

French Onion Smothered Steak & Crispy Hash Browns

25 Min
to Table

25 Min
Hands
On

1 Whisk
Easy

Getting Started

Pat your hash browns
dry with a paper
towel

From Your Pantry

You'll need olive oil,
salt and pepper.

Truffle Mac-n-Cheese

45 Min
to Table

25 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Preheat oven to 375
and bring a
saucepan of water to
boil.

From Your Pantry

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

Quick Tips



Thai Curry Risotto

45 Min
to Table

25 Min
Hands
On

1 Whisk
Super
Easy

From Your Pantry

You'll need olive oil,
salt and pepper.

Getting Started

Preheat oven to 400.

Toasted Gnocchi with Maple-Chive Butternut Squash

30 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,
salt & pepper

Chile-Lime Salmon with Street Corn Elote

10 Min
to Table

25 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Preheat your oven to
375.

From Your Pantry

You'll need olive oil,
salt and pepper.

Southwestern Tortilla Stew

30 Min to Table	15 Min Hands On	1 Whisk Super Easy
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Getting Started	Preheat your oven to 350.
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Omnivore Option	Chicken is a classic addition.
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Shrimp and Andouille Tambalaya

40 Min to Table	15 Min Hands On	1 Whisk Super Easy
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Getting Started	Cut the Andouille Sausage in ¼" wide slices.
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From Your Pantry	You'll need butter, salt and pepper.
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Meal Tip	Add additional cayenne pepper for an extra kick.
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Salmon with Dill Butter & Crispy Leeks

30 Min to Table	30 Min Hands On	2 Whisks Easy
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Getting Started	Preheat oven to 425.
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From Your Pantry	You'll need olive oil, salt and pepper
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Pappardelle with Chicken & Herby Cream Sauce

25 Min to Table	25 Min Hands On	1 Whisk Super Easy
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Getting Started	Bring a medium saucepan of water to a boil.
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From Your Pantry	You'll need some olive oil, butter, salt and pepper.
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Sweet Asian BBQ Chicken

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

30 Min to Table	25 Min Hands On	1 Whisk Super Easy
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Getting Started	Heat a large saucepan over medium-high heat
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From Your Pantry	You'll need salt and pepper.
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Meal Tip	Soup is always good warmed up for a lunch of leftovers
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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)	
French Onion Smothered Steak & Crispy Hash Browns	600	47	25	44 CC 21	5	1210	5	15	30% Vitamin C	40% Calcium
Thai Curry Risotto	285	17	8	52 CC 38	8	250	7	8	26% Vitamin C	12% Vitamin B6
Pappardelle with Chicken and Herby Cream Sauce	850	57	132	45 CC 35	13	1400	50	25	35% Vitamin A	30% Calcium
(use 2/3 pasta, parm, butter, & cream sauce)	660		92					18		
Southwestern Tortilla Stew	615	23	16	97	16	1268		20	125% Vitamin C	47% Calcium
Italian Wedding Soup	265	13	9	36	5	1645	5	6	207% Vitamin A	44% Vitamin C
Sweet Asian BBQ Chicken	660	51	7	103	4	950	69	19	107% Vitamin B6	20% Vitamin C

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Truffle Mac-n-Cheese	980	39	63	69	7	695	15	38	156% Vitamin C	90% Calcium
(use all the veggies and half of everything else)	610		42					32		
Shrimp and Andouille Jambalaya	440	38	10	50	4	1600		11	90% Vitamin C	23% Vitamin A
Chile-Lime Salmon with Street Corn Elote	650	41	35	47	5	1070	15	16	140% Vitamin C	20% Calcium
Toasted Gnocchi with Maple-Chive Butternut Squash	650	14	32	83	12	300		22	118% Vitamin A	177% Vitamin C
Salmon with Dill Butter & Crispy Leeks	610	39	37	32 CC 17	5	210		13	185% Vitamin A	98% Vitamin C
Add a Protein All-Natural Chicken Breast	220	41	5	0	0	85	0	3	90% Vitamin B6	4% Iron
Add a Protein Bistro Chateau Steak	220	30	10	0	0	75	0	5	10% Iron	10% Potassium
Add a Protein Norwegian Salmon	220	35	0	0	0	130	0	4	60% Vitamin B6	15% Potassium
Add a Protein Premium Shrimp	120	28	0.5	0	0	170	0	1	8% Potassium	4% iron

