Quick Tips

meez meals

Tarragon Butter Steak with Orzo Pilaf

25 Min *to Table*	***15 Min*** *Hands On*	***1 Whisk*** *Super Easy*
Getting Started	Bring a large pot of water to boil.	
From Your Pantry	You'll need olive oil, salt and pepper	

Mango Teriyaki Chicken

25 Min *to Table*	***25 Min*** *Hands On*	***1 Whisk*** *Super Easy*
Getting Started	Put a pot of water on to boil.	
From your Pantry	You'll need olive oil, salt and pepper.	

Deconstructed Chicken Kiev

25 Min *to Table*	***25 Min*** *Hands On*	***1 Whisk*** *Super Easy*
Getting Started	Preheat your oven to 425.	
From your Pantry	You'll need egg, olive oil, salt and pepper	

Black Bean & Green Chile Enchiladas

40 Min *to Table*	***15 Min*** *Hands On*	***1 Whisk*** *Super Easy*
Getting Started	Preheat your oven to 375.	
From Your Pantry	You'll need some olive oil, salt and pepper.	

Chana Masala Flatbread

25 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.	

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	

Romesco Tilapia with Charred Peppers & Five Grains

15 Min *to Table*	***15 Min*** *Hands On*	***1 Whisk*** *Super Easy*
Getting Started	Heat 1 Tbsp. of oil in a large skillet	
From Your Pantry	You'll need olive oil, salt and pepper	

Honey-Glazed Salmon

30 Min *to Table*	***20 Min*** *Hands On*	***1 Whisk*** *Super Easy*
Getting Started	Preheat your oven to 425.	
From your Pantry	You'll need olive oil, eggs, and salt and pepper.	

Italian Sausage & Peppers with Penne Verde

20 Min *to Table*	***20 Min*** *Hands On*	***1 Whisk*** *Super Easy*
Getting Started	Bring a saucepan of water on to boil.	
From Your Pantry	You'll need olive oil, and salt.	
Meal Tip	The sausage is fully cooked, so just heat and eat.	

Ginger-Soy Aioli Rice Bowl

45 Min *to Table*	***15 Min*** *Hands On*	***1 Whisk*** *Super Easy*
Getting Started	Put a saucepan of water on to boil.	
Omnivore Option	Seared tuna would be delicious with this meal.	

Farmers Market Soup

25 Min *to Table*	***25 Min*** *Hands On*	***1 Whisk*** *Super Easy*
Getting Started	Toast your Fresh Roll.	
From Your Pantry	You'll need 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 rcmnded daily)	
Romesco Tilapia with Charred Peppers & Five Grains	660	46	35	44 CC 23	9	430	6	14	170% Vitamin C	20% Vitamin A
Mango Teriyaki Chicken	630	51	9	86	7	1700	31	13	97% Vitamin A	84% Vitamin C
Tarragon Butter Steak with Orzo Pilaf	740	38	40	56 CC 36	13	390	22	27	45% Vitamin A	15% Calcium
(use 1/2 the orzo and no butter, & 2/3 butter in sauce	630		84					22		
Black Bean & Green Chile Enchiladas	640	24	22	87	10	1200	10	19	180% Vitamin C	35% Calcium
Italian Sausage & Peppers with Penne Verde	980	47	60	63 CC 25	5	1760	14	32	120% Vitamin A	410% Vitamin C
(use 1/2 the pasta sauce & parmesan)	710		45					22		
Deconstructed Chicken Kiev	790	54	27	82	10	690	9	17	100% Vitamin A	15% Vitamin C
(1/2 the panko & 2/3 the butter)	640		20					11		

