

## *Lemon-Chai Brussels Sprouts Over Pearl Couscous*

<b>20 Min</b> to Table	<b>10 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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### **Omivore Option**

Halibut tastes great with this recipe.

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### **Getting Started**

Preheat your oven to 400 and boil some water.

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## *Honey Butter Chicken and Waffles*

<b>30 Min</b> to Table	<b>30 Min</b> Hands On	<b>2 Whisks</b> Easy
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### **Getting Started**

Preheat your oven to 425.

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### **From Your Pantry**

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

# Quick Tips



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## *Acorn Squash & Herb Risotto*

<b>45 Min</b> to Table	<b>10 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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### **Getting Started**

Preheat your oven to 400.

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### **From Your Pantry**

You'll need olive oil, salt and pepper.

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## *Gyros Mini Tacos*

<b>10 Min</b> to Table	<b>10 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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### **Getting Started**

Heat 1½ Tbsp olive oil in a large skillet over medium high heat.

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### **From Your Pantry**

You'll need a little bit of olive oil.

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## *Avocado Tilapia Sandwich with Jalapeño Slaw*

<b>20 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.

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### **From Your Pantry**

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

### *Sweet & Spicy Brazilian Chicken*

<b>40 Min</b> to Table	<b>20 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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**Getting Started**

Preheat your oven to 375.

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**From Your Pantry**

You'll need olive oil, salt and pepper

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### *Chive Beurre Blanc Salmon & Mushrooms*

<b>25 Min</b> to Table	<b>25 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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**Getting Started**

Heat olive oil in large skillet.

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**From Your Pantry**

You'll need olive oil, salt and pepper.

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### *Chipotle Shrimp & Rotini*

<b>10 Min</b> to Table	<b>10 Min</b> Hands On	<b>1 Whisks</b> Easy
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**Getting Started**

Pat the shrimp down with a towel.

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**From Your Pantry**

You'll need olive oil, salt and pepper

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### *Toasted Gnocchi with Mint-Basil Pesto*

<b>35 Min</b> to Table	<b>10 Min</b> Hands On	<b>1 Whisk</b> Super 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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**Picky Eaters Tip**

Serve their portion with plain olive oil

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### *Balsamic-Glazed Steak*

<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 425.

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**From Your Pantry**

You will need a little olive oil, salt and pepper.

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### *Thai Red Curry Soup*

<b>25 Min</b> to Table	<b>10 Min</b> Hands On	<b>1 Whisk</b> Easy
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**Getting Started**

Put a saucepan of water on to boil.

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**Omnivore Option**

Shrimp is great with this.

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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)	
Chive Beurre Blanc Salmon & Mushrooms	460	35	28	16	4	490	7	10	80% Vitamin D	30% Vitamin A
Gyros Mini Tacos	665	55	21	59	9	991	8	17	63% Vitamin C	21% Vitamin A
(use 1/2 the tortillas and 1/2 the greek sauce)	545		18					15		
Honey Butter Chicken & Waffles	740	69	29	56	3	570		16	44% Vitamin A	24% Vitamin B-6
( 1/2 the dressing, 1/2 the butter and 1 waffle)	595		17					11		
Avocado Tilapia Sandwich with Jalapeño Slaw	650	34	24	79	10	2700	24	18	100% Vitamin C	90% Vitamin A
Acorn Squash & Herb Risotto	710	13	44	57 CC 40	5	1335	9	26	58% Vitamin A	62% Vitamin C
(use all of squash and 1/3 of other ingredients)	495		30					17		
Chipotle Shrimp and Rotini	840	52	33	89 CC 40	8	880	25	25	44% Calcium	47% Vitamin A
(use 2/3 of the pasta and sauce)	640		24					17		
Sweet & Spicy Brazilian Chicken	870	52	41	77 CC 36	5	220	13	27	70% Vitamin A	46% Vitamin C
Lemon-Chai Brussels Sprouts Over Pearl Couscous	865	19	7	44	10	518	7	29	34% Vitamin A	41% Folate
(1/2 cheese, nuts and vinaigrette)	515		37					17		

# Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Balsamic-Glazed Steak	470	45	21	26	8	536	10	5	271% Vitamin C	37% Calcium
Toasted Gnocchi with Mint-Basil Pesto	660	28	16	99	10	780	16	20	253% Vitamin A	83% Vitamin C
(1/2 the pesto, almonds and cranberries)	530		9					15		
Thai Red Curry Soup	485	19	19	64	8	1351		17	207% Vitamin C	123% Calcium
Rockslide Brownie	550	5	35	56	2	230		31	25% Vitamin A	8% Calcium
Oreo Mousse Pie	760	8	49	78	3	390	52		6% Calcium	6% Iron
THE Carrot Cake	540	6	34	49	2	440	36	13	6% Vitamin C	6% Calcium
Chocolate Chunk Cookies	180	2	9	22	1	170	10	9	2% Calcium	4% Vitamin A
Kitchen Sink Cookies	380	5	19	49	2	400	10	17	20% Iron	8% Vitamin A

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

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

# Chive Beurre Blanc Salmon & Mushrooms

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

**25** *Minutes to the Table*

**25** *Minutes Hands On*

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

- 2 Large Skillets
- Small Bowl

### FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper

### 5 MEEZ CONTAINERS

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

## Good to Know

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

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

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

**meez***meals*

### 1. Cook the Mushrooms

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

### 2. Cook the Salmon

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

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

### 3. Cook the Green Beans & Leeks

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

### 4. Create the Sauce

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

### 5. Put It All Together

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

# Gyros Mini Tacos

A classic Gyros with a Meez twist. Our Greek Sauce, served up over tomatoes and onions and gyros meat then served up in a mini-taco.

**10** *Minutes to the Table*

**10** *Minutes Hands On*

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

Large Skillet

### FROM YOUR PANTRY

Olive Oil

### 4 MEEZ CONTAINERS

Gyros Meat

Tortillas

Greek Sauce

Onions

## Good To Know

If you're a huge cucumber fan, slip some in. It's a great way to bulk these tacos up even more.

**Health snapshot per serving** – 665 Calories, 21g Fat, 55g Protein, 59g Carbs, 17 Freestyle Points

**Lightened-Up Health snapshot per serving** – 545 Calories, 18g Fat, 52g Protein, 41g Carbs, 15 Freestyle Points with two tortillas per serving and two-thirds of the sauce.

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

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INGREDIENTS: Gyros meat, Tortillas, Onion, Tomato, Sour Cream, Cilantro, Lime, Pineapple, Garlic, Vinegar, Kosher Salt

*meez* meals

**1. Cook the Gyros Meat**

Heat 1½ Tbsp olive oil in a large skillet over medium high heat. Add the **Gyros Meat** and cook until edges are slightly crispy, 3 to 4 minutes. Remove from heat and set aside.

**2. Warm the Tortillas**

Wipe out the skillet used for the gyros meat and return to stove over medium heat. Place each **Tortilla** in the pan until warm and soft, about 15 to 25 seconds per side.

**3. Assemble the Gyros**

Fill the tortilla with the gyros meat and top with the **Onions** and **Greek Sauce**. Enjoy!

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.

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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**

# 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.

**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

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.

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cooking video**



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!

# Acorn Squash & Herb Risotto

The world's easiest risotto. We've found a trick for making creamy, hands-free risotto right in your oven. We're cooking it up with seared acorn squash and just the right blend of spices for a delicious dinner perfect any night of the week.

