

## Coconut Curry Salmon

**30 Min** to Table    **30 Min** Hands On    **1 Whisk** Super Easy

**Getting Started** Put a saucepan of water onto boil.

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

## Balsamic-Glazed Steak

**25 Min** to Table    **25 Min** Hands On    **1 Whisk** Super Easy

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

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

# Quick Tips



## meez meals

## Arugula and Cherry Tomato Pizza

**40 Min** to Table    **15 Min** Hands On    **1 Whisk** Super Easy

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

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

## Caprese Spaghetti & Meatballs with Tomato Cream Sauce

**20 Min** to Table    **20 Min** Hands On    **1 Whisk** Easy

**Getting Started** Put a saucepan of water onto boil.

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

## Chicken Francese

**35 Min** to Table    **35 Min** Hands On    **2 Whisks** Easy

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

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

## Avocado Tilapia Sandwich with Jalapeño Slaw

20 Min to Table	15 Min Hands On	1 Whisk Super Easy
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**Getting Started** Preheat your oven to 400.

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

## New Orleans Shrimp Cakes

40 Min to Table	20 Min Hands On	1 Whisk Super Easy
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**Getting Started** Put a saucepan of water on to boil.

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

**Meal Tip** Add a little Sriracha, or Tabasco to the Remoulade sauce to kick it up a notch.

## Butternut Squash Tacos with Ancho Crema

25 Min to Table	10 Min Hands On	1 Whisk Super Easy
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**Getting Started** Preheat your oven to 425.

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

## Potato Leek Soup with Toasted Chive Butter Ciabatta

35 Min to Table	25 Min Hands On	1 Whisk Super Easy
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**Getting Started** Bring water to boil in a large saucepan.

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

## Himalayan Red Rice with Bangkok Basil Crunch

35 Min to Table	10 Min Hands On	1 Whisk Super Easy
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**Getting Started** Preheat your oven to 425 and bring water to a boil.

**Omnivore Option** Chicken drumsticks are great in this.

## Chicken Satay Noodle Bowl

25 Min to Table	25 Min Hands On	1 Whisk Super Easy
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**From Your Pantry** You'll need olive oil, salt and pepper.

**Getting Started** Put a saucepan of water on to boil.

**Meal Tip** Scrambled eggs make a great addition to this meal.

# Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmnded daily)	
Caprese Spaghetti & Meatballs with Tomato Cream Sauce (use 3/4 of the pasta, cheese, glaze & sauce)	840	30	42	78 CC 39	7	1420	25	29	140% Vitamin C	30% Vitamin A
	690		35					23		
Chicken Satay Noodle Bowl	575	69	19	39	9	458		13	79% Vitamin C	14% Vitamin B-6
Butternut Squash Tacos with Ancho Crema	610	14	20	99	12	1140	30	18	138% Vitamin A	62% Vitamin C
Himalayan Red Rice with Bangkok Basil Crunch	600	29	35	49	10	1444		19	316% Vitamin A	30% Calcium
New Orleans Shrimp Cakes	520	37	15	61	6	480		14	88% Vitamin A	219% Vitamin C
Chicken Francese (use 1/2 the herb butter)	700	51	39	29	6	600	9	15	194% Vitamin A	107% Vitamin B6
	500		24					9		
Avocado Tilapia Sandwich with Jalapeño Slaw	650	34	24	79	10	2700	24	18	100% Vitamin C	90% Vitamin A

# Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmnded daily)	
Balsamic-Glazed Steak	470	45	21	26	8	536	10	5	271% Vitamin C	37% Calcium
Coconut Curry Salmon (use 2/3 the sauce & rice)	780 610	44 26	35 26	74 CC 26	7	400	8	27 15	92% Vitamin D	Calcium 49%
Arugula and Cherry Tomato Pizza	541	14	25	65	8	446	19	18	61% Vitamin A	55% Vitamin C
Potato Leek Soup with Toasted Chive Butter Ciabatta (1/2 the bread and 1/2 the chive butter)	830 600	21	41	99	7	930		30 21	42% Vitamin A	32% 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 rcmnded daily)
THE Carrot Cake	540	6	34	49	2	440	36	13	6% Vitamin C 6% Calcium
Tiramisu for Two	290	5	15	35	1	40	29		6% Calcium 2% Iron
Honduran Chocolate Brownies (Gluten-Free)	340	4	18	42	3	140	31	16	4% Vitamin C 15% Iron
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.