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmnded daily)	
Chana Masala Flatbread	640	27	30	68 CC 39	8	830	13	16	130% Vitamin C	45% Calcium
Crispy Shrimp Bao Bun	599	44	18	67	4	786	14	13	101% Vitamin A	134% Vitamin C
Honey-Glazed Salmon	560	39	23	50 CC 40	8	121		12	52% Vitamin C	14% Vitamin A
Ginger-Soy Aioli Rice Bowl	740	17	41	77 CC 29	9	780	11	20	140% Vitamin A	60% Vitamin C
(use 2/3 of the rice & the aioli)	600		33					15		
Farmers Market Soup	430	18	4	86 CC 38	7	60	16	10	24% Potassium	14% Iron
Add a Protein All-Natural Chicken Breast	220	41	5	0	0	85	0	3	90% Vitamin B6	4% Iron
Add a Preotein Bistro Chateau Steak	220	30	10	0	0	75	0	5	10% Iron	10% Potassium
Add a Protein Norwegian Salmon	220	35	0	0	0	130	0	4	60% Vitamin B6	15% Potassium
Add a Protein Premium Shrimp	120	28	0.5	0	0	170	0	1	8% Potassium	4% iron

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmnded daily)	
THE Carrot Cake	540	6	34	49	2	440	36	13	6% Vitamin C	6% Calcium
Tiramisu for Two	290	5	15	35	1	40	29		6% Calcium	2% Iron
Honduran Chocolate Brownies (Gluten-Free)	340	4	18	42	3	140	31	16	4% Vitamin C	15% Iron
Chocolate Chunk Cookies	180	2	9	22	1	170	10	9	2% Calcium	4% Vitamin A
Kitchen Sink Cookies	380	5	19	49	2	400	10	17	20% Iron	8% Vitamin A

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

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

Romesco Tilapia with Charred Peppers & Five Grains

15 Minutes to the Table

15 Minutes Hands On

1 Whisk Super Easy

A taste of Spain meets weeknight simplicity in this colorful seafood dinner. Our romesco sauce combines roasted red peppers, garlic, and smoked paprika for a rich, smoky flavor that pairs beautifully with seared tilapia. Served over a five-grain blend with charred peppers and toasted almonds, it's fresh, satisfying, and surprisingly easy to make in just 15 minutes.

Getting Organized

EQUIPMENT
- Large Skillet

FROM YOUR PANTRY
- Olive Oil
- Salt & Pepper

5 MEEZ CONTAINERS
- Bell Peppers
- Toasted Almonds
- Five Grain Blend
- Tilapia
- Romesco Sauce

Good to Know

If you ordered the **Carb Conscious version**, we sent you cauliflower "rice" instead of the five grain blend, reducing the **carbs per serving to 23g**. Cook according to the directions for the grain blend in step 2 and use in place of the grains.

If you ordered the gluten-free version, we sent you brown rice instead of 5 grain blend. Cook in boiling water until tender, about 20 minutes and use in place of the grains.

Health snapshot per serving – 660 Calories, 35g Fat, 44g Carbs, 46g Protein, and 14 Freestyle Points.

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

INGREDIENTS: Tilapia, 5 Grain Blend, Red Bell Pepper, Yellow Bell Pepper, Roasted Red Peppers, Vegetable Oil, Toasted Almonds, Red Wine Vinegar, Parsley, Garlic, Whie Pepper, Paprika, Kosher Salt.

meez meals

1. **Cook the Bell Peppers**
   Heat 1 Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, add the ***Bell Peppers*** with a sprinkle of salt and pepper. Cook until charred, about 4 to 5 minutes. Turn off the heat and stir in half of the ***Toasted Almonds***. Remove from the skillet and set aside. Wipe out the skillet.

2. **Heat the Five Grain Blend**
   Heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. When the oil is hot, add the ***Five Grain Blend*** and sauté until the grains start to pop, about 2 to 3 minutes. Transfer the five grain blend directly to serving plates. Wipe out the skillet.

3. **Cook the Tilapia**
   Pat dry the ***Tilapia*** and generously season with salt and pepper. Heat 1 Tbsp olive oil in the now-empty bell peppers skillet over medium-high heat. When the oil is hot, add the tilapia and cook until it starts to brown, about 3 to 4 minutes. Flip and cook the other side, an additional 3 to 4 minutes. Remove from the heat.

4. **Put It All Together**
   Serve the sautéed bell peppers on top of the five grain blended grains followed by the tilapia. Drizzle the ***Romesco Sauce*** over the entire dish and sprinkle with the remaining almonds. Enjoy!

Instructions for two servings.

