fried noodles and Asian veggies, it's a Cantonese stir fry taken up to the next level.

**30** Minutes to the Table

**30** Minutes Hands On

**2 Whisk** Easy

## Getting Organized

### EQUIPMENT

- Saucepan
- Large Skillet
- Large Mixing Bow
- Small Mixing Bowl

### FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper

### 7 MEEZ CONTAINERS

- Noodles
- Chicken
- Cornstarch
- Velveting Sauce
- Asian Veggies
- Cantonese White Sauce
- Sambal & Sesame Oil

## 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.

If you ordered the **Gluten-free version** we sent you **Jasmine rice** instead of the noodles. Cook the rice uncovered in the saucepan until tender, about 15 minutes.

This dish is still full-flavored even without the Sambal & Sesame Oil so a great **family friendly option**.

**Health snapshot per serving** – 730 Calories, 14g Fat, 53g Protein, 87g Carbs, 11 Freestyle Points

**Lightened up health snapshot per serving** – 650 Calories, 10g Fat, 49g Protein, 79g Carbs, 11 Freestyle Points using half the Sambal & Sesame Oil and half the noodles.

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

INGREDIENTS: Chicken, Noodles, Cornstarch, White Wine, Snow Peas, Baby Corn, Green Onion, Bok Choy, Carrot, Sambal, Rice Wine Vinegar, Tamari, Chicken Broth, Vegetable Broth, Garlic, Ginger, Sugar, Sesame Oil, Vegetable Oil, Agave

*meez* meals

### 1. Cook the Noodles

Put a large saucepan of water on to boil. 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 3.

### 2. Cook the Chicken

While the noodles are cooking, pat the **Chicken Breast** dry with a towel and place on a cutting board. Cut the chicken breast horizontally along the short end into short strips, about ¼" wide. Put the strips into a large mixing bowl with 3 Tbsp of **Cornstarch** and mix until the chicken is coated. Add the brown **Velveting Sauce** and stir until the chicken strips are coated in batter on all sides.

Heat 2 Tbsp olive oil in a large skillet over medium high heat. When the oil is hot, add the chicken (but not the excess batter) in a single layer. Cook until the chicken is brown on one side, about 2 to 3 minutes. Flip each strip and cook until the other side is brown, an additional 2 minutes. Transfer the cooked chicken to a paper towel lined plate. Do not wipe out the skillet.

### 3. Fry the Noodles

Heat 1 Tbsp olive oil in the now-empty skillet over high heat. Add the cooked noodles spread out as evenly as possible and cook until the noodles on the bottom and edges 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 fried noodles into a "nest" on each serving plate. Do not wipe out the skillet.

### 4. Cook the Veggies

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 5 to 6 minutes. Remove from the pan and set aside.

### 5. Cook the Sauce and Serve

Combine 1 Tbsp of the cornstarch with 1 Tbsp of water in a small bowl to create a slurry. Return the skillet to the stove over medium high heat and add the **Cantonese White Sauce**. Slowly stir-in the cornstarch/water slurry. Continue stirring until the sauce thickens, about 1 to 2 minutes. Add the cooked veggies and stir. Remove from the heat. Serve the veggies and sauce over the fried noodle nest with the chicken on top. Drizzle with the **Sambal & Sesame Oil** if you'd like a spicy kick. Enjoy!

*You will use some of the remaining corn starch in step 5.*

*Discard the excess batter.*

*Discard the excess cornstarch not used in the slurry..*

Instructions for two servings.

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

# Queso Fiesta Casserole

Love nachos? Get ready for a new favorite. We're making a nacho casserole with tortilla chips, two types of cheese, a lime crema, and a healthy dose of veggies to make a fun casserole that's naturally low in calories. Did we mention it's just one pan and ten minutes hands-on cooking?