# Caprese Spaghetti & Meatballs with Tomato Cream Sauce

We're taking classic spaghetti and meatballs somewhere brighter and more refined. A creamy tomato sauce coats the pasta and tender beef meatballs, while fresh mozzarella adds soft, cool bites throughout. Finished with balsamic-glazed vegetables for sweetness and depth, it's an elevated dinner the whole family can get behind.

## Getting Organized

### EQUIPMENT

Large Skillet

Medium Saucepan

### FROM YOUR PANTRY

Olive Oil

Salt & Pepper

### 6 MEEZ CONTAINERS

Spaghetti

Zucchini & Onions

Balsamic Glaze

Beef Meatballs

Tomato Cream Sauce

Fresh Mozzarella

## Good to Know

If you ordered the **Carb Conscious version**, we sent you zucchini "noodles" instead of spaghetti, reducing the **carbs per serving to 39g**. Skip step 1 and 2. Prior to cooking the veggies in step 3, heat 1 Tbsp olive oil in a large skillet and sauté the zucchini noodles until seared. Use in place of the spaghetti.

**Health snapshot per serving** – 840 Calories, 42g Fat, 78g Carbs, 30g Protein, and 29 Freestyle Points.

**Lightened-up health snapshot per serving** – 690 Calories, 35g Fat, 60g Carbs, and 23 Freestyle Points, by using three-fourths of the spaghetti, tomato cream sauce, balsamic glaze, and Fresh Mozzarella.

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

INGREDIENTS: Spaghetti, Beef Meatballs, Tomato, Zucchini, Fresh Mozzarella, Yellow Onion, Cream, Red Bell Pepper, Yellow Bell Pepper, Balsamic Vinegar, Brown Sugar, Red Onion, Basil, Olive Oil, Sugar, Tomato Paste, Kosher Salt, Black Pepper, Fennel.

**20** Minutes to the Table

**20** Minutes Hands On

**1 Whisk** *Super Easy*



## 1. Get Organized

Bring a medium saucepan of water to a boil.

## 2. Cook the Pasta

Add the **Spaghetti** to the boiling water with a pinch of salt and cook until al dente, about 10 minutes. Drain well and set aside in the colander. Wipe out the saucepan.

## 3. Cook the Glazed Veggies

While the spaghetti is cooking, heat 1 Tbsp olive oil in a medium skillet over medium-high heat. Add the **Zucchini & Onions** with a sprinkle of salt and pepper. Cook until the zucchini is charred and onions have softened, 4 to 5 minutes. Add the **Balsamic Glaze** and stir well to coat the veggies. Reduce the heat to medium and continue to cook until the glazed has thickened, about 4 to 5 minutes. Remove from the heat and set aside.

## 4. Heat the Meatballs and Sauce

Once the spaghetti is finished cooking, return the now-empty saucepan to the stove over medium-high heat. When it is hot, add the **Beef Meatballs** and cook until they start to char, about 2 to 3 minutes. Add the **Tomato Cream Sauce** and bring to a boil. Reduce the heat to low and continue to simmer until the sauce has thickened slightly and the peppers have softened, about 6 to 7 minutes. Remove from the heat and stir in the cooked spaghetti and the **Fresh Mozzarella**.

*The Fresh  
Mozzarella  
will get  
warm but  
will not  
melt.*

## 5. Put It All Together

Serve the spaghetti and meatballs topped with the balsamic glazed veggies. Enjoy!

Instructions for two servings.