Mango Teriyaki Chicken

25 Minutes to the Table

25 Minutes Hands On

1 Whisk Super Easy

We love the sweet and salty combination of a classic teriyaki, and we're giving it a tropical note this week with juicy Mango. Paired with seared veggies, jasmine rice and tender chicken, it's a dinner that's super simple and super delicious.

Getting Organized

EQUIPMENT
- Saucepan
- Large Skillet

FROM YOUR PANTRY
- Olive Oil
- Salt & Pepper

5 MEEZ CONTAINERS
- Jasmine Rice
- Chicken Breast
- Asian Veggies
- Mango Teriyaki Sauce
- Cilantro & Mango

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 – 630 Calories, 51g Protein, 9g Fat, 86g Carbs, and 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: Chicken Breast, Bok Choy, Green Beans, Carrots, Jasmine Rice, Mango, Cilantro, Tamari, Garlic, Ginger, Sesame Oil, Brown Sugar.

meez meals

1. **Get Organized**
   Bring a pot of water to boil.

2. **Cook the Rice**
   Add the ***Jasmine Rice*** to the boiling water with a pinch of salt and cook, uncovered, until just tender, about 12 to 15 minutes. Drain, then return the rice to the saucepan. Cover and set aside.

3. **Cook the Chicken**
   While the rice is cooking, pat dry the ***Chicken Breasts*** and 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).

   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 minutes. Turn the chicken and cook for another 4 minutes, until the other side is brown as well. Do not wipe out pan.

   Transfer the chicken to a cutting board to rest for 5 minutes, then slice into ½" strips.

4. **Sauté the Veggies**
   Return the now-empty skillet to the stove over high heat. Add the ***Asian Veggies*** and cook, stirring occasionally, until they start to char, about 4 to 5 minutes. Remove from the skillet and add to the rice in the saucepan. Stir well and set aside.

5. **Heat the Sauce**
   Wipe out the now-empty skillet, then return to the stove over high heat. Add the ***Mango Teriyaki Sauce*** and bring to a boil. Cook until the sauce is thick enough to coat the back of a spoon, about 3 to 4 minutes.

   Reduce the heat to medium and add the sliced chicken. Mix until it is well coated with sauce and cook for an additional minute.

6. **Put It All Together**
   Serve the coated chicken over the rice and veggies and drizzle with a few spoonful's of sauce. Top with the **Cilantro & Mango** and enjoy!

Instructions for two servings.

Tarragon Butter Steak with Orzo Pilaf

25 Minutes to the Table

15 Minutes Hands On

1 Whisk Super Easy

The right sauce transforms an ordinary meal into an extraordinary one. This week, our tarragon butter brings a pop of flavor to the bistro chateau steak we just love. Paired with a creamy white sauce and orzo pilaf, it's a speed dinner that's upscale and approachable.

Getting Organized

EQUIPMENT
- Large Skillet
- Large Saucepan

FROM YOUR PANTRY
- Olive Oil
- Salt & Pepper

5 MEEZ CONTAINERS
- Orzo Pasta
- Pilaf Vegetables
- Tarragon Butter
- Steak
- Beurre Blanc Sauce

Good to Know

If you ordered the **Carb Conscious version** we sent you cauliflower "rice" instead of the orzo, reducing the **carbs per serving to 36g**. Add the cauliflower along with the vegetables and cook together in step 4.

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 – 740 Calories, 38g Protein, 40g Fat, 56g Carbs, and 27 Freestyle Points.

Lightened-up health snapshot per serving – 630 Calories, 34g Fat, 44g Carbs, 22 Freestyle Points, by using half of the butter called for in Beurre Blanc Sauce and eliminating the step to add any butter to the orzo in step 4.

SCAN QR CODE to view YouTube cooking video

INGREDIENTS: Steak, Cream, Orzo, Onion, Celery, Butternut Squash, Butter, Golden Raisins, White Wine, Garlic, Cilantro, Green Onion, Brown Sugar, Lemon Zest, Vegetable Stock, Dijon Mustard, Tarragon, Cinnamon

meez meals

1. **Get Organized**
   Bring 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. Drain well and set aside.

3. **Cook the Steak**
   While the orzo is cooking, heat 1 Tbsp olive oil in a large skillet over high heat. Pat the ***Steak*** dry with a paper towel and season generously with salt and pepper. When the oil is very hot, add the steaks. Cook until the bottoms brown and 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 minutes then slice into strips. Wipe out the skillet.

