

## Pho Noodle Soup & Five Spice Tofu

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

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

## Bacon & Smoked Gouda Chicken

<b>25 Min</b> to Table	<b>25 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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**Getting Started** Cook the bacon and onions in a large skillet.

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

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**Meal Tip** Use two pots and shave off 10 minutes.

# Quick Tips



## Tikka Masala

<b>20 Min</b> to Table	<b>20 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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**Getting Started** Slice the Halloumi.

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

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**Meal Tip** The Halloumi will not melt when you cook it.

## Cuban Chicken Quesadilla

<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 400.

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

## Crispy Bangkok Shrimp

<b>30 Min</b> to Table	<b>15 Min</b> Hands On	<b>3 Whisks</b> Moderate
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**Getting Started** Bring a pot of water to boil.

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

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**Meal Tip** To keep your shrimp crispy, toss them in the sauce right before you're ready to eat.

*Chicken Scallopini with  
Hazelnut Whipped Butter*

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<b>30 Min</b> to Table	<b>30 Min</b> Hands On	<b>2 Whisks</b> Easy
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**Getting Started** Put a saucepan of water on to boil.

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

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*Dijon Crusted Salmon  
with Miso Brussels Sprouts*

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<b>30 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 & pepper

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*Cuban Mojo Chicken*

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<b>45 Min</b> to Table	<b>25 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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**Getting Started** Put a saucepan of water onto boil.

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

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*Tex-Mex Gnocchi Bake*

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<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 400.

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

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**Meal Tip** If you prefer softer gnocchi, just boil them for 6 to 8 minutes.

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*Carne Asada Tacos*

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<b>25 Min</b> to Table	<b>25 Min</b> Hands On	<b>1 Whisk</b> Easy
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**From Your Pantry** You'll need olive oil, salt and pepper

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**Getting Started** Marinate the steak, see recipe card for full instructions.

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**Leftovers Tip** Serve cold with lettuce for a hearty lunch!

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*Parmesan Lemon-Chai Rigatoni  
with Broccoli*

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

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

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

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# Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Pho Noodle Soup & Five Spice Tofu	550	36	21	58 CC 20	7	290	5	10	90% Calcium	100% Vitamin A
Chicken Scallopini with Hazelnut Whipped Butter	795	71	36	49 CC 14	5	1131	4	19	229% Vitamin A	57% Vitamin C
(half the noodles and half the butter)	565		20					11		
Carne Asada Tacos	610	47	22	55 CC 27	2	3200	9	15	250% Vitamin C	60% Vitamin A
Dijon Crusted Salmon with Miso Brussels Sprouts	830	45	58	39	7	1520	9	19	93% Vitamin D	26% Iron
(use 1/3 panko, aioli & vinaigrette)	650		42					13		
Caribbean Mojo Chicken	660	43	21	79	9	610	19	15	24% Calcium	118% Vitamin C
Tex-Mex Gnocchi Bake	870	31	26	133	12	3008	15	29	123% Vitamin C	84% Vitamin A
(½ the cheese, sauce and salsa)	656		14					21		
Crispy Bangkok Shrimp	625	34	29	63	7	746	25	19	28% Vitamin C	25% Calcium

# Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Bacon & Smoked Gouda Chicken (no butter, 2/3 of cheese, bacon and onion mix, and bbq sauce)	860	77	45	40	5	1260	29	21	31% Calcium	59% Vitamin C
	650		28					13		
Tikka Masala (Use 2/3 butter and tikka masala sauce)	745	20	61	37	10	992	13	26	151% Vitmain A	88% Vitamin C
	560		42					18		
Cuban Chicken Quesadilla (½ the tortillas and cheese)	910	73	48	45	4	1520	15	27	59% Calcium	19% Iron
	630		33					18		
Parmesan Lemon-Chai Rigatoni with Broccoli	630	31	40	57	9	760		19	292% Vitamin C	67% Calcium
Add a Protein All-Natural Chicken Breast	220	41	5	0	0	85	0	3	90% Vitamin B6	4% Iron
Add a Pretein Bistro Chateau Steak	220	30	10	0	0	75	0	5	10% Iron	10% Potassium
Add a Protein Norwegian Salmon	220	35	0	0	0	130	0	4	60% Vitamin B6	15% Potassium
Add a Protein Premium Shrimp	120	28	0.5	0	0	170	0	1	8% Potassium	4% iron

# Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmnded daily)	
Flourless Chocolate Cake	370	5	16	32	2	130	18	18	20% Iron	10% Vitamin A
Tiramisu for Two	290	5	15	35	1	40	29		6% Calcium	2% Iron
Oreo Mousse Pie	760	8	49	78	3	390	52		6% Calcium	6% Iron
Chocolate Chunk Cookies	180	2	9	22	1	170	10	9	2% Calcium	4% Vitamin A
Kitchen Sink Cookies	380	5	19	49	2	400	10	17	20% Iron	8% Vitamin A

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

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

# Pho Noodle Soup & Five Spice Tofu

Vietnam's most popular soup is all about the broth, and ours is extra special. With creamy coconut milk, lime, ginger and miso, it's savory and complex and perfect with seared organic five spice tofu and sautéed bok choy. We finish it with fresh basil, mint and cilantro for a dinner that's super-fast and super delicious.

**20** Minutes to the Table

**20** Minutes Hands On

**1 Whisk** Super-Easy

## Getting Organized

### EQUIPMENT

2 Large  
Saucepans

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 5 MEEZ

### CONTAINERS

Udon Noodles  
Five Spice Tofu  
Broth Starter  
Baby Bok Choy  
Green Onion &  
Herbs

## Add Protein Cooking Instructions

**Integrate into recipe:** Prior to step 2, cook protein (per instructions below). Shred the chicken/cut the steak into strips/flake the salmon/cut the shrimp in half. Stir into the soup after removing it from the heat in step 3.

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

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

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

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

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

## Good to Know

If you ordered the **Carb Conscious version**, we sent you zucchini "noodles" instead of udon, reducing the **carbs per serving to 20g**. Skip step 1, and add the zucchini when you add the baby bok choy in step 3.

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

**Health snapshot per serving** – 550 Calories, 36g Protein, 21g Fat, 58g Carb, and 10 Freestyle Points.

INGREDIENTS: Five Spice Tofu, Udon Noodles, Baby Bok Choy, Coconut Milk, Cremini Mushrooms, Button Mushrooms, Tamari, Green Onion, Cilantro, Vegetable Broth, Basil, Garlic, Lime, Ginger, Miso, Sesame Oil, Mint

meez meals

## 1. Get Organized

Bring a large saucepan of water to a boil.

## 2. Prepare the Noodles

Add the **Udon Noodles** to the boiling water and cook until tender, about 10 to 14 minutes. Place the noodles in a colander and rinse thoroughly with hot water. Drain well and transfer directly to individual serving bowls.

## 3. Sear the Tofu

While the udon is cooking, heat 1 Tbsp olive oil in a second saucepan over medium-high heat. When the oil is hot, add the **Five Spice Tofu** and cook until seared on one side, about 2 minutes. Flip and sear the other side, an additional 2 minutes. Remove from the saucepan and set aside.

## 4. Prepare the Soup

Add the **Broth Starter** and 2 cups water to the now-empty saucepan used for the tofu. Cover and bring to a boil over high heat. Reduce the heat to low and simmer for an additional 5 to 6 minutes.

While the soup is simmering, place one **Bok Choy** bulb flat onto a cutting board, remove the bottom end, and cut the remainder into thirds crosswise – repeat for each bulb. After the soup has simmered, add the sliced bok choy and continue to simmer until the bok choy is tender, about 2 to 3 minutes. Remove from the heat.

## 5. Put It All Together

Ladle the soup into the bowls, then add the seared tofu and sprinkle with the **Green Onion & Herbs**. Enjoy!

*Bok choy is a delicate green and wouldn't hold up if we cut it in advance.*

Instructions for two servings.

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

# Chicken Scaloppini with Hazelnut Whipped Butter

Arguably one of our favorite Italian recipes. With thin chicken breast coated with a hazelnut and breadcrumb crust, egg noodles, sautéed spinach, crispy capers and hazelnut whipped butter, it's comfort food taken up a notch.

**30** *Minutes to the Table*

**30** *Minutes Hands On*

**2 Whisks** *Easy*

## Getting Organized

### EQUIPMENT

Large Skillet  
Saucepan  
Meat tenderizer (or small pot)

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 6 MEEZ CONTAINERS

Chicken Breast  
Hazelnut Crust  
Egg Noodles  
Hazelnut Whipped Butter  
Spinach  
Capers

## Make The Meal Your Own

If you're cooking the **carb conscious version**, we sent you zucchini "noodles" instead of egg noodles, reducing the **carbs per serving to 14g**. Skip step 1, then before step 5, heat 1½ Tbsp oil in the skillet on medium high heat. Cook the zucchini until it starts to brown, about 2-3 minutes. Remove from the pan and set aside and then continue with adding the spinach and the rest of the recipe instructions as written.

