

## Truffle-Butter Steak Frites

**25 Min**  
to Table

**35 Min**  
Hands  
On

**2 Whisks**  
Easy

### Getting Started

Preheat your oven to 450.

### From Your Pantry

You'll need olive oil, salt & pepper

## Sesame-Peanut Chicken with Seared Pineapple

**25 Min**  
to Table

**25 Min**  
Hands  
On

**1 Whisk**  
Super  
Easy

### Getting Started

Put a saucepan of water on to boil.

### From Your Pantry

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

# Quick Tips



## Maui Salmon Rice Bowl

**20 Min**  
to Table

**15 Min**  
Hands  
On

**1 Whisk**  
Super  
Easy

### Getting Started

Put a saucepan of water on to boil.

### From Your Pantry

You'll need olive oil.

## Tilapia Milanese

**20 Min**  
to Table

**20 Min**  
Hands  
On

**1 Whisk**  
Super  
Easy

### Getting Started

Preheat your oven to 375.

### From Your Pantry

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

## Asparagus & Fontina Fritters with Whipped Ricotta

**15 Min**  
to Table

**15 Min**  
Hands  
On

**1 Whisk**  
Super  
Easy

### Getting Started

Mix the Asparagus Fritter Batter.

### From your Pantry

You'll need olive oil, an egg, butter, milk, salt and pepper.

### *Cheesy Tomatillo Casserole*

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<b>35 Min</b> to Table	<b>15 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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**Omnivore Option** Chorizo tastes great with this recipe.

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**Getting Started** Preheat your oven to 450.

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### *Shrimp Tostados*

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<b>25 Min</b> to Table	<b>25 Min</b> Hands On	<b>2 Whisks</b> Easy
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**Getting Started** Heat a large dry skillet to cook the tortillas.

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

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**Meal Tip** For a faster and neater dinner serve them as tacos, instead.

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### *Gyros Kreatopita*

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<b>45 Min</b> to Table	<b>20 Min</b> Hands On	<b>1 Whisk</b> Easy
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**Getting Started** Preheat oven to 400.

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

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### *Parmesan Lemon-Chai Rigatoni with Broccoli*

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<b>15 Min</b> to Table	<b>15 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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**Getting Started** Preheat your oven to 400 and put water on to boil.

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**Omnivore Option** Sausage tastes great with this recipe.

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**From your Pantry** Olive oil, salt & pepper; sugar & cayenne optional.

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### *Udon Noodles with Spicy Green Beans*

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<b>20 Min</b> to Table	<b>20 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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**Getting Started** Put a large pot of water on to boil.

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**Omnivore Option** Pork is a natural addition to this dish.

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### *Buffalo Chicken Pita*

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<b>25 Min</b> to Table	<b>25 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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**Getting Started** Preheat your oven to 450.

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

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**Meal Tip** Use a slotted spoon to transfer the chicken, it will keep the pita from getting soggy.

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# Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Gyros Kreatopita	1030	30	64	84	5	1350	8	35	110% Vitamin C	20% Iron
(use 1/2 the pie crusts)	880		53					29		
Mauī Salmon Rice Bowl	530	40	16	57	6	1540	25	10	80% Vitamin D	70% Iron
Buffalo Chicken Pita	820	86	32	50	5	786	8	19	113% Vitamin C	67% Calcium
(use 1/2 the pita and 1/2 the cheeses)	620		12					12		
Shrimp Tostadas	500	39	14	57	11	708	x	15	48% Vitamin C	43% Vitamin D
Udon Noodles with Spicy Green Beans	580	29	18	84	17	445		17	64% Vitamin A	71% Vitamin C
Truffle-Butter Steak Frites	520	38	27	32 CC 15	6	310	3	15	145% Vitamin C	44% Vitamin A
Asparagus & Fontina Fritters with Whipped Ricotta	505	25	35	24	3	723		17	126% Vitamin A	61% Calcium

# Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Sesame-Peanut Chicken with Seared Pineapple (2/3 of the rice, pineapple, & sauce)	850	58	35	76 CC 40	7	1080	25	21	141% Vitamin C	36% Vitamin A
	650		26					15		
Tilapia Milanese	630	55	10	82	7	1280	9	11	45% Vitmin C	35% Iron
Cheesy Tomatillo Casserole	330	13	6	60	13	281		10	14% Zinc	20% Iron
Parmesan Lemon-Chai Rigatoni with Broccoli	630	31	40	57	9	760	x	19	292% Vitamin C	67% Calcium
Add a Protein All-Natural Chicken Breast	220	41	5	0	0	85	0	3	90% Vitamin B6	4% Iron
Add a Pretein Bistro Chateau Steak	220	30	10	0	0	75	0	5	10% Iron	10% Potassium
Add a Protein Norwegian Salmon	220	35	0	0	0	130	0	4	60% Vitamin B6	15% Potassium
Add a Protein Premium Shrimp	120	28	0.5	0	0	170	0	1	8% Potassium	4% iron

# Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
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
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
Chocolate Chunk Cookies	180	2	9	22	1	170	10	9	2% Calcium	4% Vitamin A

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

*These are our best estimates for a single serving based on the recipes as written. The actual nutritional information may vary a bit.*

*And, of course, if you have leftovers, the actual numbers will be lower.*

# Gyros Kreatopita

Greek meat pies are a delight, but the work of rolling and folding filo is too much for a weeknight dinner. We're shortcutting that step with this genius blend of kreatopita filling and classic pot pie crust. The tender, flaky pastry and spiced beef and lamb gyros meat filling make for a savory joy.

**45** Minutes to the Table

**20** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized

### EQUIPMENT

Medium Saucepan  
Casserole Dish  
Baking Sheet

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 5 MEEZ CONTAINERS

Rice  
Seasoned Tomatoes,  
Peppers & Onions  
Gyros Meat  
Puff Pastry  
Tzatziki Sauce

## Good to Know

**Health snapshot per serving** – 1030 Calories, 64g Fat, 84g Carbs, 30g Protein, and 35 Freestyle Points.

**Lightened-up health snapshot per serving** – 880 Calories, 53g Fat, 71g Carbs, and 29g Freestyle Points, by baking and using half of the puff pastry crusts.

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

INGREDIENTS: Gyro Meat, Tomato, Jasmine Rice, Yellow Bell Pepper, Yellow Onion, Red Onion, Puff Pastry, Greek Yogurt, Cream, Cucumber, Lemon Juice, Dill, Parsley, Garlic, Lemon Pepper, Oregano, Kosher Salt

meez meals

### 1. Get Organized

Preheat your oven to 400. Spray or brush a casserole dish with oil. Spray or brush a baking sheet with oil (or spread parchment paper). Bring a medium saucepan of water to a boil.

### 2. Cook the Rice

Add the **Rice** to the boiling water and cook until tender, about 15 minutes. Drain well and set aside. Wipe out the saucepan.

### 3. Create the Filling and Bake

Heat 1 Tbsp olive oil in the now-empty saucepan over medium-high heat. When the oil is hot, add the **Seasoned Tomatoes, Peppers & Onions** and cook until they start to soften, about 2 minutes. Turn off the heat, add the cooked rice and **Gyros Meat** and stir.

Spread the cooked rice, veggies and gyros in an even layer in your oiled casserole dish. Bake until any liquid has mostly evaporated, about 20 minutes.

### 4. Bake the Crust

Immediately after putting the filling in the oven, place the **Puff Pastry** on the oiled baking sheet and brush the top lightly with olive oil. Bake until the pastry rises and turns golden brown, about 15 to 20 minutes.

### 5. Put It All Together

Serve the filling topped with the puff pastry and drizzle with the **Tzatziki Sauce**. Enjoy!

*We recommend  
an 8x8 or  
similar sized  
casserole  
dish.*

Instructions for two servings.

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

# Maui Salmon Rice Bowl

Meez's version of a poke bowl, it's fast, filling, and a flavor sensation. We're making ours with a teriyaki and pineapple sauce that's a perfect match for seared salmon, edamame and crunchy fresh veggies.

**20** *Minutes to the Table*

**15** *Minutes Hands On*

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

- Large Skillet
- Saucepan

### FROM YOUR PANTRY

- Olive Oil

### 6 MEEZ CONTAINERS

- Jasmine Rice
- Green Onions
- Salmon
- Pineapple Teriyaki
- Cucumber, Edamame &  
Shredded Veggies
- Sesame Seeds

## Good To Know

If you ordered the **Carb Conscious version** we sent you zucchini noodles instead of jasmine rice. Skip step 1. Heat 1 Tbsp olive oil in a large skillet. When the oil is hot, add the zucchini and sear for 2 minutes, then stir in half of the Green Onions & Sesame Seeds as in step 2.

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

**Health snapshot per serving** – 530 Calories, 16g Fat, 57g Carbs, 40g Protein and 10 Freestyle Points.

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

INGREDIENTS: Salmon, Jasmine Rice, Cucumber, Edamame, Green Onion Carrot, Red Cabbage, Tamari, Pineapple, Ginger, Garlic, Cilantro, Sesame Oil, Black Sesame Seeds, Toasted Sesame Seeds, Lime

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### 1. **Get Ready**

Bring a saucepan of water to a boil.