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

# Chicken Satay Noodle Bowl

We're hooked on Thai Chicken Satay, with its tender chicken and crazy-delicious peanut sauce. So we turned that classic Thai appetizer into a complete meal by cooking cage-free chicken with plenty of Asian veggies and rice noodles. Mixed up with that delectable Satay sauce, it's the test kitchen's new favorite. Best of all, it's on the table in less than 30 minutes.

**25 Minutes to the Table**

**25 Minutes Hands On**

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

Saucepans  
Large Skillet

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 6 MEEZ CONTAINERS

Rice Noodles  
Chicken  
Garlic and Ginger  
Asian Vegetables  
Satay Sauce  
Green Onions and  
Cilantro

## Make the Meal Your Own

**Want to add some additional richness?** Try scrambling an egg and mixing it in. You won't be disappointed!

## 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** – 575 Calories, 69g Protein, 19g Fat, 13 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: Chicken, Rice Noodles, Cabbage, Edamame, Carrots, Bok Choy, Peanuts, Garlic, Ginger, Rice Wine Vinegar, Tamari, Brown Sugar, Cayenne Pepper, Sesame Oil, Green Onion, Cilantro

**meez**  
*meals*

## 1. Getting Organized

Put a saucepan of water on to boil.

## 2. Cook the Rice Noodles

Add the **Rice Noodles** to the boiling water and cook until tender, 5-6 minutes.

Drain, rinse under cold water and set aside.

## 3. Prepare the Chicken

While the rice noodles are cooking, heat a large skillet with 1 Tbsp of olive oil on medium-high heat. Add the **Chicken** to the pan and cook for 4 to 5 minutes, until the chicken is crisp and brown. Turn the chicken over and cook for another 4 minutes, until this side is brown as well.

Remove from heat and place on a cutting board. Once the chicken has rested for 5 minutes, use a sharp knife to cut the chicken breast evenly into strips, about  $\frac{1}{4}$ " to  $\frac{1}{2}$ " wide and set aside.

## 4. Cook the Veggies

Place the **Asian Vegetable Mix** and **Garlic and Ginger** in the now empty skillet and sauté, stirring frequently, over medium-high heat for 7-8 minutes.

Stir in the **Satay Sauce** until vegetables are completely coated and sauce is warm, about 1 minute. Remove skillet from heat.

## 5. Putting it All Together

Combine the rice noodles and chicken strips with the contents of the skillet and stir until the peanut sauce has completely coated everything.

Top with **Green Onions and Cilantro**, serve and enjoy!

Instructions for two servings.

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

# Butternut Squash Tacos with Ancho Crema

Taco night made easy. This gem is just ten minutes hands on and packed with flavor thanks to our Ancho Chile Crema. It's rich and smoky and turns roasted butternut squash and sweet potatoes into something truly magical. Topped with our pickled onions, it's a dinner we just love.

## Getting Organized

### EQUIPMENT

Baking Sheet

### FROM YOUR PANTRY

Olive Oil

Salt & Pepper

### 5 MEEZ CONTAINERS

Butternut Squash &

Sweet Potatoes

Corn Tortillas

Pickled Red Onion &

Jalapeño

Ancho Chile Crema

Cotija Cheese

## Add Protein Cooking Instructions

**Integrate into recipe:** While the veggies are roasting in step 2, cook the protein (per instructions below) and then slice into strips (flake the salmon, leave shrimp whole) and serve in the tacos before the 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

**Health snapshot per serving** – 610 Calories, 14g Protein, 20g Fat, 99g Carbs, and 18 Freestyle Points.

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cooking video**



INGREDIENTS: Sweet Potato, Butternut Squash, Corn Tortilla, Red Onion, Apple Cider Vinegar, Cotija Cheese, Green Cabbage, Sugar, Celery, Mayonnaise, Ancho Chili, Cilantro, Lime, Garlic, Salt, Cumin, Coriander

**meez**  
*meals*

**25 Minutes to the Table**

**10 Minutes Hands On**

**1 Whisk** *Super Easy*

## 1. Get Organized

Preheat the oven to 425.