**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.

## Good To Know

**Health snapshot per serving** – 795 Calories, 36g Fat, 71g Protein, 49g Carbs, 19 Freestyle Points

**Lightened-Up Health snapshot per serving** – 565 Calories, 20g Fat, 29g Carbs, 11 Freestyle Points with half the egg noodles and half the Hazelnut Whipped Butter

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

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



INGREDIENTS: Chicken Breast, Egg Noodle, Spinach, Hazelnuts, Capers, Butter, Hazelnut Oil, Panko Breadcrumbs, Pecorino Romano, Black Pepper, Oregano, Basil, Onion, Paprika.

*meez* meals



## 1. Getting Organized

Put a saucepan of water on to boil.

## 2. Prep the Chicken

Very loosely wrap each **Chicken Breast** in saran 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 ¼" thick and has doubled in size. 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).

Spread the **Hazelnut Crust** evenly on a large plate and put each piece of chicken onto the breading. Press down to make sure the breading adheres then repeat on the other side.

## 3. Cook the Pasta

As soon as the water is boiling, add the **Egg Noodles** with a generous sprinkle of salt. Cook until the noodles are al dente, 5 to 6 minutes. Drain very thoroughly and return to the now empty saucepan with the heat off. Add half the **Hazelnut Whipped Butter** and stir until the butter is melted and has coated the noodles. Set aside until step 6.

## 4. Cook the Chicken

While the pasta is cooking, heat 1½ Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, add the chicken to the pan 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. Transfer the chicken to a cutting board and top with the remaining Hazelnut Whipped Butter. Set aside to rest for 5 minutes.

## 5. Cook the Spinach and Capers

While the chicken is resting, wipe out the now-empty skillet and heat 1 Tbsp olive oil over medium high heat. Sauté the **Spinach** until it starts to wilt but is still green, about 2 to 3 minutes. Transfer the cooked spinach to the saucepan with the drained egg noodles and mix well. Do not wipe out the skillet.

Drain the **Capers** of any excess liquid and add to the now-empty skillet. Cook over medium-high heat, undisturbed, until they start to get brown and crispy, about 3 to 4 minutes.

## 6. Put It All Together

Spread the capers evenly over the noodles and spinach and top with the chicken. Enjoy!

*Don't worry  
about the  
amount of water.  
Just ensure you  
have enough to  
cook the pasta*

*Don't be afraid  
to get your  
aggression out  
on the chicken!*

Instructions for two servings.

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

# Carne Asada Tacos

Carne asada is all about the marinade, and ours is downright delicious if we do say so ourselves. With just the right blend of lime juice and adobo, it makes these steak tacos sing. Served up with seared peppers, onions, cilantro and plenty of queso fresco.

**25** *Minutes to the Table*

**25** *Minutes Hands On*

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

- Large Skillet
- Mixing Bowl
- Large Ziplock Bag (or Lidded Container)

### FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper

### 6 MEEZ CONTAINERS

- Carne Asada Marinade
- Steak
- Green & Red Peppers
- Tortillas
- Onions & Cilantro
- Queso Fresco

## Good To Know

If you ordered the **Carb Conscious version**, we sent you romaine lettuce instead of the tortillas, reducing the **carbs per serving** to **27g**. Use in place of the tortillas to create a Carne Asada lettuce wrap.

Have a little extra time? Marinate the steak up to a day ahead for maximum flavor.

**Health snapshot per serving** – 610 Calories, 22g Fat, 47g Protein, 55g Carbs, 15 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, Flour Tortillas, Green Peppers, Red Peppers, Onions, Cilantro, Queso Fresco, Soy Sauce, Lime Juice, Cider Vinegar, Sugar, Black Pepper, Cumin, Chipotles in Adobo, Garlic, Olive Oil

*meez* meals

### 1. Marinate the Steak

Combine 1 Tbsp Olive Oil and the **Carne Asada Marinade** into a bowl and stir thoroughly.

Pour half the marinade/oil into a large ziplock bag (or container with a lid), seal, and shake well.

Using a fork, prick the **Steak** several times on both sides. Place it into the ziplock bag with the marinade and shake well, then set aside to marinate for at least 5 minutes.