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
THE Carrot Cake	540	6	34	49	2	440	36	13	6% Vitamin C	6% Calcium
Belgian Chocolate Vegan Brownies	420	6	20	62	4	300			10% Iron	
Molten Chocolate Cake	520	7	31	54	3	360		28	30% Iron	4% Vitamin A
Peanut Butter Cookies	400	8	22	45	2	330		18	4% Iron	6% 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.

French Onion Smothered Steak & Crispy Hash Browns

Everything you love about French onion soup meets a hearty steak dinner in this comforting casserole-inspired meal. Tender sliced steak is served over crispy hash browns, then smothered with deeply caramelized onions, rich beef gravy, and a bubbling blend of Swiss, Gruyère, and mozzarella. Finished with a bright Parmesan-chive topping, it's comfort food at its finest.

25 *Minutes to the Table*

25 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

2 Large Skillets

FROM YOUR PANTRY

Olive Oil

Salt & Pepper

6 MEEZ CONTAINERS

Hash Brown Potatoes

Steak

Onions

Beef Au Jus

Triple Cheese Blend

Lemon Parmesan Chives

Good to Know

If you ordered the **Carb Conscious version**, we sent you cauliflower instead of hash brown potatoes, reducing the **carbs per serving to 21g**. Sauté the cauliflower with olive oil, salt and pepper instead of the hash browns in step 1. Cook until browned, about 4 to 5 minutes. Use in place of the hash browns in step 4.

Health snapshot per serving – 600 Calories, 25g Fat, 44g Carbs, 47g Protein, and 15 Freestyle Points.

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

INGREDIENTS: Steak, Hash Brown Potatoes, Beef Au Jus, Yellow Onion, Red Onion, Mozzarella, Green Onion, Gruyere, Swiss, Parmesan, Chive, Lemon Pepper.


meez meals

1. Cook the Hash Brown Potatoes

Pat the **Hash Brown Potatoes** dry with a paper towel to remove as much moisture as possible. Heat 2 Tbsp of olive oil in a large skillet over medium high heat. When the oil is very hot, add the hash brown potatoes to the skillet in a single layer and a sprinkle of salt & pepper. Cook undisturbed until the bottom is a deep golden brown and crispy, about 7 minutes. Flip and cook undisturbed again until crisp, an additional 5 to 7 minutes. Remove from the heat. Transfer the crispy hash browns directly to serving plates.

2. Cook the Steak

While the potatoes are cooking, heat 1 Tbsp olive oil in a second large skillet over high heat. Pat dry the **Steak** and season both sides with salt and pepper. Cook until the bottoms char and sides start to brown, about 3 to 4 minutes. Flip and continue to cook for another 3 minutes if you prefer the steak medium-rare. (Cook for 4 minutes for **medium** and 5 to 6 for **well done**). Transfer the steaks to a cutting board and allow to rest for 5 minutes before slicing into ½" strips. Do not wipe out the skillet.

3. Create the French Onion Gravy

Heat 1 Tbsp olive oil in the now-empty steak skillet over medium-high heat. When the oil is hot, add the **Onions** and cook until they are soft and brown, about 6 to 7 minutes. Add the **Beef Au Jus** to the skillet and bring to a boil. Reduce the heat to medium-low and cook until the liquid has reduced by about half, and is nearly the consistency of gravy, about 2 to 3 minutes. Sprinkle the **Triple Cheese Blend** on top of the onion gravy, cover and cook until the cheese is melted, about 2 to 3 minutes.

4. Put It All Together

Serve the sliced steak on top of the hash browns and, using a spatula pour the cheesy French onion gravy over top of the steak. Sprinkle the entire dish with the **Lemon Parmesan Chives** and enjoy!

Instructions for two servings.