4. **Cook the Vegetables**
   While the steaks are resting, heat 1 Tbsp olive oil in the now-empty orzo saucepan. When the oil is hot, add the ***Pilaf Vegetables*** and cook until the onions are browning and the butternut squash is tender, about 6 to 7 minutes. Add ¼ of the ***Tarragon Butter*** and the cooked orzo and stir until the butter is melted. Cover and set aside.

5. **Create the Sauce**
   Heat the remaining tarragon butter in the now-empty steak skillet over medium-high heat until it melts. Add the ***Beurre Blanc Sauce*** and bring to a low boil. Reduce the heat to medium and simmer, stirring frequently, until the sauce has thickened enough to coat the back of a spoon, about 3 minutes.

6. **Put It All Together**
   Serve the steak on top of the orzo and vegetables and drizzle the Beurre Blanc Sauce over top. Enjoy!

Instructions for two servings.

Black Bean & Green Chile Enchiladas

40 Minutes to the Table

25 Minutes Hands On

2 Whisks Easy

We're rolling sauteed red peppers, spiced black beans, rice and red enchilada sauce up with monterey jack in a corn tortilla. Smothered with our signature green chile sauce and baking to perfection, it takes black bean enchiladas from good to great.

Getting Organized

EQUIPMENT
- Medium Saucepan
- Casserole Dish

FROM YOUR PANTRY
- Olive Oil
- Salt & Pepper

6 MEEZ CONTAINERS
- Mexican Cheese
- Black Beans & Chipotles
- Rice
- Seasoned Veggies
- Corn Tortillas
- Green Chile Crema

Add Protein Instructions

Integrate into recipe: Prior to step 3, cook the protein (per instructions below) and then slice into strips *(flake the salmon, leave shrimp whole)* and layer into the enchiladas before baking in step 5.

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 – 640 Calories, 22g Fat, 87g Carbs, 24g Protein, and 19 Freestyle Points.

SCAN QR CODE to view YouTube cooking video

INGREDIENTS: Corn Tortillas, Green Chile Sauce, Black Beans, Red Bell Pepper, Monterrey Jack, White Rice, Red Enchilada Sauce, Corn, Yellow Onion, Sour Cream, Carrot, Cilantro, Orange Juice, Chipotles in Adobo, Lime, Tomato Paste, Vegetable Stock, Ancho Chile, Garlic, Paprika, Cumin, Coriander, Oregano

meez meals

1. **Get Organized**
   Preheat the oven to 375. Bring a medium saucepan of water to a boil. Spray or brush a casserole dish with oil.

We recommend 8"x"8 or similar sized dish.

2. **Cook the Rice**
   Add the ***Rice*** to the boiling water and cook until tender, about 15 minutes. Drain and set aside in a colander.

3. **Cook the Veggies**
   Heat 1 Tbsp olive oil in the now-empty saucepan over medium-high heat. When the oil is hot, add the ***Seasoned Veggies*** and 3 Tbsp water. Cook, stirring frequently, until the red peppers and carrots soften, about 4 to 5 minutes. Turn off the heat and add back the cooked rice. Stir well and set aside.

4. **Create the Enchiladas**
   Mix two-thirds of the ***Cheese*** with the ***Black Beans & Chipotles*** in a mixing bowl Wrap the ***Corn Tortillas*** in a moist paper towel and microwave until pliable, about 20 to 30 seconds.

   Layer each tortilla with the rice and seasoned veggies, followed by the beans and cheese**.** Once filled, roll the tortillas to close and place, seam-side-down, in the oiled casserole dish. Cover with the ***Green Chile Crema*** and sprinkle with the remaining cheese. Bake until the tortillas start to crisp and cheese starts to brown, about 15 minutes.

5. **Put It All Together**
   Allow the enchiladas to rest for 5 minutes. Enjoy!

Instructions for two servings.

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

Italian Sausage & Peppers with Penne Verde

20 Minutes to the Table

20 Minutes Hands On

1 Whisk Super Easy

We love traditional Italian sausage & peppers. This week, we created a delicious creamy spinach sauce and paired it with al dente penne and locally sourced sausage. It's a simple meal that's packed with flavor.

