

Spicy Szechuan Green Bean and Tofu

15 Min
to Table

15 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Heat 1 Tbsp of olive oil in a large skillet.

From Your Pantry

You'll need olive oil, salt and pepper.

Chicken Shawarma

15 Min
to Table

15 Min
Hands
On

1 Whisks
Super
Easy

Getting Started

Preheat your oven to 425.

From Your Pantry

You'll need olive oil, salt and pepper

Quick Tips



Chile Relleno Verde

35 Min
to Table

25 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Preheat your oven to 425.

Meal Tip

You'll need olive oil, salt and pepper

Chicken Scallopini with Hazelnut Whipped Butter

30 Min
to Table

30 Min
Hands
On

2 Whisks
Easy

Getting Started

Put a saucepan of water on to boil.

From Your Pantry

You'll need olive oil, salt and pepper

Pomegranate-Glazed Chicken with Cheesy Smashed Potatoes

30 Min
to Table

30 Min
Hands
On

1 Whisk
Easy

Getting Started

Preheat your oven to 425.

From Your Pantry

You'll need olive oil, salt and pepper

*Pica-Pau Steak with
Roasted Sweet Potatoes*

30 Min to Table	30 Min Hands On	1 Whisk Super Easy
Getting Started	Put a saucepan of water onto boil and preheat oven to 375.	
From Your Pantry	You'll need olive oil, butter, salt and pepper	

*Toasted Gnocchi
with Mint-Basil Pesto*

35 Min to Table	10 Min Hands On	1 Whisk Super Easy
Getting Started	Preheat oven to 400.	
From Your Pantry	You'll need olive oil, salt and pepper.	
Picky Eaters Tip	Serve their portion with plain olive oil	

*Salmon with Dill Butter
& Crispy Leeks*

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

*Vietnamese Pulled Pork
Bao Buns*

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

Seafood Moqueca

25 Min to Table	25 Min Hands On	1 Whisk Super Easy
Getting Started	Put a saucepan of water on to boil.	
From Your Pantry	You'll need olive oil, salt and pepper	

*Brazilian Farro with
Roasted Pineapple*

30 Min to Table	10 Min Hands On	1 Whisk Super Easy
Getting Started	Preheat your oven to 400 and put a saucepan of water on to boil.	
Picky Eaters Tip	Serve their portion with olive oil instead of the vinaigrette.	
Omnivore Option	Ground Turkey is delicious in this dish.	

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Pica-Pau Steak with Roasted Sweet Potatoes	610	37	18	72	7	780	12	16	140% Vitamin A	15% Vitamin C
Salmon with Dill Butter & Crispy Leeks	610	39	37	32 CC 17	5	210	x	13	185% Vitamin A	98% Vitamin C
Spicy Szechuan Green Beans and Tofu	295	24	10	32	12	460	6	2	62% Vitamin C	66% Calcium
Chicken Shawarma	560	18	33	54	7	681		17	83% Vitamin A	331% Vitamin C
Toasted Gnocchi with Mint- Basil Pesto	660	28	16	99	10	780	16	20	253% Vitamin A	83% Vitamin C
(1/2 the pesto, almonds and cranberries)	530		9					15		
Vietnamese Pulled Pork Bao Buns	830	45	13	129	8	2470	40	25	181% Calcium	32% Vitamin A
(Use 3/4 of the sauce, and only 2 bao buns)	590		32					18		
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		

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Chile Relleno Verde	640	34	15	98	21	1250	14	11	50% Iron	180% Vitamin C
Brazilian Farro with Roasted Pineapple	770	11	43	90	11	136	x	26	100% Vitamin C	48% Vitamin B-6
½ the sauce and a sprinkle of seeds	500		15					16		
Pomegranate-Glazed Chicken with Cheesy Smashed Potatoes (Green Beans)	775	74	22	63 CC 32	3	752		18	73% Vitamin C	34% Calcium
(use 1/2 the potatoes, cheese and sour cream)	605		15					12		
Seafood Moqueca	840	39	51	60 CC 27	5	320		23	46% Vitamin D	37% Iron
(use 2/3 rice, sauce, & butter)	660		38					16		
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)	
Molten Chocolate Cake	520	7	31	54	3	360		28	30% Iron	4% Vitamin A
Flourless Chocolate Cake	370	5	16	32	2	130	18	18	20% Iron	10% Vitamin A
THE Carrot Cake	540	6	34	49	2	440	36	13	6% Vitamin C	6% Calcium
Chocolate Chunk Cookies	180	2	9	22	1	170	10	9	2% Calcium	4% Vitamin A
Kitchen Sink Cookies	380	5	19	49	2	400	10	17	20% Iron	8% Vitamin A