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

Thai Curry Risotto

We're pairing the vibrant flavors of Thai curry with the mellow creaminess of a classic risotto. And to make it even easier, we're baking it in the oven instead of the usual fussy stove-top version. With acorn squash, green beans, and arugula, plus a sprinkling of sesame and cucumber it's a fun twist on Thai that we just love

45 Minutes to the Table

25 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Large Oven-Safe
Skillet (with a
cover)
Large Skillet

FROM YOUR PANTRY

Olive Oil
Salt/Pepper

6 MEEZ CONTAINERS

Acorn Squash
Arborio Rice
Thai Curry Sauce
Arugula
Green Beans
Cucumber &
Sesame Seeds

Add Protein Cooking Instructions

Integrate into recipe: Prior to step 4, cook the protein (per instructions below). Slice the protein into strips (flake the salmon and leave the shrimp whole) and serve on top of the cooked risotto 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 ordered the **Carb Conscious version**, we sent you cauliflower "rice" instead of the arborio rice, reducing the **carbs per serving to 38g**. 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.

Health snapshot per serving – 285 Calories, 8g Fat, 52g Carbs, 17g Protein, 8 Freestyle Points

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to view YouTube
cooking video**



INGREDIENTS: Arborio Rice, Green Beans, Acorn Squash, Arugula, Onion, Cucumber, Coconut Milk, Red/Yellow Curry Paste, Miso, Tamari, Garlic, Mint, Ginger, Basil, Brown Sugar, Lime.

meez meals

1. Getting Organized

Preheat oven to 400.

2. Cook the Squash

Heat 1 Tbsp olive oil in a large oven-safe skillet over medium high heat. When the 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. Stir squash and cook until the additional side start to brown, another 2 to 3 minutes. Remove from the skillet and set aside. Do not wipe out the pan.

3. Prepare and Bake the Risotto

Return the now-empty skillet to the stove and add the **Arborio Rice**, **Thai Curry Sauce**, and 1 cup of water and bring to a boil. Remove from the heat and add back the cooked Acorn Squash. 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, uncovered, until the rice is tender. If the rice is tender but there is still liquid cook, uncovered, until it is absorbed.

Remove the skillet from the oven and immediately add the **Arugula**. Continue to stir until the arugula wilts and thoroughly mixed into the risotto. Cover and let rest for 5 minutes.

4. Char the Green Beans

While the risotto is resting, heat a second large skillet with 1 Tbsp olive oil over high heat. Add the **Green Beans** with a sprinkle of salt and pepper and cook, undisturbed, until the green beans are charred and turn bright green, about 3 minutes.

5. Put It All Together

After the risotto has rested, transfer to serving bowls and top with the charred Green Beans and **Cucumber & Sesame Seeds**. Enjoy!

Pappardelle with Chicken & Herby Cream Sauce

Wide ribbons of pappardelle pasta and tender chicken breast are coated in a flavorful herby cream sauce infused with white wine, fennel, herbs, and lemon. Finished with sweet peas, Parmesan, and a touch of black pepper, this comforting dish balances richness with bright, aromatic flavor.

25 Minutes to the Table

25 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Large Skillet
Medium Saucepan

FROM YOUR PANTRY

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

6 MEEZ CONTAINERS

Chicken
Pappardelle Pasta
Fennel & Onions
Herby Cream Sauce
Peas
Parmesan

Good to Know

If you ordered the **Carb Conscious version**, we sent you Red Peppers instead of Pappardelle, reducing the **carbs per serving to 35g**. Skip steps 1 and 3 and prior to step 3, heat 1 Tbsp olive oil in the empty skillet over medium-high heat and cook the peppers until charred, about 5 minutes. Use in place of the pasta.

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 – 850 Calories, 132g Fat, 45g Carbs, 57g Protein, and 25 Freestyle Points.

Lightened-up health snapshot per serving – 660 Calories, 92g Fat, 31g Carbs, and 18g Freestyle Points, by using two-thirds of the pappardelle, parmesan, and Herby Cream Sauce, and butter.

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

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cooking video



INGREDIENTS: Chicken, Cream, Fennel, Yellow Onion, White Wine, Pappardelle, Peas, Parmesan, Chicken Stock, Lemon, Garlic, Black Pepper, Thyme, Oregano, Tarragon

meez^{meals}

1. Get Organized

Bring a medium saucepan of water to boil.