## 2. Roast the Veggies

Add the **Butternut Squash & Sweet Potatoes** to a baking sheet and toss with olive oil salt and pepper. Arrange in a single layer and roast until the veggies start to brown and become crisp, about 18 to 20 minutes. Remove from the oven and transfer the veggies to a bowl.

## 3. Warm the Tortillas

Place the **Corn Tortillas** in a single layer on the now-empty baking sheet and warm in the oven for about 2 minutes.

## 4. Put It All Together

Drain the excess liquid from the **Pickled Red Onion & Jalapeño**.

Arrange the roasted veggies on each warmed tortilla and drizzle with the **Ancho Chile Crema**. Add the drained pickled veggies and finish with the **Cotija Cheese**. Enjoy!!

Instructions for two servings.

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

# Himalayan Red Rice with Bangkok Basil Crunch

Our favorite rice bowl. It all starts with an Asian-inspired basil crunch made from plenty of fresh basil, ginger, coconut and ground peanuts, mixed up with Himalayan red rice, baked organic tofu and roasted kale. Unusual and totally delicious.

**35** Minutes to the Table

**10** Minutes Hands On

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

2 Rimmed Baking Sheets  
Saucepans

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 5 MEEZ CONTAINERS

Basil Peanut Crunch  
Red Rice  
Kale  
Tofu  
Coconut

## Add Protein Cooking Instructions

**Integrate into recipe:** While the tofu and kale are roasting in step 3, cook the protein (per instructions below) & then slice into strips (*flake the salmon, leave shrimp whole*) and toss with the rice 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're cooking the carb conscious version,** we sent you veggie "rice" instead of the red rice, reducing the **carbs per serving** to **28g**. In step 3, while the kale and tofu are roasting, heat 1½ Tbsp olive oil in a skillet over high heat. When the oil is hot, add the veggie "rice" and cook until it starts to brown, about 2 to 3 minutes. Remove from the heat and set aside until step 4.

**Health snapshot per serving** – 600 Calories,  
29g Protein, 10g Fiber, 19 Smart Points

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

INGREDIENTS: Organic Tofu, Kale, Himalayan Red Rice, Peanuts, Coconut Milk, Coconut, Tamari Sauce, Rice Wine Vinegar, Brown Sugar, Basil, Ginger, Sesame Oil, Garlic, Spices

**meez**  
*meals*

## 1. Getting Organized

Preheat your oven to 425, put a saucepan of water on to boil and take the **Basil Peanut Crunch** out of the refrigerator to warm up.

## 2. Cook the Red Rice

Salt the boiling water and add the **Red Rice**. Simmer uncovered until tender, about 20 to 25 minutes. Drain, return to the pot and let sit, covered, for 5 minutes.

## 3. Roast the Kale, Tofu and Coconut

Put the **Kale** on a rimmed baking sheet and drizzle with olive oil, salt and pepper. Cook until it just starts to crisp at the edges, about 12 to 15 minutes.

Start the tofu as soon as the kale goes into the oven. Put the **Tofu** on to a rimmed baking sheet. Drizzle with olive oil and arrange in a single layer, then bake until it's golden brown at the edges and puffs a little, about 7 to 15 minutes. When the tofu is about 3 minutes away from coming out of the oven, add the **Coconut** to the baking sheet. Bake until fragrant and golden brown, about 3 minutes.

## 4. Put It All Together

Serve the rice topped with the kale, tofu and half of the **Basil Peanut Crunch**. Mix together, then add more basil peanut crunch to taste. Serve topped with the toasted coconut. Enjoy!

*Love this recipe? #meezmagic*

*We like to line our baking sheets with parchment to make clean up easier.*

*Keep an eye on the coconut while it cooks! Even Chef Max has burned it once or twice.*

Instructions for two servings.

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

# New Orleans Shrimp Cakes

Do we need to say more? Classic Cajun flavored shrimp cakes. A remoulade sauce that Emeril wishes he'd created. A taste of the Big Easy cooked up in your own kitchen. Dinner doesn't get better than that.