**45** Minutes to the Table

**10** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized

### EQUIPMENT

Large Oven-Safe  
Skillet & Lid

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### MEEZ CONTAINERS

Acorn Squash  
Arborio Rice  
White Wine Sauce  
Herbs, Onion &  
Garlic  
Green Onions &  
Parsley  
Pepitas

## Make The Meal Your Own

If you ordered the **Carb Conscious version**, we sent you cauliflower "rice" instead of the arborio rice, reducing the **carbs per serving to 40g**. After searing the acorn squash in step 2, return the empty skillet to the stove with 1 Tbsp olive oil over high heat and sauté the cauliflower until it starts to brown, about 2 to 3 minutes. Continue with step 3. **except don't add the water and reduce the total time in the oven to 15 minutes.**

## Good To Know

**Don't have an oven-safe skillet or lid?** You can transfer the risotto to a large casserole dish. And foil or a baking sheet makes a great lid substitute.

**Health snapshot per serving** – 710 Calories, 13g Protein, 57g Carbs, 44g Fat, 26 Freestyle Points

**Lightened-Up Health snapshot per serving** – 495 Calories, 43g Carbs, 30g Fat, 17 Freestyle Points, reducing all the ingredients, except for the Acorn Squash by one-third.

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

INGREDIENTS: Arborio Rice, Acorn Squash, Pepitas (pumpkin seeds), Green Onions, White Wine, Cream, Parmesan, Asiago, Capers, Parsley Garlic, Miso, Lemon, Basil, Black Pepper.

meez *meals*

## 1. Getting Organized

Preheat your oven to 400.

## 2. Sear the Acorn Squash

Heat 1 Tbsp olive oil in a large, oven safe skillet on medium high heat. When oil is hot, add the **Acorn Squash**, to the pan in a single layer. Sprinkle with salt and pepper and cook, undisturbed until the squash starts to brown, about 2 to 3 minutes. Flip and cook the other side until it begins to brown, an additional 2 to 3 minutes. Remove from the skillet and set aside. Do not wipe out skillet.

*This step is to sear the squash. It will finish cooking in Step 3.*

## 3. Prepare and Bake the Risotto

Return the now empty skillet to the stove with 1 Tbsp olive oil over medium-high heat. When the oil is hot, add the **Arborio Rice** and stir until the rice is coated with oil. Stir in the **White Wine & Cream Sauce** (the component containing the white liquid), 1 cup of water, and the **Herbs, Onion & Garlic**. Turn heat to high and bring to a boil.

Remove the skillet from the heat and arrange the seared Acorn Squash gently on top of the rice mixture. Cover with an oven safe lid and bake, undisturbed until the rice is tender, and the water has been absorbed, about 25 minutes. After 20 minutes, check the water level. If it's been absorbed but the rice isn't fully cooked, add a little more water and continue cooking until the rice is tender. If the rice is tender but there is still liquid, uncover until it is absorbed.

*If you don't have a cover you can use a baking sheet.*

When the rice is cooked, sprinkle the **Green Onions & Parsley** on top, cover, and cook the casserole for an additional 5 minutes. Remove from the oven and let cool for at least 5 minutes.

## 4. Put It All Together

Serve the risotto topped with the **Pepitas** and enjoy!

Instructions for two servings.

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

# Chipotle Shrimp and Rotini

Italian meets Mexican in this fresh mash up of seared shrimp in a smoky chipotle sauce that's mellowed by the addition of sweet cream and Parmesan. Served with green beans and tricolor rotini, it's a pasta dinner with a flair from Mexico.

**25** *Minutes to the Table*

**25** *Minutes Hands On*

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

- Large Skillet
- Large Saucepan

### FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper

### 6 MEEZ CONTAINERS

- Tricolor Rotini
- Tomatoes, Onions & Garlic
- Chipotle Sauce
- Green Beans
- Shrimp
- Queso Fresco & Cilantro

## Good to Know

If you ordered the **Carb Conscious** version, we sent you zucchini "noodles" instead of pasta, reducing the **carbs per serving to 40g**. Skip boiling water in step 1 and prior to Step 2, heat 1 Tbsp olive oil in the large skillet over high heat. When the oil is hot, add the zucchini "noodles" with a sprinkle of salt and pepper and cook until slightly charred, about 2 to 3 minutes Use the cooked zucchini "noodles" in place of the rotini in step 2.