**45** Minutes to the Table

**10** Minutes Hands On

**1 Whisk** Super-Easy

## Getting Organized

### EQUIPMENT

Large Casserole Dish

### FROM YOUR PANTRY

Olive Oil

Salt and Pepper

### 6 MEEZ CONTAINERS

Sweet Potatoes

Peppers, Corn & Beans

Enchilada Sauce

Mexican Cheese

Tortilla Chips

Cilantro Lime Crema

## Good to Know

**Planning ahead?** Make the recipe in advance and bake the final ten minutes when you're ready to eat.

**Health snapshot per serving** – 440 Calories, 16g Protein, 18g Fat, 57g Carbs, 12 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: Sweet Potato, Bell Peppers, Corn, Onion, Black Beans, Tortilla Chips, Monterey Jack, Provolone, Sour Cream, Enchilada Sauce, Cilantro, Lime, Garlic, Cumin, Coriander, Oregano.

meez *meals*

### 1. Getting Organized

Preheat oven to 425 degrees.

### 2. Roast the Sweet Potatoes

Place the **Sweet Potatoes** in a casserole dish and drizzle with olive, oil salt and pepper. Toss then arrange in a single layer and bake until the edges are golden brown and the sweet potatoes are almost fork tender, about 20 minutes, stirring once halfway through.

### 3. Create the Casserole and Bake

Transfer half of the cooked sweet potatoes to a plate or bowl and arrange the remaining potatoes in a single layer. Top with half the **Peppers, Corn & Beans**, followed by half the **Enchilada Sauce** and one-third of the **Mexican Cheese**. Spread each layer edge-to-edge as best you can. Create additional layers as follows:

- Remaining cooked sweet potatoes
- Remaining peppers, corn & beans
- Remaining enchilada sauce
- Half of the remaining cheese (one-third of the total cheese provided)

Bake until the cheese is fully melted, about 10 minutes.

### 4. Top with Chips and Cheese and Finish Baking

Top the casserole with the **Tortilla Chips** and remaining cheese. Bake until the cheese is brown and bubbly, about 10 additional minutes. Remove from oven and let cool for at least 5 minutes. Serve topped with the **Cilantro Lime Crema**. 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**



# Rotini with Basil Oil & Pecorino

So simple, so delicious. We're sautéing broccoli and cauliflower together with fresh grape tomatoes, then tossing it together with a fresh basil oil and pecorino cheese. Topped with marinated butter beans, it's a tribute to the Mediterranean the whole family will love.

**25** *Minutes to the Table*

**25** *Minutes Hands On*

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

Large Skillet  
Saucepan  
Bowl

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 5 MEEZ CONTAINERS

Rotini  
Pecorino Cheese  
Grape Tomatoes  
Broccoli & Cauliflower  
Cannellini Bean  
Marinade

INGREDIENTS: Cannellini Beans, Cauliflower, Broccoli, Rotini, Pecorino Cheese, Grape Tomatoes, Basil, Garlic

## Make The Meal Your Own

**Cooking with a picky eater?** Keep the marinade beans to the side and let everyone add to taste.

## Good To Know

**If you're making the gluten-free version,** we've given you gluten-free pasta.

**If you're making the vegan version,** we've left out the cheese. Add an extra pinch of salt and pepper for extra seasoning.

**Health snapshot per serving** –400 Calories, 19g Protein, 6g Fat, 72g Carbs, 16 g Fiber, 11 Smart Points.

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

meez *meals*

### 1. Get Organized

Put a saucepan of water on to boil.

### 2. Marinate the Beans

Put the **Cannellini Bean Marinade** into a bowl and cover with olive oil. You could use as little as ¼ cup or as much as 1 cup. Let sit on the counter for at least 30 minutes.

*The amount of oil is up to you. The marinade has great flavor, so you could use extra oil and save for another meal.*

### 3. Cook the Veggies

Heat 2 Tbsp olive oil in a large skillet over medium high heat. Add the **Broccoli & Cauliflower**, and cook until lightly golden brown at the edges, about 7 to 10 minutes, stirring frequently.

Add the **Grape Tomatoes** and cook until the skin bursts and the edges turn golden brown, about 5 to 7 minutes.

### 4. Cook the Rotini

Once the veggies are cooking, get the pasta going. Salt the boiling water, then add the **Rotini**. Cook until al dente, about 10 to 12 minutes, then drain.

*Salt your water generously!*

### 5. Put It All Together

Add the cooked rotini to the veggies and mix well. Add the marinated beans – but reserve the oil. Toss again, then add salt and pepper to taste. Serve topped with the **Pecorino Cheese** and as much of the marinade oil as you'd like. Enjoy!

Instructions for two servings.

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