### 2. Cook the Peppers

While the steak is marinating, heat 1 Tbsp olive oil over high heat in a large skillet. When pan is very hot, add the **Green & Red Peppers** and cook until slightly charred, about 4 to 5 minutes.

Remove from the skillet and set aside.

### 3. Cook the Steak

In the skillet used for the peppers, heat 1 Tbsp of oil over high heat. Remove the steaks from the ziplock bag and discard the excess marinade in the ziplock bag.

When the skillet is very hot, add the steaks to the pan. Cook until the bottoms brown and the sides start to color, about 3 minutes. Flip and continue cooking for 3 minutes if you prefer your steak **medium-rare**. (Cook for 4 minutes for **medium**, and 5 to 6 for **well done**).

Set aside to rest for 5 min. After the steaks have rested, place them horizontally on a cutting board. Using a sharp knife, cut the steaks into even strips (we aim for ½" x 1" pieces).

### 4. Heat the Tortillas

Wash out the skillet used for the steak and heat the **Tortillas** until soft and pliable, about 30 seconds per side.

### 5. Put It All Together

Serve the tortillas filled with sliced steak, peppers, **Onions & Cilantro**, **Queso Fresco** and lightly drizzle with remaining Carne Asada Marinade. Enjoy!

*Save the remaining marinade to use as a light drizzle for your tacos.*

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

Instructions for two servings.

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

# Dijon Crusted Salmon with Miso-Brussels Sprouts

Everything is better with a crispy coating, especially salmon. Served with miso-mustard glazed brussels, it's a tasty dinner that's just ten minutes hands on.

**30** *Minutes to the Table*

**10** *Minutes Hands On*

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

2 Large Baking Sheets

### FROM YOUR PANTRY

Olive Oil

Salt & Pepper

### 5 MEEZ CONTAINERS

Salmon

Dijon Aioli

Panko & Herbs

Brussels Sprouts

Miso Mustard

Vinaigrette

## 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** – 830 Calories, 45g Protein, 58g Fat, 39g Carbs, 19 Freestyle Points

**Lightened-Up Health snapshot per serving** - 650 Calories, 42g Fat, 31g Carbs, 13 Freestyle Points using 1/3 of the panko, Dijon Aioli and Miso Mustard Vinaigrette.

**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, Brussels Sprouts, Olive Oil, Mayonnaise, Panko, Green Onion, Rice Wine Vinegar, Dijon Mustard, Miso, Tamari, Lemon Juice, Garlic, Whole Grain Mustard, Black Pepper, Tarragon

**meez** *meals*

### 1. Get Organized

Preheat the oven to 400. Spray or brush two baking sheets with oil.

### 2. Prepare and Cook the Salmon

Spread the **Panko Breading** on a large plate.

Coat the top side of the **Salmon** with a thick layer of the **Dijon Aioli** (in a hard plastic tub) at least ¼" thick. Put each piece of salmon onto the breading, Dijon aioli side down. Press down to make sure the breading adheres then repeat on the other, non-coated side. Place onto a baking sheet, panko side up.

Bake the salmon until the panko breading is golden brown, about 18 to 20 minutes, then remove from the oven and allow to rest for at least 5 minutes.

### 3. Roast the Brussels Sprouts

While the salmon is baking, arrange the **Brussels Sprouts** on the second prepared baking sheet. Drizzle with olive oil salt and pepper toss and arrange in a single layer. Bake until they are crispy and brown, about 20 minutes.

### 4. Putting It All Together

Serve the salmon with the brussels sprouts on the side. Drizzle the entire dish with the **Miso Mustard Vinaigrette** (in a bag and contains green onions.) Enjoy!

## Caribbean Mojo Chicken

Mango and orange star in this flavorful take on the Caribbean mojo. We're cooking chicken thighs in citrus, cumin and coriander for a tropical flavor that had the test kitchen asking for seconds. Served with bell peppers, rice and beans, it's a family favorite dinner.

**45** *Minutes to the Table*

**25** *Minutes Hands On*

**1 Whisk** *Super Easy*

### Getting Organized

#### EQUIPMENT

Saucepan  
Large Skillet with a Cover

#### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

#### 5 MEEZ CONTAINERS

Jasmine Rice  
Beans & Cotija Cheese  
Chicken Thighs  
Citrus Marinade  
Mango & Red Bell Peppers

### 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, 43g Protein, 21g Fat, 79g Carbs, 15 Freestyle Points.

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

INGREDIENTS: Chicken Thigh, Mango, Black Beans, Jasmine Rice, Bell Peppers, Orange Juice, Corn, Cotija Cheese, Yellow Onion, Cilantro, Lime, Chive, Ancho Chile, Cumin, Coriander, Oregano

**meez** *meals*

### 1. Get Organized

Bring a saucepan of water to a boil.