2. Cook the Chicken

While the water is coming to a boil, heat 1½ Tbsp olive oil in a large skillet over high heat. Pat dry and generously salt and pepper the **Chicken Breasts** on both sides. Cook until brown on one side, about 4 to 5 minutes. Flip, then cook until brown on the second side, about 4 additional minutes. Transfer the chicken to a cutting board and let rest for 5 minutes. Wipe out the skillet. After the chicken has rested, shred with two forks and set aside until step 4.

3. Cook the Pasta

While the chicken is resting, add the **Pappardelle Pasta** to the boiling water with a sprinkle of salt and cook until al dente, about 6 to 8 minutes. Drain well, return to the saucepan, cover and set aside.

4. Create the Sauce

While the pasta is cooking, heat 1 Tbsp olive oil in the now-empty chicken skillet over medium-high heat. Add the **Fennel & Onions** and cook until they start to soften, 5 to 6 minutes. Add the **Herby Cream Sauce** and bring the mixture to boil. Reduce the heat to medium-low and simmer, stirring frequently, until it thickens, about 5 to 6 additional minutes. Add the **Peas** and 2 Tbsp of butter and stir until the butter has melted. Remove from the heat and add the half the **Parmesan**, shredded chicken, and cooked pasta. Stir well.

5. Put It All Together

Serve the pasta with the remaining parmesan sprinkled over top. Enjoy!

Instructions for two servings.

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

Southwestern Tortilla Stew

A southwestern classic. This cozy stew stars roasted sweet potatoes, black beans and Mexican-spiced tomatoes, all topped with crispy tortillas and white cheddar. It's a dinner the whole family will love.

30 *Minutes to the Table*

15 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large
Saucepan

FROM YOUR

PANTRY

Olive Oil
Salt & Pepper

5 MEEZ

CONTAINERS

Onions & Garlic
Sweet Potatoes
Tomatoes &
Beans
Corn Tortilla
Cheddar
Cheese

Add Protein Cooking Instructions

Integrate into recipe: Prior to step 2, cook the protein (per instructions below) and then slice into strips (*shred the chicken, flake the salmon, leave shrimp whole*) and stir into the stew after it simmers 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

This is a great make-ahead meal. Cook the stew up to 4 days ahead of time, leaving off the toppers. While the stew reheats, crisp the tortilla strips in the toaster or oven. **A note about leftovers** – The stew thickens as it sits, so thin it with a little water before reheating. **If you're making the vegan version**, we've left the cheddar cheese out of your meal.

Health snapshot per serving – 615 Calories, 16g Fat, 23g Protein, 97g Carbs, 20 Smart Points

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INGREDIENTS: Sweet Potato, Tomato, Black Beans, Onion, Corn Tortillas, White Cheddar, Concentrated Vegetable Base, Garlic, Herbs and Spices

meez meals

1. **Getting Organized**

Preheat your toaster or conventional oven to 350.

2. **Cook the Vegetables**

Heat 2 Tbsp of oil in a large saucepan over high heat. Add the **Onions & Garlic** and cook until browned, 5 to 7 minutes. Add the **Sweet Potatoes** and cook for an additional 5 minutes, stirring frequently.

3. **Make the Stew**

Stir in 2 cups of water and the **Tomatoes & Beans**. Bring the stew to a boil, reduce heat and simmer for 10 minutes.

4. **Toast the Tortillas**

While the stew is simmering, stack the **Corn Tortillas** on a cutting board and cut into even strips. Add one third of the strips to the stew and cook until slightly thickened, 5 - 7 minutes. Season with salt and pepper to taste.

Brush or spray the other 2/3 of the strips with oil and toast in a toaster or conventional oven until crispy, about 5 to 7 minutes.

Season the tortilla strips with salt and pepper to your taste.

5. **Put It All Together**

Serve the stew topped with **Cheddar Cheese** and the remaining crispy tortilla strips. Enjoy!

Instructions for two servings.