### 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. Stir in half the **Green Onions** then cover and set aside.

### 3. **Cook the Salmon**

While the rice is cooking, heat 1 Tbsp olive oil in a large skillet over medium-high heat. Dry the **Salmon** with a paper towel. When the oil is hot, add the salmon and cook until it turns brown, about 3 minutes. Flip the salmon and add the **Pineapple Teriyaki** sauce. Continue cooking, spooning the sauce on top of the salmon frequently, until the sauce is thick enough to coat the back of a spoon, about 4 additional minutes.

### 4. **Put It All Together**

Serve the salmon and **Cucumber, Edamame & Shredded Veggies** alongside each other and on top of the rice (poke bowl style). Drizzle the entire dish with the Pineapple Teriyaki sauce still left in the skillet, and sprinkle with the remaining green onions and the **Sesame Seeds**. Enjoy!

# Buffalo Chicken Pita

A Meez spin on Buffalo Wings. We're serving buffalo chicken strips on a toasted Swiss cheese pita topped with a buttermilk ranch salad and plenty of blue cheese crumbles. It's a fork-and-knife dinner that's guaranteed to be a crowd pleaser.

## Getting Organized

### EQUIPMENT

Large Skillet  
Baking Sheet  
Mixing Bowl

### FROM YOUR PANTRY

Butter (1 Tbsp per serving)  
Olive Oil  
Salt & Pepper

### 7 MEEZ CONTAINERS

Buttermilk Ranch  
Veggies  
Chicken  
Buffalo Sauce  
Pita  
Swiss Cheese  
Blue Cheese Crumbles

INGREDIENTS: Chicken, Pita, Buffalo Sauce, Swiss, Blue Cheese, Broccoli, Cauliflower, Carrot, Cucumber, Celery, Mayo, Sour Cream, Buttermilk, Brown Sugar, Lemon, Vinegar, Garlic, Chive, Onion, Parsley, Miso, Black Pepper.

**25** Minutes to the Table

**25** Minutes Hands On

**1 Whisk** Super Easy

## 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** – 820 Calories, 86g Protein, 32g Fat, 50g Carbs, 19 Freestyle Points

**Lighten-Up Health snapshot per serving** – 620 Calories, 74g Protein, 12g Fat, 12 Freestyle Points with half the pita and half the cheese.

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

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### 1. Getting Organized

Preheat oven or toaster oven to 400 degrees. Mix the **Veggies** and **Buttermilk Ranch Dressing** in a large bowl and refrigerate until step 5.

### 2. Cook the Chicken

Heat 1 Tbsp olive oil in a large skillet over medium-high heat. Generously salt and pepper the **Chicken** on both sides. When the oil is hot add to the pan and cook until crisp and brown on one side, about 4 minutes, and turn. Cook until brown on the second side, about 3 to 4 additional minutes. . Set aside to rest for 5 minutes, then , cut into strips, about ¼" to ½" thick.

### 3. Warm the Buffalo Sauce

While the chicken is resting, wipe out the skillet. Add the **Buffalo Sauce** and 2 Tbsp butter and cook over medium heat until the butter is melted, and the sauce is warm about 2 to 3 minutes. Remove from the heat.

When chicken has rested and been cut into strips, return it to the skillet with the buffalo sauce and toss until the chicken is well coated. Set aside for step 5.

### 4. Toast the Pita

Place the **Pita** on a baking sheet and top with the **Swiss Cheese** (the shredded cheese in a sealed bag) making sure to go all the way to the edges.

Toast in the oven until the cheese melts, about 5 to 6 minutes.

### 5. Put It All Together

Top the toasted pita with the buffalo chicken (leaving the excess sauce in the skillet) and then the ranch salad. Sprinkle the **Blue Cheese Crumbles** (the cheese in the container) over top. Serve and dig-in with a fork and knife!

*Use a slotted spoon to transfer the coated chicken, leaving the extra sauce behind. Otherwise the pita may become soggy.*

Instructions for two servings.

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

# Shrimp Tostadas

Get ready for some fun. We're making crispy, crunchy tostadas this week with seasoned black beans, sautéed shrimp, salsa fresco and a delicious lime crema. It's a taste of Mexico right in your own kitchen.