### 2. Make the Rice & Beans

Add the **Jasmine Rice** to the boiling water with a pinch of salt and cook uncovered until the rice is tender, about 15 minutes. Drain the rice and return to the saucepan. Add the **Beans & Cotija Cheese** and mix well, then cover. Set aside until step 5.

### 3. Sear the Chicken

While the rice is cooking, pat the **Chicken Thighs** dry with a paper towel and sprinkle both sides with salt and pepper.

Add 1 Tbsp olive oil to a large skillet over medium-high heat. When the oil is very hot, add the chicken (skin side down) and cook undisturbed, until the skin is brown and crisp, about 5 to 6 minutes. Flip and cook until the other side is lightly browned, an additional 3 to 4 minutes. Set the chicken aside until step 4. Do not wipe out the skillet.

### 4. Cook the Chicken and Create the Mojo Sauce

Add the **Citrus Marinade** to the now-empty skillet over medium-high heat. Bring to a boil, then return the chicken thighs to the pan skin side down. Reduce the heat to medium-low. Cover and cook for 10 minutes, then flip the thighs. Arrange the **Mango & Red Bell Peppers** around the edges of the skillet and mix with the marinade to create the mojo sauce. Cover and cook until the sauce reduces by about two-thirds, another 10 to 15 minutes.

### 5. Put It All Together

Serve chicken thighs topped with the Mojo sauce and alongside the rice and beans. Enjoy!

*The chicken will not be fully cooked at this point. It finishes in step 4.*

Instructions for two servings.

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

# Tex-Mex Gnocchi Bake

Yep, you read the name right. We're putting two flavors together in one crazy cross-cultural gem that's sure to please everyone in your family. Toasted gnocchi is a perfect partner for black beans, sweet corn and poblano peppers. Topped with Chihuahua & Monterey Jack cheese and cooked until melty and delicious. Heaven.

40 Minutes to the Table

20 Minutes Hands On

1 Whisk Super Easy

## Getting Organized

### EQUIPMENT

Large Oven-Safe  
Skillet or Dutch  
Oven  
Baking Sheet

### FROM YOUR

### PANTRY

Olive Oil  
Salt & Pepper

### 5 MEEZ CONTAINERS

Corn, Bean &  
Tomato Salsa  
Tex-Mex Sauce  
Mexican Cheese  
Gnocchi  
Poblano Peppers

## 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 serve alongside the gnocchi when it is finished.

**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

**Health snapshot per serving** – 870 Calories, 31g Protein, 26g Fat, 29 Smart Points.

**Lighten Up snapshot per serving** – 655 Calories, 20g Protein, 14g Fat, 21 Smart Points using ½ the cheese, sauce, and salsa.

SCAN QR CODE  
to view  
YouTube  
cooking video



INGREDIENTS: Gnocchi, Tomatoes, Poblano Peppers, Corn, Black Beans, Chihuahua Cheese, Monterey Jack Cheese, Cilantro, Cumin Coriander, Oregano, Chipotles in Adobo.

meez meals



### 1. Getting Organized

Preheat your oven to 400 degrees.

### 2. Toast the Gnocchi

Place the **Gnocchi** on a baking sheet and toss with olive oil, salt and pepper. Bake until golden brown, about 16 to 18 minutes, stirring once after 10 minutes of cooking. Remove from the oven and set aside until step 4.

### 3. Cook the Vegetables

While the gnocchi is cooking, heat 2 Tbsp olive oil in a large oven-safe skillet (or Dutch Oven) over medium-high heat. Once the oil is hot, add the **Poblano Peppers** and cook until the edges are brown, about 6 to 8 minutes. Add the **Corn, Bean & Tomato Salsa** and the **Tex-Mex Sauce** and cook until the sauce starts to bubble, and salsa is warm, about one minute, then turn off the heat.

### 4. Finish the Bake

Stir in half the **Mexican Cheese** and add the toasted gnocchi when it comes out of the oven. (It is OK to let the dish sit if the gnocchi isn't ready yet.)

Mix well, then top with the remaining cheese. Bake until the cheese is melted and starts to brown, about 7 to 9 minutes.

Serve and enjoy!

Instructions for two servings.