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

Italian Wedding Soup

For the un-initiated, Italian wedding soup is named for the “marriage” of flavorful chicken broth, tender carrots, fresh spinach, al dente pasta and, most important, delectable meatballs. This gem is on the table in just 30 minutes and perfect for a chilly winter night.

30 *Minutes to the Table*

25 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Saucepan

FROM YOUR PANTRY

Salt & Pepper

5 MEEZ CONTAINERS

Italian Meatballs

Broth Starter

Orzo Pasta

Spinach

Pecorino Cheese

Make the Meal Your Own

Soup is always just as good warmed up the next day so make sure to order enough for leftovers to help with an easy lunch too.

Good to Know

We're sending you the meatballs pre-shaped for a fuss-free dinner.

Health snapshot per serving – 240 Calories, 12g Protein, 7g Fat, 7 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: Italian Meatballs, Orzo, Spinach, Pecorino Cheese, Carrot, Onion, Parsnip, Tomato, Garlic, Oregano, Basil, Thyme, Black Pepper, Chicken broth.

meez *meals*

1. Cook the Meatballs

Heat a large saucepan over medium-high heat. When the pan is hot, add the **Italian Meatballs** and sauté until they begin to brown, about 2 minutes. Remove the meatballs from the pan and place on a paper-towel-lined plate.

2. Create the Soup

Without wiping out the saucepan, return it to medium-high heat. When it is hot, add ½ cup water and the **Broth Starter**. Cook until the carrots and parsnips are fragrant and slightly browned, about 6 to 7 minutes.

Add an additional 3 cups of water, turn heat up to high, cover, and bring to a boil. Add the **Orzo Pasta** and **Spinach**, replace the cover, and cook on a rapid boil for 4 minutes.

Reduce heat to medium and add the cooked Italian meatballs. Cover and simmer on a low boil until the pasta is al dente and the vegetables are soft, about 7 to 9 additional minutes.

3. Finish It Off

Ladle the soup into serving bowls and sprinkle with a generous helping of **Pecorino** cheese. Enjoy!

Instructions for two servings.

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

Sweet Asian BBQ Chicken

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

20 *Minutes to the Table*

20 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet
Saucepan

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

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

Good To Know

Our free-range chickens thrive on an all-natural diet. They are never fed growth hormones and receive no antibiotics in their feed, their water, through intramuscular injection, or even the egg...ever.

Health snapshot per serving – 660 Calories, 7g Fat, 103g Carbs, 51g Protein and 19 Freestyle Points

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

**SCAN QR CODE
to view YouTube
cooking video**



INGREDIENTS: Chicken, Green Beans, Yaki Soba Noodles, Mae Ploy, Brown Sugar, Tamari, Honey, Green Cilantro, Onion, Ginger, Garlic, Sesame Seed, Basil, Crushed Red Pepper

meez meals

1. Cook the Noodles

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

2. Char the Green Beans

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

3. Cook the Chicken

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

4. Put It All Together

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

Truffle Mac-n-Cheese

There's no confusing this mac-n-cheese with the stuff in a box. We are combining gruyere and white cheddar with mushrooms, brussels, shell pasta and REAL truffle butter to create a dinner that's rich, sophisticated, and out of this world good.

45 Minutes to the Table

25 Minutes Hands On

1 Whisk Super-Easy

Getting Organized

EQUIPMENT

Large Saucepans
Casserole Dish
Mixing Bowl

FROM YOUR PANTRY

Flour (1/2 Tbsp per svg.)
Butter (1/2 Tbsp per svg.)
Olive Oil
Salt and Pepper

6 MEEZ CONTAINERS

Shell Pasta
Mushrooms
Brussels Sprouts
Cream Sauce
Cheese & Breadcrumbs
Truffle Butter

Add Protein Cooking 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 stir into the mac n cheese before it bakes 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 – 980 Calories, 39g Protein, 63g Fat, 69g Carbs.

Lightened Up Health snapshot per serving – 610 Calories, 42g Fat, 41g Carbs, using all the veggies and half of everything else.