**25** *Minutes to the Table*

**25** *Minutes Hands On*

**2 Whisks** *Easy*

## Getting Organized

### EQUIPMENT

Large skillet

### FROM YOUR PANTRY

Olive Oil

Salt & Pepper

### 6 MEEZ CONTAINERS

Corn Tortillas

Shrimp

Seasoned Black  
Beans

Salsa Fresca

Queso Fresco

Lime Crema

## Good To Know

**Want dinner even easier?** Serve them as tacos, instead. Warm the tortillas for about 30 seconds in a dry skillet and stuff with the fillings. It's faster and neater, but not as much fun!

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

**Health snapshot per serving** – 500 Calories, 14g Fat, 57g Carbs, 39g Protein, 708mg Sodium, 15 Smart Points

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

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INGREDIENTS: Corn Tortillas, Shrimp, Queso Fresco Cheese, Tomatoes, Onions, Cilantro, Garlic, Sour Cream, Brown Sugar, Lime Juice, Cumin, Coriander, Crushed Red Pepper

*meez* meals

### 1. Prepare the Tortillas

Heat a large, dry skillet over medium-high heat. Spray or brush the **Corn Tortillas** with olive oil on both sides, then put onto the skillet. Cook two at a time until crisp on one side, about 3 minutes, then flip and cook until fully crisped, about 2 minutes more. Repeat for the other two tortillas.

*Everyone's tortillas will cook differently, so use these cooking times as a guide. Watch them as they cook, until they are just the way you love them.*

### 2. Cook the Shrimp

In the now empty skillet, heat 1 Tbsp olive oil over medium-high heat. Dry and lightly salt the **Shrimp**. Cook for a minute on each side until they are opaque and no longer grey in color. Place shrimp on a plate or cutting board and cut each shrimp in half and set aside.

### 3. Cook the Seasoned Black Beans

In the same skillet, heat 2 Tbsp of olive oil over medium-high heat. When the oil is very hot, add the **Seasoned Black Beans** and cook for 3-5 minutes, until they get a little crispy.

Remove from the heat and add  $\frac{3}{4}$  cup of water. Return the pan to medium heat and mix and mash with the back of a fork or spatula until you have a smooth mix and salt and pepper to taste.

*If you find the beans are thicker than you'd like, try mixing in about two tablespoons of water at a time until it's the consistency you want.*

### 4. Build your Tostadas

Place crisp tortillas on a large plate or serving platter. For each tortilla, spread the beans on top, and spread the shrimp on top of the beans,

Instructions for two servings.

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pressing in slightly to keep them in place. Spoon out **Salsa Fresca** and **Queso Fresco** cheese on top and then drizzle with **Lime Crema**.

*Love this recipe? #meezmagic*

INGREDIENTS: Corn Tortillas, Shrimp, Queso Fresco Cheese, Tomatoes, Onions, Cilantro, Garlic, Sour Cream, Brown Sugar, Lime Juice, Cumin, Coriander, Crushed Red Pepper

**meez***meals*

# Udon Noodles with Spicy Green Beans

We're mixing up a sweet and spicy Asian sauce this week with almonds, chili peppers, agave and tamari. The flavors are addictive, and perfect with green beans, organic tofu and udon noodles. The result is a sophisticated dinner that's on the table in 20 minutes. That's our type of meal!

**20** *Minutes to the Table*

**20** *Minutes Hands On*

**1 Whisk** *Super Easy*

## Getting

## Organized

### EQUIPMENT

Saucepan  
Large Skillet

### FROM YOUR

### PANTRY

Olive Oil  
Salt & Pepper

### 5 MEEZ

### CONTAINERS

Green Beans  
Udon  
Noodles  
Spicy Sweet  
Asian  
Sauce  
Tofu  
Bok Choy

## Good to Know

**Integrate into recipe:** After adding the udon to the water in Step 3, cook the protein (per instructions below) and slice into strips (flake the salmon, leave shrimp whole) then toss with the udon and veggies 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 zucchini "noodles" instead of the udon, reducing the **carbs per serving to 40g**. Skip step 1. Prior to step 4., pat dry the zucchini noodles, add 1 Tbsp oil to a large skillet. Cook on medium-high heat until they start to brown, about 3 minutes. Remove from the skillet and set aside. Do not wipe out the skillet and continue on with step 4.

**If you're making the gluten-free version**, we've sent you rice noodles instead. Cook until tender, about 5 minutes, drain and then rinse under cold water.

**Health snapshot per serving** – 550 Calories, 19g Fat, 28g Protein, 17 Freestyle Point

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### 1. Get Organized

Put a large pot of water on to boil.

### 2. Blanch the Green Beans

Add the **Green Beans** to the boiling water and cook until they are bright green and just barely tender, about 2 minutes. (Don't overcook them. Soggy green beans are what give this tasty vegetable a bad reputation!)