Getting Organized

EQUIPMENT
- Large Skillet
- Large Saucepan

FROM YOUR PANTRY
- Olive Oil
- Salt

5 MEEZ CONTAINERS
- Italian Sausage
- Penne
- Red & Green Bell Peppers
- Creamy Spinach Sauce
- Parmesan & Black Pepper

Good to Know

If you ordered the **Carb Conscious version** we sent you zucchini "noodles" instead of the penne, reducing the **carbs per serving to 25g**. Skip steps 1 and 2 and prior to step 3, heat 1 Tbsp olive oil in a large skillet over high heat. When the oil is hot, add the zucchini noodles and cook until they start to char, about 2 to 3 minutes. Set aside and wipe out the skillet. Use the zucchini noodles in place of the pasta in step 4.

Health snapshot per serving – 980 Calories, 60g Fat, 47g Protein, 63g Carbs, and 32 Freestyle Points.

Lightened up health snapshot per serving – 710 Calories, 45g Fat, 38g Carbs, and 22 Freestyle Points, by using half of the pasta, sauce, and parmesan & black pepper.

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: Italian Sausage, Red Bell Peppers, Green Bell Peppers, Penne Pasta, Cream, Parmesan, Spinach, Green Onion, Black Pepper, Lemon Pepper

meez meals

1. **Get Organized**
   Bring a large saucepan of water to boil.

2. **Cook the Pasta**
   Add the ***Penne*** to the boiling water with a pinch of salt and cook until al dente, about 10 to 12 minutes. Drain and return the pasta to the saucepan with a cover.

3. **Cook the Sausage**
   While the pasta is cooking, cut the ***Italian Sausage*** in half, lengthwise and then into ½" half-moon slices.

   Heat a large skillet over medium high heat. Add the sausage and cook, stirring frequently, until brown and slightly crispy, about 2 to 3 minutes. Transfer to a paper towel lined plate. Do not wipe out the skillet.

The sausage will arrive fully-cooked. This step is to heat it and add charred flavor.

4. **Cook the Peppers and Sauce**
   Heat 1 Tbsp olive oil and the oil remaining from cooking the sausage in the now-empty skillet over medium-high heat. When the oil is hot, add the ***Red & Green Bell Peppers*** and cook until they start to char, about 4 to 5 minutes. Turn off the heat and add the ***Creamy Spinach Sauce*** and stir until hot. Add the cooked penne and Italian sausage to the skillet and stir well.

5. **Put It All Together**
   Serve the pasta topped with the ***Parmesan & Black Pepper***. Enjoy!

Instructions for two servings.
Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois *

Deconstructed Chicken Kiev

25 Minutes to the Table

25 Minutes Hands On

1 Whisk Super Easy

We're bringing all the flavors of a chicken Kiev to a busy weeknight by skipping the fussy rolling and stuffing. With panko-crusted chicken breasts, chive butter and a roasted root vegetable pilaf, it's a perfect cozy dinner.

Getting Organized

EQUIPMENT
- Large Skillet
- Baking Sheet

FROM YOUR PANTRY
- Egg (1)
- Olive Oil
- Salt & Pepper

5 MEEZ CONTAINERS
- Root Vegetables
- Chive Butter
- Chicken Breast
- Seasoned Panko
- Five Grain Blend

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 – 790 Calories, 54g Protein, 27g Fat, and 17 Freestyle Points

Lightened-up health snapshot per serving – 640 Calories, 52g Protein, 20g Fat, and 11 Freestyle Points by using half of the seasoned panko and two-thirds of the butter.

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 Breast, Carrots, Panko, Beets, Parsnips, 5 Grain Blend, Butter, Chive, Paprika, Garlic, Salt, White Pepper

meez meals

1. **Roast the Vegetables**
   Preheat your oven to 425. Place the ***Root Vegetables*** in a single layer on a rimmed baking sheet. Lightly drizzle with olive oil, salt and pepper, toss well, then arrange in a single layer. Cook until they start to brown, about 15 to 18 minutes. Remove from the oven and add half the ***Chive Butter*** to the veggies still on the baking sheet. Mix until the butter melts and veggies are coated, then set aside until step 4.