**40** Minutes to the Table

**20** Minutes Hands On

**1 Whisks** Super Easy

## Getting Organized

### EQUIPMENT

- Large Skillet
- Large Mixing Bowl
- Small Bowl

### FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper
- Eggs (1 per serving)

### 6 MEEZ CONTAINERS

- Brown Rice
- Shrimp
- Peppers & Onions
- Remoulade Sauce
- Breadcrumbs
- Pickled Veggies

INGREDIENTS: Shrimp, Red Peppers, Brown Rice, Cauliflower, Broccoli, Breadcrumbs, Garlic, Onion, Green Beans, Carrots, Parsley, Mayonnaise, Vinegar, Ketchup, Lemon, Dijon Mustard, Miso, Sriracha, Black Pepper, Sugar

## Make it Your Own

Our Remoulade sauce is only medium spicy. If you want to **kick it up a notch**, mix in Sriracha sauce, Tabasco, or cayenne pepper.

## Good to Know

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

**Health snapshot per serving** – 520 Calories, 37g Protein, 15g Fat, 14 Smart Points

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

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**meez** meals

## 1. Cook the Rice

Add the **Brown Rice** to the saucepan of boiling water and simmer uncovered over medium heat for 30 minutes. Drain, then return it to the pot. Cover and let sit 5 minutes.

## 2. Prep the Shrimp Cakes

While the rice is cooking, beat 2 eggs in a large mixing bowl.

Cut the **Shrimp** into quarters and add to the eggs along with the **Peppers & Onions** and 4 Tbsp of the **Remoulade Sauce**. Mix well, then slowly mix in the **Breadcrumbs**.

Shape the mix into 6 patties.

## 3. Cook the Shrimp Cakes

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

When the oil is hot, carefully place the shrimp cake patties in the skillet. (Work it in shifts if you need to. It's better not to crowd them).

Cook until the bottoms begin to brown, about 3 to 4 minutes. Gently flip and cook until the other side browns, another 3 to 4 minutes. Carefully remove the shrimp cakes from the pan and place on a paper towel.

## 4. Put It All Together

Serve the shrimp cakes over the brown rice. Top with remaining Remoulade sauce and enjoy with the **Pickled Veggies** on the side.

*We cook our brown rice like pasta. Make sure the water is boiling and you're good to go. Remember brown rice has a firmer texture than white rice.*

Instructions for two servings.

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

# Chicken Francese

Great cooks know that it only takes a few ingredients to create something magical, and this recipe is proof positive. Fluffy breaded chicken sautéed in a rich butter and wine sauce is pure magic over roasted carrots.

**35** Minutes to the Table

**35** Minutes Hands On

**2 Whisks** *Easy*

## Getting Organized

### EQUIPMENT

Large Skillet with Cover  
Baking sheet  
Meat Tenderizer/Mallet  
(or small pot)

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper  
Flour (1/2 cup)  
Eggs (2)

### 5 MEEZ CONTAINERS

Carrots  
Parmesan Herb Butter  
Chicken Breast  
Lemon  
Wine Sauce

## 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.

**Be sure to generously season your chicken** with salt and pepper before cooking. We recommend using  $\frac{1}{4}$  tsp of each.

**Health snapshot per serving** – 700 Calories, 39g Fat, 51g Protein, 29g Carbs, 15 Freestyle Points

**Lightened-Up Health snapshot per serving** – 560 Calories, 24g Fat, 29g Carbs, 9 Freestyle Points by eliminating the butter from the egg mixture (i.e., using only half).

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

SCAN QR CODE  
to view YouTube  
cooking video



INGREDIENTS: Chicken Breast, Carrots, Parmesan, Parsley, Butter, Wine, Chicken Stock, Lemon.

**meez**  
*meals*

## 1. Cook the Carrots

Preheat your oven to 425. Arrange the **Carrots** in a single layer on a baking sheet. Drizzle with olive oil, salt and pepper and toss. Roast until the carrots are a deep, charred color, about 30 minutes, turning the sheet halfway through cooking. Transfer directly to serving plates.