Use a slotted spoon to remove the beans from the pot and rinse under very cold water (this stops them from overcooking). Once the beans are cold to the touch, drain well and set aside.

*Be sure to put the green beans into very cold water as soon as you drain them- run the water a few minutes in advance to get it good and cold.*

### 3. Cook the Udon

Return the pot of water to a boil over medium-high heat. Add the **Udon Noodles** and cook until tender, about 10 to 12 minutes. Drain and set aside.

### 4. Put It All Together

Heat 1Tbsp olive oil in a large skillet over medium heat. Add  $\frac{3}{4}$  of the **Spicy Sweet Asian Sauce**. Cook for one minute, add the **Organic Tofu**, **Bok Choy** and green beans and cook an additional 2 minutes until everything is heated through. Toss the veggies with the udon and the remaining sauce.

*Add a tablespoon or two of water if you'd like the sauce a little thinner.*

*Love this recipe? #meezmagic*

Instructions for two servings.

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



# Truffle Butter Steak Frites

Classic French flavors in a single recipe: oven-roasted potatoes coated in truffle-butter and Parmesan cheese, roasted broccoli and a juicy, truffle-buttery steak. It's bistro food cooked in your own kitchen.

**35** Minutes to the Table

**25** Minutes Hands On

**2 Whisks** Easy

## Getting Organized

### EQUIPMENT

- 2 Baking Sheets
- Large Skillet
- Large Mixing Bowl

### FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper

### 5 MEEZ CONTAINERS

- Fingerling Potatoes
- Truffle Butter
- Parmesan Cheese
- Broccoli
- Steak

## Make The Meal Your Own

If you ordered the **Carb Conscious version**, we sent you cauliflower instead of the potatoes reducing the **carbs per serving to 15g**. Use the cauliflower in place of the potatoes and in step 2 and reduce the cooking time to 15 minutes.

**It's important to let the steaks rest** to keep them tender and juicy. Give them at least 5 minutes off the heat before you slice and serve.

**Be sure to generously season your steaks** with salt and pepper before cooking; the salt adds flavor while also keeping the meat tender.

## Good To Know

**Health snapshot per serving** – 520 Calories, 38g Protein, 27g Fat, 32g Carbs, 15 Freestyle Points

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

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INGREDIENTS: Steak, Fingerling Potatoes, Broccoli, Parmesan, Parsley, Chives, Truffle Pate, Butter.

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## 1. Getting Organized

Preheat your oven to 450 degrees.

## 2. Make the Frites

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

Remove from the oven and immediately transfer to the now-empty mixing bowl and add half the **Truffle Butter** and half of the **Parmesan Cheese**. Stir until the butter melts completely and the frites are coated in Parmesan. Transfer directly to serving plates.

## 3. Roast the Broccoli

While the frites are cooking, transfer the **Broccoli** to the now-empty large mixing bowl and drizzle with olive oil, salt and pepper. Toss well and arrange in a single layer on a second baking sheet. After the frites have been cooking for about 10 minutes, place the broccoli in the oven. Roast until it starts to brown and is fork tender, about 15 minutes.

Remove the broccoli from the oven, sprinkle with the remaining parmesan cheese and transfer directly to serving plates.

## 4. Cook the Steak

While the frites and broccoli are cooking, heat 1 Tbsp oil in large skillet over high heat. When the oil is very hot, add the **Steaks** to the pan. Cook until the bottoms brown and the 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**). Remove the steaks from the skillet to rest for 5 minutes, then transfer to serving plates. Do not wipe out the skillet.

## 5. Put It All Together

Once the now-empty pan has cooled slightly, add the remaining Truffle Butter and stir until it is melted. Spoon the melted Truffle Butter on top of the steak. Enjoy!

*You'll be multi-tasking in this recipe. The potatoes, broccoli and steak will all be cooking at the same time, so be sure to read the recipe all the way through before you begin.*

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

*Letting the pan cool slightly will avoid burning the Truffle Butter.*

Instructions for two servings.