2. **Prepare the Chicken**
   While the root vegetables are roasting, pat dry and very loosely wrap each ***Chicken Breast*** in plastic wrap and place on a cutting board. Using a meat tenderizer (mallet) or the bottom of a small pot, pound the thicker sections of the breast until each has doubled in size and reached uniform thickness, about ¼".

   In a small bowl, beat one egg. Spread the ***Seasoned Panko*** evenly on a large plate. Dip each chicken breast completely into the egg. Then put each piece of chicken into the breading. Press down to make sure the breading adheres then repeat on the other side. Discard any unused breading.

3. **Cook the Chicken**
   Heat 2 Tbsp olive oil in a large skillet over medium heat. When the oil is hot, add the chicken and cook until the panko crust is golden brown, about 3 to 4 minutes. Flip and cook the other side until it is also brown, an additional 3 to 4 minutes. Remove from the skillet and immediately spread the remaining chive butter evenly on top of the breaded chicken breasts. Wipe out the skillet.

4. **Cook Five Grain Blend**
   In the now-empty skillet, heat 1 Tbsp olive oil over medium-high heat. When the oil is hot, add the ***Five Grain Blend*** and sauté until the grains start to pop, about 2 to 3 minutes. Turn off the heat and add the roasted root vegetables and the butter remaining on the baking sheet to the skillet. Mix well.

5. **Put It All Together**
   Serve the five grain root vegetable pilaf topped with the chicken. Enjoy!

Instructions for two servings.

Chana Masala Flatbread

25 Minutes to the Table
20 Minutes Hands On
1 Whisk Super Easy

Indian chana masala meets Italian pizza in this fun recipe. We're topping individual naan breads with flavorful tomato chickpea curry, mozzarella and provolone cheeses, and fresh arugula. With a mango yogurt drizzle on top, it's an East-meets-West fusion that is a wow!

Getting Organized

EQUIPMENT
- Large Skillet
- Baking Sheet

FROM YOUR PANTRY
- Olive Oil

6 MEEZ CONTAINERS
- Chickpeas & Peppers
- Garam Masala Sauce
- Naan Bread
- Mozzarella & Provolone
- Arugula
- Mango Raita

Add Protein Cooking Instructions

Integrate into recipe: While the flatbread is baking in step 3, cook the protein (per instructions below). Slice into strips *(flake the salmon, leave the shrimp whole)* and place immediately on top of the flatbread when removed from the oven.

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.

SCAN QR CODE to view YouTube cooking video

Good to Know

If you ordered the **Carb Conscious version**, we sent you cauliflower "rice" instead of bread, reducing the **carbs per serving to 29g**. Skip step 1. Prior to step 2, heat 1 tbsp olive oil in a large skillet. When the oil is hot, add the cauliflower and sauté until browning, about 4 to 5 minutes. Place straight on your serving plates. After step 2, turn off the heat and stir in the arugula. Serve the chickpeas, sauce, and arugula on top of the cauliflower rice and top with the cheese and mango raita.

Health snapshot per serving – 640 Calories, 30g Fat, 68g Carbs, 27g Protein, and 16 Freestyle Points.

INGREDIENTS: Naan Bread, Tomatoes, Garbanzo Beans, Mozzarella, Provolone, Red Bell Pepper, Arugula, Red Onion, Mayonnaise, Cucumber, Yellow Bell Pepper, Mango, Yogurt, Garlic, Ginger, Lime, Buttermilk, Tomato Paste, White Vinegar, Chive, Cilantro, Coriander, Crushed Red Pepper, Fenugreek, Garam Masala, Miso, Black Pepper, Turmeric, Cumin, Parsley

meez meals

1. **Get Organized**
   Preheat your oven to 400.

2. **Cook the Spiced Chickpeas**
   Heat 1 Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, add the ***Chickpeas & Peppers*** and cook until chickpeas begin to brown and the peppers start to char, about 4 to 5 minutes. Add the ***Garam Masala Sauce*** and cook until the sauce is hot and thickens slightly, about 3 to 4 minutes.