## 2. Cook the Chicken

While the carrots are roasting, melt half of the **Parmesan Herb Butter** in the microwave or a small pot over low heat. Set aside to cool for a few minutes. Spread  $\frac{1}{2}$  cup flour on a plate. Roll the non-melted half of the parmesan herb butter in the flour, completely coating all sides. Set aside until step 3. Crack 2 eggs in a small bowl and add the melted parmesan herb butter. Gently whisk the mixture so as to break the yolks and combine with the egg whites and butter, but not to fully scramble everything together.

Very loosely wrap each **Chicken Breast** in plastic wrap and place on a cutting board. Pound it until it starts to spread, using a meat tenderizer/mallet or bottom of a small pot. Flip the chicken over and continue to pound until it is about  $\frac{1}{4}$ " thick and has doubled in size. Generously season with salt and pepper.

Dip the chicken into the egg mixture, coating both sides. Let any excess drip off and place into the flour to completely coat one side. Flip and coat the other side. Return the chicken to the egg mixture one more time to fully coat both sides with egg. Let any excess drip off and repeat for each breast.

Heat  $1\frac{1}{2}$  Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, add the chicken to the skillet and cook, without moving, until the sides brown, about two minutes. Flip and continue cooking until other side is brown as well, about two more minutes. Remove from the heat and set aside to rest for 5 minutes. The chicken will NOT be fully cooked at this point but will finish in step 3. Do not wipe out the skillet.

## 3. Finish Cooking the Chicken and Sauce

While the chicken is resting, slice the **Lemon** into  $\frac{1}{4}$ " thick, round slices and add to the now-empty skillet over high heat. Cook until the lemons slices char on one side, about 2 to 3 minutes. Remove from the skillet and set aside. Do not wipe out the skillet. Add the **Wine Sauce** and cook until it reduces in half, about 3 minutes. Add the flour-coated parmesan herb butter from step 2 and stir continuously until the sauce thickens slightly, about 2 additional minutes.

Reduce the heat to low and add the chicken back to the skillet. Spoon the sauce over top of each breast, cover and simmer until the chicken is fully cooked, about 2 to 3 minutes.

## 4. Put It All Together

Serve the chicken on top of the carrots with the charred lemons on top (to give it some lemon flavor). Spoon the remaining sauce from the skillet over top of the entire dish. Enjoy!

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.

**SCAN QR CODE  
to view YouTube  
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!

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  $\frac{1}{2}$  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**

# Coconut Curry Salmon

This dish is all about the coconut red curry sauce. It's creamy and flavorful, and mildly spicy. We're serving it over seared salmon, green beans, and red and brown rice. It's fresh and light and on the table faster than you can order take out.

## Getting Organized

### EQUIPMENT

Large Skillet  
Saucepans

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 6 MEEZ CONTAINERS

Red & Brown Rice  
Green Beans  
Salmon  
Lime  
Coconut Red Curry Sauce  
Sesame Seeds

## Good To Know

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

If you ordered the **carb conscious version**, we sent you cauliflower "rice" instead of rice, reducing the carbs to **26g per serving**. Skip steps 1 and 2 and prior to step 3, heat 1 Tbsp of olive oil in the large skillet over high heat. When the oil is hot, add the cauliflower and sauté until it starts to brown, about 3 to 4 minutes. Remove from the skillet and use in place of the rice.

**Health snapshot per serving** – 780 Calories, 35g Fat, 74g Carbs, 44g Protein and 21 Freestyle Points

**Lightened up health snapshot per serving** – 560 calories, 26g fat, 53g carbs, and 15 freestyle points by using two-thirds of the rice and sauce.

**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, Green Beans, Lime, Coconut Milk, Red Rice, Brown Rice, Sesame Seeds, Curry Paste, Ginger, Basil, Miso, Garlic.

**meeZ**  
*meals*

## 1. Get Organized

Bring a saucepan of water to a boil.

## 2. Cook the Rice

Add the **Red & Brown Rice** to the boiling water and cook until the rice is tender, about 20 to 25 minutes. Drain the rice well and transfer directly to serving plates.