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cooking video**



INGREDIENTS: Shell Pasta, Brussel Sprouts, Mushrooms, Half & Half, Gruyere, White Cheddar, Panko Breadcrumbs, Vegetable Stock, Salted Butter, Black Truffle Pate, Black Pepper, Paprika, Garlic, Onion Powder.

meez meals

1. Getting Organized

Preheat oven to 375 degrees. Bring a large saucepan of water to boil with a pinch of salt. Spray or lightly brush a casserole dish with oil.

2. Cook the Shell Pasta

Add the **Shell Pasta** to the boiling water and cook until slightly firmer than al dente, about 7 to 8 minutes (it will finish cooking in step 5). Drain and set aside in the colander until step 4.

3. Sauté the Mushrooms and Brussels

Return the now-empty saucepan to the stove, with 1 Tbsp olive oil, over medium high heat. Add the **Mushrooms** and two-thirds of the **Brussels Sprouts** and cook until the mushrooms have softened and the Brussels are bright green, about 4 minutes.

4. Create the Cheese Sauce

Add 1 Tbsp plain butter (not the Truffle Butter we sent you) to the pan. Mix to coat the vegetables. Add 1 Tbsp flour and mix until the vegetables are coated in flour. Cook until the flour starts to brown, about 2 minutes. Add the **Cream Sauce** and bring to a boil, stirring continuously. Continue stirring and cook until the sauce thickens, about an additional 3 minutes. Turn off the heat. Add half the **Cheese & Breadcrumbs** and stir until cheese melts and there are no clumps. Add the cooked shells and mix well.

5. Bake the Dish

Pour the entire contents of the saucepan into the oiled casserole dish. Combine the remaining cheese & breadcrumbs and remaining uncooked brussels in a mixing bowl. Spread in a single layer, edge-to-edge on top of the mac-n-cheese. Bake until the sauce is bubbly and the breadcrumbs are golden brown, about 12 to 15 minutes.

6. Top with the Truffle Butter

Remove the casserole dish from the oven and immediately top with small dollops of the **Truffle Butter**. Let the dish rest for at least 5 minutes. Enjoy!

*It doesn't
matter how
much water you
use as long as it
will comfortably
cover the shells.*

Instructions for two servings.

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

Shrimp and Andouille Jambalaya

A New Orleans classic made fresh in your own kitchen. With shrimp, Andouille sausage and just the right spices, it's a one-pot, hands-free dinner you will love, guaranteed.

40 Minutes to the Table

15 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Large Saucepan with Lid

FROM YOUR PANTRY

Butter
Salt & Pepper

5 MEEZ CONTAINERS

Rice
Andouille Sausage
Shrimp
Cajun Spices
Veggies

Make the Meal Your Own

Love spicy? Add additional cayenne pepper for an extra kick

If you ordered the **Carb Conscious version**, we sent you cauliflower "rice" instead of the white rice, reducing the **carbs per serving to 24g**. In step 2, add the cauliflower "rice" in place of the rice and add ONLY 1 cup of water. Check on water level periodically and add more if mixture is becoming too dry.

Good To Know

Jambalaya was created in the French Quarter of New Orleans. The Spanish were attempting to make paella in the New World. We think the result is even more delicious. (Don't tell our friends in Madrid.)

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

Health snapshot per serving – 440 Calories, 10g Fat
4g Fiber, 50g Carbs, 38g Protein and 11 Smart Points

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

**SCAN QR CODE
to view YouTube
cooking video**



INGREDIENTS: Shrimp, Andouille Sausage, White Rice, Diced Tomato, Green Pepper, Green Onion, Celery, Bay Leaf, herbs and spices.

meez meals

1. Cook the Andouille Sausage

Cut the Andouille Sausage in 1/4" wide slices and combine with 2 tablespoons of butter in a large stockpot over a medium-low heat and cook until browned and slightly crispy, about 5 minutes.

The Andouille Sausage is fully cooked. We're browning it for flavor.

2. Cook the Spices, Veggies, and Rice

Stir in the **Cajun Spices** and heat for 1 minute.

Next add the Veggies and cook for 2 minutes.

Then stir in the **Rice** and 2 cups of water. Turn heat to high and bring to a low-boil.

Cover, turn heat to low, and simmer for 20-25 minutes.