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

# Crispy Bangkok Shrimp

Get ready to amaze yourself. This gem is a restaurant-worthy dinner made right in your own kitchen. Crispy, pan-fried shrimp gets served up over stir-fried snow peas and bamboo shoots in an outrageously delicious creamy Thai sauce. It's a little bit spicy, a little bit Asian and totally delicious.

**30** *Minutes to the Table*

**15** *Minutes Hands On*

**3 Whisk** *A little more involved*

## Getting Organized

### EQUIPMENT

- Medium Sauce Pan
- Skillet
- 2 Mixing Bowls

### FROM YOUR PANTRY

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

### 6 MEEZ CONTAINERS

- Brown Rice
- Shrimp
- Snow Peas and  
Bamboo Shoots
- Thai Sauce
- Cornstarch
- Toasted Walnuts

## 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** – 625 Calories, 29g Fat, 746mg Sodium, 7g Fiber, 63g Carbs, 34g Protein and 19 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: Brown Rice, Shrimp, Snow Peas, Bamboo Shoots, Mayonnaise, Mae Ploy, Sriracha, Peanut Butter, Garlic Powder, Walnuts

*meez*meals

### 1. Getting Organized

Bring a pot of water to a boil.

Add the **Brown Rice** to the boiling water with a pinch of salt. Cook until tender, about 25 to 30 minutes. Drain the rice, fluff with fork and cover and let it steam for a few minutes, then transfer to a serving platter or individual bowls just before cooking the vegetables in step 3.

### 2. Prepare the Shrimp

While the rice is cooking, whisk 2 eggs in a small bowl and place the **Cornstarch** in a large zip-lock bag. Heat 2 tablespoons of oil in a skillet over medium-high heat. Dry and place all **Shrimp** into the zip-lock bag with the Cornstarch and shake until **Shrimp** are coated. Dip each **Shrimp** into the egg and place on a plate. When all shrimp have been coated carefully place into the hot oil. Cook for a minute on each side and remove to a paper-towel-lined-plate.

### 3. Cook the Veggies

Place **Snow Peas and Bamboo Shoots** in the still hot skillet pan and cook until the snow peas are bright green and tender, 3-5 minutes. Remove veggies from the pan and place on top of the **Brown Rice**. Turn off heat but leave the pan on the stove.

### 4. Combine Sauce, Shrimp, and Walnuts

Add the **Thai Sauce** to the hot skillet until it's warm, then add the cooked shrimp and **Walnuts**. Toss it to coat, then serve them over the rice and vegetables. Enjoy!

*The oil for the shrimp should be hot, but not too hot. Use a shrimp as your test. If it turns golden after 60 seconds, your temperature is right on. If it gets dark too fast or takes longer to cook, adjust and try another*

*Salt and pepper the shrimp right as it comes out of the pan. The hot coating will ensure the seasoning sticks to the shrimp.*

*Wait to toss the shrimp and walnuts in the sauce until right before you are going to eat so the shrimp stays crispy.*

Love this recipe? #meezmagic

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

# Bacon & Smoked Gouda Chicken

We took our inspiration from the cozy cafes of the Netherlands, where Gouda is king and chicken is a favorite. We're pairing smoked Gouda with savory bacon on top of juicy chicken breast. Served up over sautéed cabbage and leeks with a honey-mustard BBQ sauce that had us coming back for seconds.

**25** Minutes to the Table

**25** Minutes Hands On

**2 Whisks** Easy

## Getting Organized

### EQUIPMENT

Large Skillet with a Cover  
Meat Tenderizer (mallet) or  
Small Pot

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper  
Butter (1/2 tbs per svg.)

### 5 MEEZ CONTAINERS

Bacon & Onions  
Cabbage & Leeks  
Chicken Breast  
Smoked Gouda Cheese  
Honey Mustard BBQ Sauce

## Make The Meal Your Own

**In a hurry?** You can shave 10 minutes off this recipe if you use two pots and cook the chicken while the veggies are cooking.

**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.

## Good To Know

**Health snapshot per serving** – 860 Calories, 45g Fat, 77g Protein, 40g Carbs, 28 Freestyle Points.

**Lightened-Up Health snapshot per serving** – 650 Calories, 28g Fat, 31g Carbs, 13 Freestyle Points by using 2/3 of the cheese, Bacon & Onions, 2/3 of the BBQ Sauce and not including the 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 Breast, Cabbage, Leeks, Smoked Gouda, Bacon, Onion, BBQ Sauce, Dijon Mustard, Honey, Apple Cider Vinegar, Black Pepper.