**Health snapshot per serving** – 840 Calories, 52g Protein, 33g Fat, 89 Carbs, 25 Freestyle Points.

**Lightened-Up Health snapshot per serving** – 640 Calories, 24g Fat, 65 Carbs, 17 Freestyle Points using two-thirds of the sauce.

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

INGREDIENTS: Shrimp, Tomatoes, Green Beans, Tricolor Rotini, Cream, Parmesan, Yellow Onion, Queso Fresco, Honey, Cilantro, Chicken Stock, Chipotles in Adobo, Lime, Garlic, Black Pepper, Savory.

meez *meals*

### 1. Cook the Rotini

Bring a large saucepan of water to boil. Add the **Tricolor Rotini** with a dash of salt and cook until al dente about 8 to 10 minutes. Drain and set aside until Step 2. Wipe out the saucepan.

### 2. Sear the Green Beans

While the rotini is cooking, heat 1 Tbsp olive oil in a large skillet over high heat. When the oil is hot, add the **Green Beans** in a single layer with a sprinkle of salt and pepper. Cook, undisturbed until they start to char, about 2 to 3 minutes. Stir and cook for an additional 1 to 2 minutes. Remove from the skillet and set aside until the end of step 3. Do not wipe out the skillet.

### 3. Make the Sauce

When the pasta is done cooking, return the now-empty saucepan to the stove over medium high heat and add 1 Tbsp olive oil. When the oil is hot, add the **Tomatoes, Onions & Garlic** and cook, stirring very frequently, until the onions start to turn translucent, about 4 to 5 minutes. Add the **Chipotle Sauce** to the saucepan and bring to a boil. Reduce the heat to low and cook until the sauce thickens enough to coat the back of a spoon, about 3 minutes. Turn off the heat and add the cooked pasta and seared green beans. Stir, then cover and set aside until step 5.

### 4. Cook the Shrimp

When the green beans are done, return the now-empty skillet to the stove over medium high heat and add 1 Tbsp olive oil. Pat dry the **Shrimp** and when the oil is hot, add them to the pan with a sprinkle of salt and pepper. Cook for a minute on each side until they are opaque and no longer grey in color. Transfer the shrimp to a cutting board and cut each shrimp in half, then add to the pasta, green beans and sauce.

### 5. Put It All Together

Serve the Creamy Chipotle Shrimp and Rotini topped with the **Queso Fresco & Cilantro**. Enjoy!

Instructions for two servings.

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



# Sweet & Spicy Brazilian Chicken

The flavors of Brazil come together in this easy one-pot dinner. With coconut milk, paprika, cumin, coriander, and cilantro, this baked chicken and rice recipe packs a sweet and spicy flavor that we love. We finish it with a passion fruit coulis that sends it over the top.

**40** Minutes to the Table

**20** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized

### EQUIPMENT

Large Oven-Safe  
Skillet

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 6 MEEZ CONTAINERS

Chicken Breast  
Seasoned Vegetables  
Basmati Rice  
Spiced Coconut Milk  
Spinach  
Passion Fruit Coulis

## Make The Meal Your Own

**Leftovers from this dish** make a delicious next-day lunch. If you plan to save some for a later meal, reserve a bit of the spiced coconut sauce to moisten the rice when you reheat it.

If you ordered the **Carb Conscious version**, we sent you cauliflower "rice" instead of the basmati rice, reducing the **carbs per serving to 36g**. Prior to step 4., heat 1 Tbsp olive oil in a large skillet over high heat. Sauté the cauliflower "rice" until it starts to brown, about 2 to 3 minutes. Remove from the heat and set aside. Use in place of the rice in step 4 and DO NOT add the water and only cook in the oven for 10 to 15 minutes (checking on the level of the liquid periodically).