3. Add the Shrimp

Mix in the **Shrimp**, replace lid and cook for an additional 5 minutes.

4. Serve and Enjoy!

Add salt and pepper as desired and place in a serving bowl.

The Jambalaya keeps well. Just be sure to remove it from the heat so the shrimp doesn't get overcooked.

Love this recipe? #meezmagic

Chili Lime Salmon with Street Corn Elote

We love the creamy, zingy taste of Mexican street corn. We're putting it front and center as the base for salmon crusted with crunchy panko and cotija cheese. With chili and lime, this dinner is fresh and flavorful and practically hands-free.

25 *Minutes to the Table*

10 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Oven-Safe Skillet

FROM YOUR PANTRY

Olive Oil

Salt & Pepper

4 MEEZ CONTAINERS

Salmon

Corn & Peppers

Chili Lime Aioli

Seasoned Panko & Cotija

Cheese

Make The Meal Your Own

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

Good To Know

Health snapshot per serving – 650 Calories, 35g Fat, 41g Protein, 47g Carbs, 16 Smart Points

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

**SCAN QR CODE
to view YouTube
cooking video**



INGREDIENTS: Salmon, Corn, Mayonnaise, Poblano Pepper, Red Bell Pepper, Cotija Cheese, Sour Cream, Panko Breadcrumbs, Lime, Cilantro, Paprika, Chili Powder

meez *meals*

1. Get Started

Preheat the oven to 375 degrees.

2. Sear the Salmon

Pat dry the **Salmon** and season with salt and pepper. Heat 1 Tbsp olive oil in a large skillet over high heat. When the oil is very hot, sear the salmon on one side for one minute, flip and repeat. Set the salmon aside for step 3. Do not wipe out the skillet.

If you don't have an oven-safe skillet, you can transfer to an oiled 8x8 or similar sized casserole dish.

3. Make the Elote

Add the **Corn & Peppers** to the now-empty skillet and cook until the peppers start to char and soften slightly, about 4 to 5 minutes. Turn off the heat, add the **Chili Lime Aioli** and stir well.

4. Bake and Serve

Layer the seared salmon on top of the elote and sprinkle the **Seasoned Panko & Cotija Cheese** over the entire dish in a single layer. Bake until the top starts to brown, about 15 minutes. Remove from the oven and let rest for 5 minutes.

Enjoy!

Instructions for two servings.

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

Toasted Gnocchi with Maple-Chive Butternut Squash

We love the crispy outside-tender inside texture that gnocchi gets when it's baked. We're cooking it up this week with butternut squash, kale and a delectable maple-chive-butter that brings a touch of magic to this speedy dinner.

30 Minutes to the Table

20 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

2 Baking Sheets
Large Skillet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Gnocchi
Kale
Butternut Squash
Maple Chive
Butter
Seasoned Onions
Lemon

Add Protein Cooking Instructions

Integrate into recipe: While the gnocchi and veggies are roasting, cook the protein (per instructions below) and serve alongside the gnocchi.

Cook protein: Lightly sprinkle the protein with salt & pepper. Heat a large skillet with 1-2 Tbsp olive oil on medium-high heat (*high for steak.*) When the oil is hot, cook the protein until the:

CHICKEN is crisp and brown, about 4 to 5 minutes per side. Let rest for 5 minutes.

STEAK bottoms are brown and sides start to color, about 4 minutes per side for medium (3 min for med-rare and 5-6 min for well done.) Let rest for 5 minutes.

SALMON is crisp and brown, about 4 minutes per side. Let rest for 5 minutes.

SHRIMP are opaque and no longer grey in color, about 1 minute per side.

Good to Know

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

Health snapshot per serving – 650 Calories, 14g Protein, 32g Fat, 83g Carb, 22 Freestyle Points.

**SCAN QR CODE
to view YouTube
cooking video**



INGREDIENTS: Gnocchi, Butternut Squash, Kale, Butter, Red Onion, Chive, Maple Syrup, Ginger, White Pepper, Lemon.

meez meals

1. Get Organized

Preheat your oven to 400 degrees.