3. **Assemble the Flatbread and Bake**
   Spread the spiced chickpeas evenly on each ***Naan Bread***, then top with the shredded ***Mozzarella & Provolone***, from edge to edge**.** Bake until the cheese melts, about 7 to 8 minutes then remove from the oven and top with the ***Arugula.*** Bake until the arugula is wilted and the cheese is starting to brown, about 5 additional minutes.

4. **Put It All Together**
   Allow to cool for 5 minutes, then drizzle with the ***Mango Raita*** and enjoy!

Crispy Shrimp Bao Buns

20 Minutes to the Table

20 Minutes Hands On

2 Whisks Easy

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.

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

Honey-Glazed Salmon

Simple, fresh and delicious, this recipe has it all. Honey gives salmon a sweet, caramelized flavor that we love. It's just right with hands-free roasted root vegetables and a refreshing cucumber salad.

30 Minutes to the Table

20 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
- Beets & Parsnips
- Cucumber Salad
- Sour Cream Dressing
- Salmon
- Honey Glaze

Good to Know

If you ordered the **Carb Conscious version,** we sent you cauliflower instead of the Beets & Parsnips reducing the **carbs per serving to 34g.** In step 2, cook the cauliflower according to those directions, except reduce the cooking time to 8 to 10 minutes.

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

Health snapshot per serving –540 Calories, 24g Fat, 38g Protein, 46g Carbs, 10 Freestyle Points.

Cooking dairy free? *We've left the sour cream out of your dressing. Toss it with 3 Tbsp olive oil instead.*

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: Salmon, Beets, Parsnips, Cucumbers, Radish, Red Onion, Honey, Sour Cream, Mustard, Olive Oil, Horseradish, Dill, Balsamic Vinegar.

meez meals

1. **Getting Started**
   Preheat oven to 425.

2. **Roast the Vegetables**
   Toss the ***Beets & Parsnips*** with a drizzle of olive oil, salt and pepper and arrange in a single layer on a baking sheet. Cook until the vegetables are tender and start to brown, about 16 to 18 minutes. Remove from the oven and set aside.

3. **Make the Cucumber Salad**
   While the Beets & Parsnips are roasting, combine the ***Cucumber Salad*** with the ***Sour Cream Dressing*** in a mixing bowl, toss and place in the refrigerator until ready to serve.

4. **Cook the Salmon**
   Dry the ***Salmon*** and place in a Ziplock bag or small bowl. Pour half of the ***Honey Glaze*** into the ziplock bag and let marinate for at least 5 minutes.

   When the salmon is ready to cook, heat 1½ Tbsp olive oil in a large skillet over high heat. When the oil is very hot place the salmon – not the marinade - in the skillet. Discard the marinade inside the ziplock bag.

   Cook the salmon until the bottom has a golden sear, about 3 minutes. Flip and cook until the other side also turns golden brown, another 3 minutes. Reduce the heat to medium and add the remaining glaze and cook for 1 to 2 additional minutes, frequently spooning the glaze over the top of the salmon as boils and thickens.

   Turn off the heat and remove the salmon from the skillet – leaving the glaze - and set aside.

5. **Put It All Together**
   Serve the salmon on top of the Beets & Parsnips and top with the glaze left in the skillet. Serve the cucumber salad on the side and enjoy!

Save the remaining 1/2 of the honey glaze not used to marinate the salmon for the final section of step 4

Soak the skillet in water right away so the glaze doesn't get stuck on.

Instructions for two servings.

Ginger-Soy Aioli Rice Bowl

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

45 Minutes to the Table

15 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT
- Large Skillet
- Saucepan

FROM YOUR PANTRY
- Olive Oil
- Salt & Pepper

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

Add Protein Cooking Instructions

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

Cook protein: Lightly sprinkle the protein with salt & pepper. Heat a large skillet with 1-2 Tbsp olive oil on medium-high heat *(high for steak.)* When the oil is hot, cook the protein until the:
CHICKEN is crisp and brown, about 4 to 5 minutes per side. Let rest for 5 minutes.
STEAK bottoms are brown and sides start to color, about 4 minutes per side for medium (3 min for med-rare and 5-6 min for well done.) Let rest for 5 minutes.
SALMON is crisp and brown, about 4 minutes per side. Let rest for 5 minutes.
SHRIMP are opaque and no longer grey in color, about 1 minute per side.