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

# Asparagus & Fontina Fritters with Whipped Ricotta

There's something about fritters we just love. And with their crispy, crunchy texture, they're a meal the whole family loves. We're cooking them up this week with asparagus and fontina, served over a bed of spinach and arugula. Topped with whipped ricotta and chives and a delicious cider glaze, it's a sophisticated, delicious dinner that's on the table in less than 15 minutes

**15** Minutes to the Table

**15** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized

### EQUIPMENT

- Large Skillet
- Large Mixing Bowl

### FROM YOUR PANTRY

- Salt & Pepper
- Egg (1)
- Butter (3 Tbsp)
- Milk (1/3 cup)

### 6 MEEZ CONTAINERS

- Asparagus
- Fontina & Flour
- Onions, Leeks & Garlic
- Spinach & Arugula
- Cider Glaze
- Ricotta & Chives

## Add Protein Cooking Instructions

**Integrate into recipe:** Prior to Step 2, cook the protein (per instructions below) then serve alongside the fritters 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** – 505 Calories, 25g Protein, 35g Fat, 24g Carbs, and 17 Freestyle Points.

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INGREDIENTS: Asparagus, Spinach, Arugula, Flour, Baking Powder, Fontina, Ricotta, Onion, Leek, Garlic, Chive, Apple, Lemon, Sugar, Apple Cider Vinegar.

meez meals

### 1. **Make the Asparagus Fritter Batter**

Crack 1 egg into a large mixing bowl and mix well. Melt 1 Tbsp butter in the microwave or stove and add to the large mixing bowl along with 1/3 cup milk, 1 teaspoon salt, the **Asparagus, Fontina & Flour**, and **Onions, Leeks & Garlic**.

Gently stir until all ingredients are just mixed in. (Avoid overworking the batter.)

### 2. **Cook the Fritters**

Melt 2 Tbsp butter in a large skillet over medium high heat. When the butter is melted, ladle the batter on to the skillet, using a measuring cup, forming a fritter about 3" in diameter and about ½' thick. You should have approximately four fritters. Cook the fritters until golden brown, about 3 to 4 minutes per side.

### 3. **Put It All Together**

Arrange the **Spinach & Arugula** on serving plates and drizzle with half the **Cider Glaze**. Top with the Asparagus Fritters and drizzle with the remaining Cider Glaze. Top each fritter with a dollop of **Ricotta & Chives** and enjoy!

Instructions for two servings.

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

# Sesame-Peanut Chicken with Seared Pineapple

We adore Thai flavors and this week and we're serving handmade sesame-peanut sauce with juicy, all-natural chicken breast, jasmine rice, bell peppers and seared pineapple. It's fresh and fun and on the table in the flash.

**25** Minutes to the Table

**25** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized

### EQUIPMENT

Medium Saucepan  
Large Skillet

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 5 MEEZ CONTAINERS

Sesame Peanut  
Sauce  
Jasmine Rice  
Red Pepper, Onion  
& Sesame Seeds  
Pineapple  
Chicken Breasts

## 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.

If you ordered the **Carb Conscious version**, we sent you cauliflower "rice" instead of the Jasmine Rice, reducing the **carbs per serving to 40g**. Skip step 1. Prior to Step 2, add 1 Tbsp olive oil to a large skillet over high heat. When the oil is hot, add the cauliflower "rice" and sauté until it starts to brown about 3 to 4 minutes. Remove from skillet and treat the same as you would the rice. Wipe out the skillet.

**Health snapshot per serving** – 850 Calories, 35g Fat, 76g Carbs, 58g Protein and 21 Freestyle Points.

**Lightened-up Health snapshot per serving** – 650 Calories, 26g Fat, 52g Fat, by using 2/3 of the rice, pineapple, and sauce.

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INGREDIENTS: Chicken Breast, Pineapple, Jasmine Rice, Bell Pepper, Peanut Butter, Green Onion, Coconut Milk, Tamari, Rice Wine Vinegar, Honey, Sesame Oil, Cilantro, Basil, Garlic, Sesame Seeds, Ginger

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## 1. Get Started

Bring a medium saucepan of water to a boil.

## 2. Cook the Rice

Add the **Jasmine Rice** to the boiling water and cook until the rice is tender, about 15 minutes. Drain well and return to the empty saucepan. Add half of the **Red Pepper, Onion & Sesame Seeds** and mix. Transfer the rice and veggies directly to serving bowls. Wipe out the saucepan to use in step 5.

## 3. Char the Pineapple

While the rice is cooking, heat a large skillet over high heat. When the skillet is hot, add the **Pineapple** and sear until both sides are charred, about 2 to 3 minutes per side. Remove the pineapple and set aside. Do not wipe out the skillet.

## 4. Cook the Chicken

Heat 1½ Tbsp of olive oil in the now-empty 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 and cook until the bottom is brown, about 4 minutes. Flip and cook for another 4 minutes on the other side. Spread about 1 Tbsp of **Sesame-Peanut Sauce** over each breast in a thick layer. Flip and cook until the sauce sears onto the chicken, about 1 minute. Add another 1 Tbsp of sesame-peanut sauce to the top of each breast, flip and cook until the sauce is seared onto the second side. Transfer the chicken to a cutting board. Let rest for 5 minutes, then slice into ½" strips.