*meez* meals

### 1. Cook the Bacon & Onions

Cook the **Bacon & Onions** in a large skillet over medium heat until the bacon is slightly crisp, and the onions are translucent, about 4 minutes. Take the bacon and onions out of the skillet and set aside until Step 3. Do not wipe out skillet.

### 2. Cook the Cabbage and Leeks

Add 1 Tbsp butter to the now-empty skillet over medium heat. When the butter has melted, add the **Cabbage & Leeks** with a light sprinkle of salt and pepper. Cook, stirring occasionally, until the cabbage starts to soften and turns a light, almost translucent green, about 7 to 8 minutes. Transfer directly to serving plates. Do not wipe out the skillet.

### 3. Cook the Chicken

While the cabbage & leeks are cooking, 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 less than ¼" thick and has doubled in size. 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.)

Once the cabbage & leeks are finished cooking, heat 1½ Tbsp olive oil in the now-empty skillet over medium-high heat. When the oil is hot, add the chicken and cook, without moving, until the sides brown, about 2 minutes. Flip and continue cooking until the chicken just starts to get golden, about 1 minute longer. Spread the **Smoked Gouda Cheese** on top of the chicken in a single layer, edge-to-edge. Then arrange the cooked bacon and onions over the cheese, also in a single layer, edge-to-edge.

Cover the skillet and cook until the cheese is completely melted, about 2 to 3 additional minutes.

### 4. Put It All Together

Serve the smothered chicken breasts on top of the cabbage & leeks and drizzle with the **Honey Mustard BBQ Sauce**. Enjoy!

*The oil from the bacon and onions will add flavor to the veggies in step 2.*

*Don't be afraid to get your aggression out on the chicken!*

Instructions for two servings.

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

# Tikka Masala

Creamy, complex, and flat out delicious, tikka masala is one of our favorite Indian recipes. We're making our version this week with seared halloumi cheese, tender chickpeas, and fresh greens. Cooked up in just one pan, it's a twenty-minute dinner we love.

## Getting Organized

### EQUIPMENT

Large Skillet

### FROM YOUR PANTRY

Salt and Pepper

### 5 MEEZ CONTAINERS

Halloumi Cheese

Seasoned Butter

Tikka Masala

Sauce

Chickpeas &

Tomatoes

Arugula &

Spinach

## Add Protein Cooking Instructions

**Integrate into recipe:** Prior to step 1, cook the protein (per instructions below) and then slice into strips (*flake the salmon, leave shrimp whole*) and stir into the sauce 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 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** – 745 Calories, 20g Protein, 61g Fat, 37g Carbs, 26 Freestyle Points.

**Lightened up health snapshot per serving** – 560 Calories, 42g Fat, 33g Carbs, 18 Freestyle Points using 2/3 of the Butter and 2/3 of the Tikka Masala Sauce.

**20** Minutes to the Table

**20** Minutes Hands On

**1 Whisk** Super-Easy

INGREDIENTS: Halloumi, Spinach, Arugula, Chickpeas, Tomato, Butter, Cream, Cilantro, Garlic, Ginger, Garam Masala, Cayenne Pepper, Turmeric, Coriander, Lime, Sugar.

meez meals

### 1. Sear the Halloumi

Slice the **Halloumi Cheese** into ½ inch cubes. Add half the **Seasoned Butter** to a large skillet over medium heat. Once the butter is melted, add the cubed Halloumi in a single layer. Lightly sprinkle with pepper and cook, undisturbed, until the bottoms brown, about 3 minutes. Turn the cheese and cook until that side also browns, about 3 additional minutes. Remove the Halloumi from the skillet and set aside. Do not wipe out the skillet.

*We are sending the Halloumi uncut to maintain its freshness and taste.*

### 2. Make the Tikka Masala Sauce

Return the now-empty skillet to the stove over medium-high heat. Add the **Tikka Masala Sauce, Chickpeas & Tomatoes**, and remaining seasoned butter, and bring the entire mixture to a boil. Reduce the heat to medium and simmer until the sauce thickens slightly, about 4 minutes.

*Halloumi will not melt when cooked.*

Add the **Arugula & Spinach** and stir, coating the veggies in the sauce. Work in batches if necessary and cook until the arugula & spinach has wilted. Remove from the heat.

*The Arugula & Spinach is bulky when uncooked but it reduces quickly. Add it to the skillet in batches.*

### 3. Put It All Together

Add the seared Halloumi to the cooked veggies and sauce and mix well. Enjoy!