Good To Know

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

Health snapshot per serving – 740 Calories, 41g Fat, 77g Carbs, 17g Protein, 20 Smart Points
Lightened up health snapshot per serving – 600 Calories, 33g Fat, 62g Carbs, and 15 Smart Points by using two-thirds of the rice AND the aioli.

SCAN QR CODE to view YouTube cooking video

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

meez meals

1. **Getting Organized**
   Put a saucepan of water on to boil.

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

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

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

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

Love this recipe? #meezmagic

Instructions for two servings.
Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois

Farmers Market Soup

25 Minutes to the Table

25 Minutes Hands On

1 Whisk Super-Easy

Imagine all the best fresh produce from your local Farmers Market combined in a delicious soup. Seared green beans, sautéed summer squash, carrots, onions, tomatoes, plenty of tarragon, and a toasted roll on the side will make this soup your new favorite.

Getting Organized

EQUIPMENT
- Large Saucepan

FROM YOUR PANTRY
- Olive Oil
- Salt and Pepper

6 MEEZ CONTAINERS
- Fresh Roll
- Green Beans
- Mire Poix
- Grape Tomatoes
- Tomato Browth Starter
- Zucchini & Squash

Add Protein Instructions

Integrate into recipe: Prior to step 2, cook the protein (per instructions below) and then slice into strips *(flake the salmon, leave shrimp whole)* and stir into the soup in Step 4.

Cook protein: Lightly sprinkle the protein with salt & pepper. Heat a large skillet with 1-2 Tbsp olive oil on medium-high heat *(high for steak.)* When the oil is hot, cook the protein until the:
CHICKEN is crisp and brown, about 4 to 5 minutes per side. Let rest for 5 minutes.
STEAK bottoms are brown and sides start to color, about 4 minutes per side for medium (3 min for med-rare and 5-6 min for well done.) Let rest for 5 minutes.
SALMON is crisp and brown, about 4 minutes per side. Let rest for 5 minutes.
SHRIMP are opaque and no longer grey in color, about 1 minute per side.

Good to Know

If you ordered the **Carb Conscious version** we sent you Tri-Color Chips instead of the Fresh Roll, reducing the **carbs per serving to 37g**.

Health snapshot per serving – 430 Calories, 18g Protein, 4g Fat, 86g Carbs.

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

INGREDIENTS: Green beans, Zucchini, Yellow Squash, Fresh Roll, Tomato, Carrot, Onion, Celery, Vegetable Stock, Apple, Tarragon, White Pepper,

meez meals

1. **Toast the Bread**
   Heat a large saucepan over medium-high heat. Slice the ***Fresh Roll*** in half and brush with olive oil or butter. Place the roll in the saucepan cut-side-down and cook until the cut-side turns golden brown, about 1 to 2 minutes. Remove from the pan and set aside until step 4.

2. **Cook the Veggies**
   Return the now-empty saucepan to the stove over medium-high heat and add 1 Tbsp olive oil. Add the ***Green Beans*** with a sprinkle of salt and pepper and cook, undisturbed, until they have a slight char, about 3 minutes. Remove from the pan and set aside until step 4.

   Add an additional ½ Tbsp olive oil, the ***Mire Poix*** (carrots, onions, and celery) and a sprinkle of salt and pepper to the saucepan. Cook until the onions soften, about 2 to 3 minutes.

   Transfer the ***Grape Tomatoes*** to a zip lock bag and squish each one. Pour the contents of the zip lock bag into the saucepan and cook until softened, about 3 minutes.

3. **Finish the Soup Broth**
   Turn the heat to high and add the ***Tomato Broth Starter*** (the reddish liquid) and 1 cup of water. Bring to a boil, then lower the heat to medium low. Cover and continue simmering for 8 minutes. Turn the heat to medium and add the ***Zucchini & Squash*** and cook until they are fork tender, about 2 to 3 minutes. Remove from the heat.

4. **Put It All Together**
   Add the seared green beans to the soup and serve alongside the toasted rolls. Enjoy!