## 5. Put it All Together

While the chicken is resting, add the remaining Sesame-Peanut Sauce to the empty saucepan and cook over medium low heat until warm, about 2 minutes. Add the sliced chicken to the serving bowls with a few healthy drizzles of the warmed Sesame-Peanut Sauce. Layer the charred pineapple rings on top and sprinkle with the remaining red pepper, onion and sesame seeds. Enjoy!

*We cook  
our rice  
like pasta  
so you  
just need  
enough  
water to  
completely  
cover the  
rice.*

# Tilapia Milanese

A delicious Milanese dinner with tasty linguine pasta, crispy breaded tilapia, and a lemony buttery herb sauce. Our version is faster than you'd expect for such a restaurant-worthy dinner...ready in 20 minutes!

**20** *Minutes to the Table*

**20** *Minutes Hands On*

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

Large Skillet  
Saucepan  
Large Mixing Bowl

### FROM YOUR PANTRY

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

### 6 MEEZ CONTAINERS

Tomatoes  
Linguine  
Tilapia  
Panko Breading  
Garlic & Herbs  
Lemon

## Good To Know

**Health snapshot per serving** – 630 Calories, 10g Fat, 55g Protein, 82g Carbs, 11 Smart Points

**Have questions?** The dinner hotline is standing

INGREDIENTS: Tilapia, Tomatoes, Linguine, Panko, Pecorino Romano, Yellow Onion, Capers, Garlic, Lemon, Basil, Parsley, Paprika, Kosher Salt, Oregano, Black Pepper

meez *meals*

### 1. Getting Organized

Put a saucepan of water to boil.

### 2. Cook the Pasta

Add the **Linguini** to the boiling water with a generous sprinkle of salt. Cook until al dente, about 10 to 12 minutes. Drain well and set aside. Wipe out the saucepan.

### 3. Cook the Tilapia

While the pasta is cooking, pat dry the **Tilapia** and lightly spray or brush with olive oil then generously season with salt and pepper.

Spread the **Panko Breading** evenly on a large plate and put one piece of tilapia onto the breading. Press down to make sure the as much breading as possible adheres then repeat on the other side and remaining pieces.

Heat 1 Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, add the breaded tilapia to the pan and cook, without moving, until the bottom is brown, about three minutes. Flip and continue cooking until other side is brown as well, about 3 more minutes. Remove from the heat and set aside to rest for 5 minutes. Wipe out the skillet.

### 4. Cook the Tomatoes

Squish the **Tomatoes** in a zip lock plastic bag. Heat 1 tbsp olive oil in the now-empty skillet and when the oil is hot, add the squished tomatoes. Cook until they start to char, about 5 to 6 minutes. Turn off the heat and add the cooked pasta to the skillet. Set aside.

### 5. Make the Sauce

Melt 2 Tbsp butter in the saucepan used for the pasta over medium heat. Add the **Garlic & Herbs** and cook until the garlic and capers just start to brown, about 3 to 4 minutes. Turn off the heat. Add 2 Tbsp olive oil and mix well. Spread about 2 Tbsp of the mixture on top of the cooked tilapia. Add the rest of the herb and butter mixture to the skillet with the pasta and tomatoes and stir.

### 6. Put It All Together

Serve the tilapia over the pasta and tomatoes. Squeeze lemon juice over the entire dish. Enjoy!

Instructions for two servings.

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



# Cheesy Tomatillo Casserole

Simply said, this Mexican casserole is a cheesy bit of heaven. We're toasting up tortillas to form a crunchy base, then topping them with poblanos, beans, pepper jack cheese and a fresh tomatillo salsa. Easy and delicious - that's our kind of dinner!

**35** Minutes to the Table

**15** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized

### EQUIPMENT

Baking Sheet  
Large Skillet  
Loaf Pan

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 5 MEEZ CONTAINERS

Corn Tortillas  
Poblano Peppers  
Corn & Beans  
Creamy Tomatillo Salsa  
Pepper Jack Cheese

## Add Protein Cooking Instructions

**Integrate into recipe:** Prior to Step 3, cook the protine (per instructions below) and then slice into strips (cut shrimp in half/flake the salmon) and layer into the casserole before baking.

**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** – 330 Calories, 13g Protein, 13g Fiber, 10 Smart Points.

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INGREDIENTS: Poblano Peppers, Tomatillos, Corn Tortillas, Black Beans, Corn, Pepper Jack Cheese, Cream Cheese, Sundried Tomatoes, Lime, Garlic, Cilantro, Spices

*meez* meals

### 1. Getting Organized

Preheat your oven to 450.