## Good To Know

**Don't have an oven-safe skillet?** Transfer the rice to a large casserole dish when it's time to bake.

**Health snapshot per serving** – 870 Calories, 52g Protein, 77g Carbs, 41g Fat, 27 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, Basmati Rice, Spinach, Onion, Carrot, Celery, Tomato, Coconut Milk, Passion Fruit, Chicken Stock, Garlic, Cilantro, Coriander, Cumin, Turmeric, Annatto Powder, Cayenne, Paprika, White Pepper, Agave.

meez *meals*

## 1. Getting Organized

Preheat your oven to 375.

## 2. Sear and Prep the Chicken

Pat dry the **Chicken Breast** and generously sprinkle 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 oil in a large, oven-safe skillet over high heat. Place the chicken in the skillet and let sit undisturbed until the outside starts to lightly brown, about 1 minute. Flip the chicken breast and repeat for the other side, about 1 minute.

Remove the chicken from the skillet and set aside. place on a cutting board and let rest for about 5 minutes. Do not wipe out pan. When the chicken is done resting, using a sharp knife, cut the chicken breast lengthwise into long strips, about ¼" wide. Rotate the chicken breast 90 degrees and then cut across to create small, even cubes of chicken.

## 3. Cook the Seasoned Vegetables

While the chicken is resting, add the **Seasoned Vegetables** to the now-empty skillet over medium-high heat and cook until the vegetables are soft and fragrant, 3 to 5 minutes.

## 4. Bake the Chicken and Rice

Add the **Basmati Rice, Spiced Coconut Milk** (the larger of the two yellow liquids) and ¾ cup of water to the seasoned vegetables. Stir well and bring to a boil. Add the seared chicken and cover (if your skillet doesn't have a lid, use aluminum foil) then bake until the rice is tender and the water has been absorbed, about 25 minutes.

Check at 20 minutes for the water level. If the rice isn't fully cooked once the water has been absorbed, you can add a little more water and continue cooking until the rice is tender. Once the rice is to your liking, turn the oven off, remove the skillet and stir in the **Spinach** so that it is completely mixed into the rice. Cover and let sit for an additional 5 minutes.

## 5. Put It All Together

Drizzle the entire dish with the **Passion Fruit Coulis** (the smaller of the two yellow liquids) and enjoy!

*The chicken will not be cooked at this point. You will finish it in the oven.*

Instructions for two servings.

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

# Lemon Chai Brussels Sprouts Over Pearl Couscous

We crave the sunny flavors of the Mediterranean this time of year. One bite of this gem, and we were transported. The magic comes from lemon-chai vinaigrette, which has a depth of flavor that pairs perfectly with crispy Brussels sprouts. We're serving it over pearl couscous with feta and walnuts.

20 Minutes to the Table

10 Minutes Hands On

1 Whisk *Super Easy*

## Getting Organized

### EQUIPMENT

Rimmed  
Baking Sheet  
Saucepan

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 5 MEEZ

### CONTAINERS

Brussels Sprouts  
Couscous  
Lemon Chai  
Vinaigrette  
Feta Cheese  
Walnuts

## Make The Meal Your Own

**CHICKEN** - While the brussels sprouts are roasting in Step 2, heat 1 Tbsp of olive oil in a large skillet on medium-high heat. Salt and pepper the Chicken Breasts and, when the oil is hot, cook until crisp and brown, about 4 to 5 minutes on each side. Let rest for 5 minutes. Slice into strips and serve on top of the couscous in Step 4 before topping with the Feta and Walnuts.

**SHRIMP** - While the Brussels sprouts are roasting in Step 2, heat 1 Tbsp of olive oil in a large skillet on medium-high heat. Salt and pepper the Shrimp and, when the oil is hot, cook until they are opaque and no longer grey in color, about 1 minute on each side. Serve on top of the couscous in Step 4 before topping with the Feta and Walnuts.

If you added steak, we recommend serving it separately with salt & pepper. Cook in a skillet with 1 Tbsp oil over high heat to internal temperature of 145 (for medium doneness).