# Cuban Chicken Quesadilla

The flavors of a classic Cuban sandwich toasted in a quesadilla form. With Dijon coated chicken, ham, melted Swiss, and our house pickled veggies, it's super simple, super delicious.

**30** *Minutes to the Table*

**30** *Minutes Hands On*

**2 Whisks** *Easy*

## Getting Organized

### EQUIPMENT

Baking Sheet  
Large Skillet  
Mixing Bowl

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 6 MEEZ CONTAINERS

Chicken Breast  
Dijon Mayo  
Tortillas  
Ham  
Swiss Cheese  
Pickled Veggies

## 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** – 910 Calories, 73g Protein, 48g Fat, 45g Carbs.

**Lightened Up Health snapshot per serving** – 630 Calories, 33g Fat, 20g Carbs, using half the tortillas and half the cheese.

**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, Ham, Flour Tortilla, Broccoli, Swiss, Red Onion, Carrot, Dill, Dijon Mustard, Mayonnaise, Rice Wine Vinegar, Kosher Salt, Sugar.

**meez** *meals*



### 1. Get Organized

Preheat your oven to 400 degrees.

### 2. Cook the Chicken

Heat a large skillet with 1½ Tbsp of olive oil over medium high heat. Pat dry the **Chicken Breast** and lightly salt and pepper both sides. When the oil is hot, add the chicken and cook until the bottom is brown, about 4 to 5 minutes. Flip, then cook until the other side is brown, about 4 additional minutes. Transfer the chicken to a cutting board and let rest for 5 minutes.

Once the chicken has rested, hold the chicken in place with one fork and with a second fork, shred the chicken (into pieces typical of the size used in chicken soup). Put the shredded chicken in a mixing bowl with the **Dijon Mayo** and stir until the chicken is well coated.

### 3. Build the Quesadilla

Brush a baking sheet with olive oil. Take one **Tortilla** and wipe it through the oil to coat one side. Repeat with the second tortilla, leaving it on the baking sheet oiled side down. Cut each slice of **Ham** in half.

Arrange the **Swiss Cheese** in a single layer on one half of each tortilla. Top with the sliced ham, covering as much of the cheese as possible. Spread the shredded chicken in a single layer on top of the ham and fold each tortilla over to create a half-moon. Press down firmly on each tortilla to keep it closed.

### 4. Bake and Finish

Bake the quesadillas until the top and edges are golden brown, about 8 to 10 minutes. Flip the quesadillas and cook for an additional 3 to 4 minutes. Remove from the oven and let rest for at least 5 minutes. Drain the liquid from the **Pickled Veggies**. Once the quesadilla has rested, slice into triangles and top with the pickled veggies. Enjoy!

Instructions for two servings.

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# Parmesan Lemon-Chai Rigatoni with Broccoli

15 Minutes to the Table

15 Minutes Hands On

1 Whisk *Super Easy*

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

## Getting Organized

### EQUIPMENT

Saucepan  
Large Skillet  
Baking Sheet  
Mixing Bowl

### FROM YOUR PANTRY

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

### 5 MEEZ CONTAINERS

Walnuts  
Broccoli  
Rigatoni  
Lemon-Chai  
Vinaigrette  
Parmesan  
Cheese

## Add Protein Cooking Instructions

**Integrate into recipe:** Before Step 3, cook the protein (per instructions below) and then slice into strips (*flake the salmon, leave shrimp whole*) then serve with the broccoli and sauce in Step 5.

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

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

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

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

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

## Good To Know

If you're making the **vegan version**, we've left the parmesan out. For the **Carb Conscious version**, we sent you zucchini "noodles" instead of pasta, reducing the **carbs per serving to 23g**. Prior to step 3, heat 1 Tbsp oil in a large skillet and cook the zucchini noodles, stirring frequently, for about 4 to 5 minutes. Place immediately in your serving bowls and continue to Step 3.

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

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

SCAN QR CODE  
to view  
YouTube  
cooking video



INGREDIENTS: Broccoli, Rigatoni, Olive Oil, Parmesan Cheese, Lemon, Walnuts, Scallions, Brown Sugar, Garlic, Spices

meez *meals*

### 1. Getting Organized

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

### 2. Make the Spiced Nuts

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

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

### 3. Sauté the Broccoli

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

### 4. Cook the Rigatoni

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

### 5. Put It All Together

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

*Love this recipe? #meezmagic*

Instructions for two servings.

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