## 3. Cook the Green Beans

While the rice is cooking, heat 1 tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, add the **Green Beans** with a sprinkle of salt and pepper. Cook until they are bright green and slightly seared, about 5 to 6 minutes. Remove from the skillet and place on top of the rice. Wipe out the skillet.

## 4. Prepare the Salmon

Dry the **Salmon** and generously season with salt and pepper (we use  $\frac{1}{4}$  tsp salt and  $\frac{1}{4}$  tsp pepper, so use about half per side, or more if you like).

Heat 2 Tbsp olive oil in the now-empty skillet over medium-high heat. When the oil is hot, add the salmon and cook until it is brown on one side, about 3 minutes. Slice the **Lime** in half and add to the skillet, cut-side-down and then flip the salmon. Cook until the other side browns, about 3 additional minutes. Set the limes aside and transfer the salmon to the serving plates on top of the green beans.

## 5. Warm the Sauce

When the rice is finished cooking, add the **Coconut Red Curry Sauce** to the now-empty saucepan and bring to a boil over high heat. Reduce the heat to medium and simmer until the sauce thickens enough to coat the back of a spoon, about 5 minutes. Remove from the heat.

## 6. Put It All Together

Pour the Red Curry Sauce over the salmon. Sprinkle the entire dish with **Sesame Seeds** and a squeeze of the seared lime. Enjoy!

Instructions for two servings

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

# Arugula and Cherry Tomato Pizza

Sophisticated comfort food cooked up in your own kitchen. With a ricotta and pecorino cream sauce, roasted fennel and leeks, cherry tomatoes, fresh arugula, and a pomegranate glaze, it's heaven on a plate.

40 Minutes to the Table

15 Minutes Hands On

1 Whisk Super Easy

## Getting Organized

### EQUIPMENT

2 Rimmed Baking Sheets  
Zip lock bag

### FROM YOUR PANTRY

Flour  
Olive Oil  
Salt & Pepper

### 6 MEEZ CONTAINERS

Pizza Dough  
Tomatoes  
Leeks & Fennel  
Pecorino & Ricotta  
Sauce  
Arugula  
Pomegranate Glaze

## Add Protein Cooking Instructions

**Integrate into recipe:** While the pizza is baking in step 3., cook the protein (per instructions below) and then slice into strips (flake the salmon, leave shrimp whole) and place on top of the pizza before drizzling the glaze 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

**Health snapshot per serving** – 540 Calories, 26g Fat, 65g Carbs, 14g Protein, 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: Pizza dough, Tomatoes, Baby Arugula, Leeks, Fennel, Cream, Ricotta, Pecorino Romano, Basil, Pomegranate, Lime, Brown Sugar.

**meez**  
*meals*

## 1. Getting Organized

Preheat your oven to 450 and take the **Pizza Dough** out of the refrigerator.

Warmer dough is much easier to work with.

## 2. Roast the Veggies

Place the **Tomatoes** in a zip lock bag and, using your hands, squish until each tomato has burst. Arrange the tomatoes in a single layer on one half of a rimmed baking sheet.

Don't let the veggies get too crispy when you first roast them. They'll be cooking on the flatbread too.

Add the **Leeks & Fennel** (the vegetables with white pieces in addition to green) to the other half of the baking sheet, keeping them separate from the tomatoes.

Drizzle everything with olive oil, sprinkle with salt and pepper, and bake until the leeks and fennel just begin to crisp around the edges, about 8 to 10 minutes, stirring once about halfway through cooking (but continue to keep the tomatoes separate).

## 3. Assemble the Pizza

While the veggies are cooking, shape the dough. Sprinkle your counter with a little flour and stretch the dough until it's about  $\frac{1}{4}$ " thick. Transfer the dough to a second baking sheet sprayed or coated with oil.

We usually make two-person pizzas and ours are about 8" wide and 14" long.

Spread the **Pecorino & Ricotta Sauce** over the dough leaving about  $\frac{1}{2}$ " along the edges. Top with the tomatoes and then the roasted Leeks & Fennel.