## Good To Know

This meal is low in carbs but to turn it into a fully **Carb Conscious version with only 24g of carbs per serving**, use half the couscous. **If you're making the vegan version**, we're skipping the feta. Add an extra pinch of salt. **If you're making the gluten-free version**, bring 2.5 cups of water to a boil, 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 blooms and most of the liquid is absorbed. Fluff it up and let it sit covered for 5 minutes more.

**Health snapshot per serving** – 865 Calories, 19g Protein, 10g Fiber, 44g Carbs, 29 Smart Points

**Lightened up snapshot** – 515 Calories, 37g Fat and 17 Smart Points with ½ the cheese, nuts and vinaigrette.

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to view YouTube  
cooking video



INGREDIENTS: Brussels Sprouts, Couscous, Feta Cheese, Olive Oil, Walnuts, Lemon, Green Onions, Brown Sugar, Garlic, Herbs & Spices

*meez* meals

### 1. **Get Organized**

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

### 2. **Roast the Brussels Sprouts**

Put the **Brussels Sprouts** on to a rimmed baking sheet and drizzle with olive oil, salt and pepper. Toss well, then arrange in a single layer and bake until brown and crispy, 12 to 15 minutes.

### 3. **Cook the Couscous**

While the sprouts are cooking, salt your boiling water generously and add the **Couscous**. Cook until al dente, 5 to 10 minutes. Drain, return to the saucepan and set aside until the sprouts are done cooking.

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

When the sprouts are done, add them to the saucepan with the couscous and stir in the **Lemon-Chai Vinaigrette**. Heat over medium until warm throughout, about 2 minutes.

Top with the **Feta Cheese** and **Walnuts** and enjoy!

*Love this recipe? #meezmagic*

Instructions for two servings.

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

# Balsamic-Glazed Steak

Inspired by a recipe at one of our favorite restaurants, this dinner is as simple as it is sophisticated. We're topping our tender bistro steak with a Parmesan, Cauliflower and nut crust and serving it over Parmesan brussels sprouts and balsamic tomatoes. All this and on the table in less than 30 minutes.

**25** *Minutes to the Table*

**25** *Minutes Hands On*

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

- Large Skillet
- 2 Baking Sheets
- Large Ziplock Bag

### FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper

### 6 MEEZ CONTAINERS

- Brussels Sprouts
- Parmesan
- Steak
- Balsamic Glaze
- Cauliflower Nut Crust
- Grape Tomatoes

## Good To Know

**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.

**It's important to let the steaks rest** to keep them tender and juicy. Give them at least 3 to 5 minutes off the heat before you slice and serve.

**Health snapshot per serving** – 620 Calories, 29g Fat, 47g Protein, 48g Carbs, 18 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: Steak, Brussels Sprouts, Tomatoes, Cauliflower, Parmesan, Pecorino Romano, Balsamic Vinegar, Brown Sugar, Almonds, Walnuts, Parsley, Rosemary, Thyme, Garlic.

*meez* meals

## 1. Getting Started

Preheat your oven to 425 degrees.

## 2. Roast the Brussels Sprouts

Arrange the **Brussels Sprouts** in a single layer on a rimmed baking sheet and drizzle with olive oil, salt, and pepper. Roast until the Brussels start to brown and get crispy, 15 to 17 minutes. Remove from oven, mix-in half the **Parmesan** and place Brussels directly on serving plates.

## 3. Cook the Steak

While the Brussels are cooking, spray or lightly oil another baking sheet, then heat 1 Tbsp of olive oil in a large skillet over high heat. Pat the **Steaks** dry and sprinkle with a salt and pepper. When the skillet is very hot, add the steaks and cook undisturbed until the steak starts to darken on the bottom, about 1 to 2 minutes. Flip the steaks and continue cooking until the other side has browned, another 1 to 2 minutes. Transfer the steaks to the oiled baking sheet and do not wipe out the pan.

Drizzle the steaks with two-thirds of the **Balsamic Glaze**. Spread the **Cauliflower Nut Crust** evenly on top of the steaks, pressing down gently to keep it in place. Cook in the oven for about 4 minutes to get the steak medium-rare (5 to 6 for medium and 7 to 8 for medium-well). Remove the baking sheet from the oven and let the steaks rest for at least 5 minutes.