2. Toast the Gnocchi

Arrange the **Gnocchi** on a baking sheet and toss with olive oil, salt and pepper. Bake until the gnocchi is slightly crunchy on the outside, about 16 to 18 minutes, stirring once after 10 minutes of cooking. Remove from the oven and set aside until Step 5.

3. Roast the Kale and Squash

Once the gnocchi is in the oven arrange the **Kale** and **Butternut Squash** side-by-side in a single layer on a second baking sheet. Drizzle with olive oil, salt and pepper, then bake until the kale is very crispy and the squash is starting to brown, about 14 to 16 minutes. Remove from the oven and toss together on the baking sheet, then transfer directly to serving bowls.

4. Melt the Butter

While the kale and squash are cooking, melt the **Maple Chive Butter** in a large skillet over medium low heat. Transfer to a small bowl and set aside until step 6. Do not wipe out the skillet.

5. Sauté the Seasoned Veggies

Return the now-empty skillet to the stove over medium heat and add 1 Tbsp olive oil. When the oil is hot, add the **Seasoned Onions** and cook until they start to turn translucent, about 2 to 3 minutes. Remove from the heat.

6. Putting it All together

Top the kale and squash with the toasted gnocchi and seasoned onions. Drizzle the melted maple chive butter over everything and add a squeeze of **Lemon** on top. Enjoy!

Instructions for two servings.

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

Salmon with Dill Butter & Crispy Leeks

This is one of those great dishes that tastes fancy but is super simple to make. With roasted red potatoes, fresh kale, crispy leeks and dill butter, this is the salmon dinner you've been craving.

30 *Minutes to the Table*

30 *Minutes Hands On*

2 Whisk *Easy*

Getting Organized

EQUIPMENT

2 Baking Sheets
Large Skillet
Mixing Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Red Potatoes
Salmon
Kale
Dill Butter
Leeks

Make The Meal Your Own

If you ordered the **Carb Conscious version**, we sent you cauliflower instead of the red potatoes, reducing the **carbs per serving** to **17g**. In Step 3, toss the cauliflower as described for the kale, place on a baking sheet and cook until it starts to brown, about 8 to 10 minutes. Place next to kale on serving plates.

If your food preferences meant we didn't send you the butter, combine the dill packet with some olive oil and drizzle on top of the salmon.

Good To Know

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

Health snapshot per serving – 610 Calories, 37g Fat, 32g Carbs, 39g Protein 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: Salmon, Potato, Kale, Leek, Butter, Garlic, Dill.

*meez*meals

1. Getting Organized

Preheat the oven to 425.

2. Prepare the Potatoes

Slice the **Red Potatoes** in half the long way (so you have two long but skinny halves). Place the sliced potatoes in a bowl and toss with a light drizzle olive oil, salt, and pepper. Spread the potatoes face down on a baking sheet and cook for 15 minutes. Turn the baking sheet and cook until the potatoes are golden brown, and the bottoms are slightly crispy, about an additional 5 to 6 minutes, for a total cook time of around 20 minutes.

3. Roast the Kale

While the potatoes are cooking, put the **Kale** in the now-empty mixing bowl and drizzle with a bit more olive oil. Toss, and spread the kale on a second baking sheet. When you turn the potatoes (after 15 minutes of cooking) place the kale in the oven and cook until it softens and begins to get crispy, about 5 to 6 minutes.

When done, remove both the potatoes and kale from the oven and place them directly onto serving plates with the kale in the center and the potatoes on the side.

4. Cook the Salmon

While the kale is cooking, dry the **Salmon** 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 2 Tbsp of oil in a skillet over medium-high heat. When the oil is hot, put the salmon in skillet and cook until it turns brown, about 3 minutes. Flip, and cook the other side until brown, 3 additional minutes. Remove the salmon from the heat and place it on top of the kale. Do not wipe out the pan.

Top the salmon with the **Dill Butter** to melt as the salmon rests.

5. Put It All Together

Heat the now-empty skillet over medium-high heat and add the **Leeks**. Sprinkle very lightly with pepper (not salt) and sauté until they start to brown, about 3 to 4 minutes. Place the leeks on top of the salmon. Enjoy!

Instructions for two servings

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