## 4. Bake and Finish

Place the pizza in the oven for 15 minutes. While it is baking, add  $\frac{1}{2}$  Tbsp olive oil and a sprinkle of salt and pepper to the bag containing the **Arugula** (the one with the leafy greens only) and toss well. After the pizza has been baking for 15 minutes, top with the arugula and continue cooking until the crust is golden, about an additional 5 to 7 minutes. Let the pizza cool for at least 5 minutes.

Drizzle with the **Pomegranate Glaze** and enjoy!

Instructions for two servings.

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

# Potato Leek Soup with Toasted Chive Butter Ciabatta

A test-kitchen favorite. Our classic potato leek soup is rich and flavorful, with just the right balance of creamy indulgence and mellow leek flavor. Paired with our toasted chive-butter ciabatta, it's an elegant dinner just right for a cold night.

35 Minutes to the Table

25 Minutes Hands On

1 Whisk Super Easy

## Getting Organized

### EQUIPMENT

Large Saucépan  
(with a cover)  
Small Baking  
Sheet  
Mixing Bowl

FROM YOUR PANTRY  
Olive Oil  
Salt & Pepper  
Butter (½ Tbsp per  
serving.)  
Flour (½ Tbsp per  
serving.)

5 MEEZ CONTAINERS  
Potatoes  
Leeks & Onions  
Soup Starter  
Ciabatta  
Chive Butter

## Add Protein Cooking Instructions

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

We make our version slightly chunky. If you prefer a silky-smooth soup, puree it before serving.

**Health snapshot per serving** – 830 Calories, 21g Protein, 41g Fat, 99g Carbs, 30 Freestyle Points.

**Lightened up Health snapshot per serving** – 600 Calories, 30g Fat, 69g Carbs, 21 Freestyle Points, by using half the bread and half of the Chive Butter.

SCAN QR CODE  
to view YouTube  
cooking video



INGREDIENTS: Potatoes, Ciabatta Bread, Cream, Leeks, Red Onion, Yellow Onion, Celery, Butter, Vegetable Stock, Garlic, Chives, Parsley, Tamari, Tarragon, Black Pepper, Thyme, White Pepper

meez  
meals

## 1. Get Organized

Bring around 5 cups of water to a boil in a large saucepan over high heat.

## 2. Boil the Potatoes

Add three-quarters of the **Potatoes** to the boiling water. Once the mixture returns to a boil, reduce the heat to medium high, cover, and cook at a low boil until potatoes are fork tender, about 10 to 12 minutes. Remove from heat, drain the potatoes and place in a large bowl. Mash with a large spoon or potato masher until they are the consistency of lumpy mashed potatoes. Wipe out the saucepan.

## 3. Make the Soup

Return the now-empty saucepan to the stove and heat 2 Tbsp olive oil over medium high heat. Add the remaining uncooked potatoes and sauté (to prevent sticking) until they start to brown, about 4 minutes. Add the **Leeks & Onions** and sprinkle with salt and pepper. Continue cooking until the onions start to brown, about 3 to 4 minutes.

Add 1 Tbsp butter and stir until it melts completely. Sprinkle 1 Tbsp flour over the mixture and stir until it is incorporated and cook until the flour just starts to brown, about 2 minutes.

Add the cooked and mashed potatoes and stir well. Turn the heat to high, add the **Soup Starter** and 1 cup of water and stir well. Bring to a boil, then reduce the heat to medium low, cover, and simmer for 5 minutes.

## 4. Toast the Ciabatta

While the soup is simmering, cut each piece of **Ciabatta** bread in half and spread  $\frac{1}{2}$  Tbsp of the **Chive Butter** on the top of each of the halves. Using the "top brown" setting of your toaster oven or "broil" on your oven, heat the ciabatta until the butter melts and the rolls begin to brown, about 2 to 3 minutes.

## 5. Put It All Together

Serve the soup alongside the toasted chive butter ciabatta and enjoy!

*We love  
dipping the  
bread into  
the soup.  
Yum!*

Instructions for two servings.

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