## 4. Sauté the Veggies

While the steaks are resting, place the **Grape Tomatoes** into a ziplock bag and seal tightly. Using your hands, squish the tomatoes until they burst. Pour the entire contents of the ziplock bag into the same skillet you used for the steaks and cook over medium-high heat until they are soft and start to char, about 5 to 6 minutes. Mix in the remainder of the balsamic glaze and turn off the heat.

## 5. Put It All Together

Spoon out the tomatoes and place on top of the Brussels. Gently transfer the steak from the baking sheet and place on top of the tomatoes. Drizzle with a little bit of the balsamic glaze from the skillet and the remaining parmesan. Enjoy!

*Don't worry that the steak isn't done. It will finish cooking in the oven.*

Instructions for two servings.

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

# Toasted Gnocchi with Mint-Basil Pesto

**35** Minutes to the Table

**10** Minutes Hands On

**1 Whisk** Super Easy

There's something magical about gnocchi when it's toasted. It gets crispy on the outside, tender on the inside, and totally delicious. We're tossing it with kale and a mint-basil pesto, then topping it with almonds and cranberries. It is an unexpected flavor combination you will just love.

## Getting Organized

### EQUIPMENT

- Rimmed Baking Sheet
- Mixing Bowl

### FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper

### 5 MEEZ CONTAINERS

- Gnocchi
- Kale
- Mint-Basil Pesto
- Almonds & Cranberries
- Lemon

## Add Protein Cooking Instructions

**CHICKEN** -While the gnocchi is toasting in Step 3, heat 1 Tbsp of olive oil in a large skillet on medium-high heat. Salt and pepper the Chicken Breasts and, when the oil is hot, cook until crisp and brown, about 4 to 5 minutes on each side. Let rest for 5 minutes. Serve alongside the gnocchi in Step 4

**STEAK** - While the gnocchi is toasting in Step 3, heat 1 Tbsp olive oil in a large skillet over high heat. Salt and Pepper the steaks and when the skillet is very hot, add the Steaks to the pan. Cook until the bottoms brown and the sides start to color, about 4 minutes each side for medium (3 min med-rare and 5-6 min for well done). Let rest for 5 minutes. Serve alongside the gnocchi in Step 4.

**SHRIMP** - While the gnocchi is toasting in Step 3, heat 1 Tbsp of olive oil in a large skillet on medium-high heat. Salt and pepper the Shrimp and, when the oil is hot, cook until they are opaque and no longer grey in color, about 1 minute on each side. Serve alongside the gnocchi in Step 4.

## Make The Meal Your Own

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

**Health snapshot per serving** – 660 Calories, 28g Protein, 16g Fat, 99g Carb, 20 Freestyle Points.

**Lightened-Up Health snapshot per serving** – 530 Calories, 9g Fat, 88g Carb, 15 Freestyle Points with half the pesto and half the almonds and cranberry.

SCAN QR CODE  
to view YouTube  
cooking video



INGREDIENTS: Gnocchi, Kale, Ricotta, Parmesan, Almonds, Cranberries, Garlic, Basil, Olive Oil, Lemon, Mint

*meez* meals

## 1. Getting Organized

Preheat your oven to 400 degrees.

## 2. Toast the Gnocchi

Arrange the **Gnocchi** on a rimmed baking sheet and toss with olive oil, salt and pepper. Bake the gnocchi until slightly crunchy on the outside, about 16 to 18 minutes, stirring once after 10 minutes of cooking. Remove from the oven and set aside till step 4.

## 3. Roast the Kale

While the gnocchi is cooking, on a second rimmed baking sheet, arrange the **Kale** in a single layer and drizzle with olive oil, salt and pepper. Place in the oven and cook until the edges start to crisp, about 13 to 15 minutes. Remove the kale from the oven and while still on the baking sheet combine with half the **Mint-Basil Pesto**.