### 2. Bake the Corn Tortillas

Lay the **Corn Tortillas** on a baking sheet and brush with olive oil on each side. Bake until crisp, about 5 to 10 minutes.

### 3. Cook the Vegetables

Heat 1 Tbsp olive oil in a large skillet over high heat. Add the **Poblano Peppers** and sauté until browned, about 5 to 7 minutes.

Turn the heat down to medium-high and add the **Corn & Beans**. Cook until hot, about 2 minutes. Season with salt and pepper and set aside.

### 4. Assemble the Casserole

Turn your oven down to 375 and lay 2 of the corn tortillas on the bottom of your pan, breaking them into pieces to make them fit. Top with half of the cooked vegetables and half of the **Creamy Tomatillo Salsa**.

*Use an 8x10 or similar sized casserole dish.*

Add 1 more tortilla (break it up a bit so it resembles large chips) and the rest of the vegetables and salsa. Break the remaining tortilla into dime-size pieces, sprinkle on top and finish with the **Pepper Jack Cheese**. Bake until the cheese begins to bubble, about 15 minutes. If you'd like a crispier topping, cook under the broiler for an additional 5 minutes until the top is golden brown. Enjoy!

*Love this recipe? #meezmagic*

Instructions for two servings.

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

# Parmesan Lemon-Chai Rigatoni with Broccoli

Need a little sunshine in your day? This dinner has you covered. Sautéed broccoli and rigatoni get a Mediterranean treatment thanks to member-favorite lemon-chai vinaigrette and plenty of Parmesan cheese. It's a speedy meal everyone will love.

15 Minutes to the Table

15 Minutes Hands On

1 Whisk *Super Easy*

## Getting Organized

### EQUIPMENT

Saucepan  
Large Skillet  
Baking Sheet  
Mixing Bowl

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper  
Sugar (Optional)  
Cayenne  
(Optional)

### 5 MEEZ CONTAINERS

Walnuts  
Broccoli  
Rigatoni  
Lemon-Chai  
Vinaigrette  
Parmesan  
Cheese

## Add Protein Cooking Instructions

**Integrate into recipe:** Before Step 3, cook the protein (per instructions below) and then slice into strips (*flake the salmon, leave shrimp whole*) then serve with the broccoli and sauce 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 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 making the **vegan version**, we've left the parmesan out. For the **Carb Conscious version**, we sent you zucchini "noodles" instead of pasta, reducing the **carbs per serving to 23g**. Prior to step 3, heat 1 Tbsp oil in a large skillet and cook the zucchini noodles, stirring frequently, for about 4 to 5 minutes. Place immediately in your serving bowls and continue to Step 3.

**Health snapshot per serving** –850 Calories, 52g Fat, 76g Carbs 26g Protein, 30 Smart Points

**Lightened up health snapshot per serving** – 690 Calories, 37g Fat, and 73g Carbs by using half of the cheese & nuts and half of the vinaigrette.

SCAN QR CODE  
to view  
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INGREDIENTS: Broccoli, Rigatoni, Olive Oil, Parmesan Cheese, Lemon, Walnuts, Scallions, Brown Sugar, Garlic, Spices

meez *meals*

### 1. Getting Organized

Put a saucepan of water on to boil and preheat your oven to 400 (or use your toaster oven).

### 2. Make the Spiced Nuts

Add 1 Tbsp each of sugar, oil and water to a large mixing bowl and stir in a pinch of cayenne. Add the **Walnuts**, coat them in the mixture and put everything on a foil-lined (or parchment-lined) baking sheet. Bake 10 to 12 minutes; stir every 3 minutes, making sure to scrape up all of the good stuff on the bottom.

*Your nuts are done when the sauce begins to stick to them.*

### 3. Sauté the Broccoli

Heat 1 Tbsp olive oil in a large skillet over high heat. Add the **Broccoli** and cook until golden brown in places, about 7 to 12 minutes. Turn over and cook the other side until golden brown.

### 4. Cook the Rigatoni

While the broccoli is cooking, salt the boiling pasta water and add the **Rigatoni**. Cook until al dente, about 8 to 12 minutes. Drain and set aside.

### 5. Put It All Together

Add the broccoli to the rigatoni with the **Lemon-Chai Vinaigrette**. Toss well, then serve topped with the spiced nuts and **Parmesan Cheese**. Enjoy!

*Love this recipe? #meezmagic*

Instructions for two servings.

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