## 4. Put It All Together

Transfer the gnocchi and kale to serving bowls, toss and add remaining Mint-Basil Pesto to taste. Top with the **Almonds & Cranberries** and a generous squeeze of **Lemon**. Enjoy!

*We line our baking sheets with parchment paper to make clean up a breeze.*

*Love this recipe? #meezmagic*

Instructions for two servings.

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



# Thai Red Curry Soup

This gem is a fresh take on the Thai classic. We're cooking up our version of red curry soup with glass noodles, carrots, red peppers, mushrooms and tofu in a red curry and coconut milk base. It's rich and flavorful, and practically hands-free, not to mention an all-time member favorite.

**25** Minutes to the Table

**10** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized

### EQUIPMENT

2 Saucepans  
Large Bowl

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 6 MEEZ CONTAINERS

Mushrooms  
Red Peppers &  
Carrots  
Red Curry  
Tofu  
Ginger-Coconut  
Broth  
Glass Noodles

## Add Protein Cooking Instructions

**CHICKEN** - Prior to Step 3, heat 1 Tbsp of olive oil in a large skillet on medium-high heat. Salt and pepper the Chicken Breasts and, when the oil is hot, cook until crisp and brown, about 4 to 5 minutes on each side. Let rest for 5 minutes. Shred and add to the soup before serving in Step 4.

**SHRIMP** - Prior to Step 3, heat 1 Tbsp of olive oil in a large skillet on medium-high heat. Salt and pepper the Shrimp and, when the oil is hot, cook until they are opaque and no longer grey in color, about 1 minute on each side. Add to the soup before serving in Step 4.

If you added steak, we recommend serving it separately with salt & pepper. Cook in a skillet with 1 Tbsp oil over high heat to internal temperature of 145 (for medium doneness).

## Make The Meal Your Own

If you're cooking the **carb conscious version**, we sent you zucchini "noodles" instead of glass noodles, reducing the **carbs per serving to 30g**. Skip Steps 1 and 2 and dry the zucchini with a paper towel. Add 1 Tbsp olive oil to a large skillet. When the oil is very hot, place the zucchini in the pan in a single layer spread evenly across the entire skillet. Cook, without stirring, until the zucchini noodles are slightly charred, 2 to 3 minutes. Remove from the pan and put directly in bowl.

**Health snapshot per serving** – 485 Calories, 19g Protein, 19g Fat, 64g Carbs, 17 Smart Points

INGREDIENTS: Coconut Milk, Tofu, Glass Noodles, Carrots, Peppers, Mushrooms, Lime Juice, Soy Sauce, Brown Sugar, Red Curry Paste, Lemongrass, Garlic, Basil, Concentrated Vegetable Base, Ginger

meez *meals*

## 1. Getting Organized

Put a saucepan of water on to boil.

## 2. Soak the Glass Noodles

Put the **Glass Noodles** into a bowl and pour the boiling water over top. Let the noodles soak until they are soft, about 2 to 5 minutes. Drain and set aside.

*It's important to let the glass noodles soak. If you don't, they can get clumpy and hard to manage.*

## 3. Cook the Thai Vegetables

In a separate saucepan, heat 1 Tbsp olive oil over medium-high heat. Add the **Mushrooms** and **Thai Peppers & Carrots** and cook for 3 to 5 minutes. Add the **Red Curry** and cook until fragrant, about 1 minute. Add 1 ½ cups of water and bring to a boil. Reduce to a simmer and cook uncovered for 10 minutes.

*The red curry has a kick. We use all of it, but if you don't love spice, you should start with just a touch.*

## 4. Finish the Soup

Turn the heat back up to medium-high. Add the **Tofu** and **Ginger-Coconut Broth** to the vegetables and season with salt and pepper to taste. If you'd like a thinner soup, add more water. Cook until the vegetables are tender, about 2 to 5 minutes.

Put the noodles into each diner's bowl. Serve the soup over the noodles.

*Love this recipe? #meezmagic*

Instructions for two servings.

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