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

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

Pica-Pau Steak with Roasted Sweet Potatoes

A classic Portuguese appetizer reimagined for dinner. Tender steak is simmered in a savory wine sauce, served over roasted sweet potatoes, and finished with tangy pickled vegetables. With warm dinner rolls on the side for soaking up every drop of sauce, this is comfort food, Lisbon-style.

30 *Minutes to the Table*

30 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet
Medium Saucepan

FROM YOUR PANTRY

Olive Oil
Salt & Pepper
Butter (½ Tbsp/svg)

5 MEEZ CONTAINERS

Sweet Potatoes
Dinner Rolls
Steak
Pica Pau Sauce
Pickled Vegetables

Good to Know

Health snapshot per serving – 610 Calories, 18g Fat, 72g Carbs, 37g Protein, and 16 Freestyle Points.

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

INGREDIENTS: Steak, Sweet Potatoes, Dinner Rolls, White Wine, Cucumber, Apple Cider Vinegar, Red Onion, Radish, Carrot, Sugar, Garlic, Worcestershire Sauce, Dijon Mustard, Kosher Salt.


meez *meals*

1. Get Organized

Preheat the oven to 425.

2. Roast the Sweet Potatoes

Place the **Sweet Potatoes** on a baking sheet and drizzle with olive oil, salt and pepper. Toss and then arrange in a single layer. Bake until they start to brown and are fork tender, about 15 to 18 minutes.

3. Toast the Bread

While the potatoes are roasting, heat a large skillet over medium-high heat. Slice the **Dinner Rolls** in half and brush the insides with olive oil or butter. Place the rolls in the skillet cut-side-down and cook until golden brown, about 2 minutes. Remove from the skillet and transfer directly to serving plates. Wipe out the skillet.

4. Cook the Steak

Heat 1 Tbsp olive oil in the now-empty skillet over high heat. While the oil is heating, pat the **Steak** dry with a paper towel and season with salt and pepper. When the oil is very hot, add the steaks and cook until the bottoms brown & 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**). Transfer to a cutting board to rest for 5 min, then slice into ½" strips. Wipe out the skillet.

5. Make the Sauce

While the steak is resting, return the now-empty skillet to stove over medium-high heat. Add the **Pica Pau Sauce** and bring to a boil, then reduce heat to medium-low and simmer until the sauce has reduced by about two-thirds, 6 to 7 minutes. Turn off the heat and add back the sliced steak along with 1 Tbsp of butter. Stir until the butter is melted and the steak is well coated.

6. Put It All Together

Serve the steak on top of a bed of sweet potatoes and drizzle any remaining sauce on top. Drain the liquid from the **Pickled Vegetables** and layer those on top of the steak. Use the bread to get every bit of the delicious Pica Pau Sauce. 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!

Spicy Szechuan Green Beans and Tofu

A super fresh, super delicious stir fry that's on the table in just fifteen minutes. With seared tofu, charred green beans, zucchini, cabbage and mushrooms tossed in our Szechuan sauce, it's a magical dinner we just can't get enough of.

15 Minutes to the Table

15 Minutes Hands On

1 Whisks Super Easy

Getting

Organized

EQUIPMENT

Large Skillet

FROM YOUR

PANTRY

Olive Oil

Salt & Pepper

6 MEEZ

CONTAINERS

Tofu

Mushrooms

Zucchini &

Cabbage

Szechuan

Sauce

Green Beans

Green Onions

Add Protein Cooking Instructions

Integrate into recipe: cook the protein (per instructions below) and then slice into strips (flake the salmon, leave shrimp whole). Stir into the sauce and veggies at the end of Step 2.

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 – 295 Calories, 28g Protein, 32g Carbs, 10g Fat, 2 Freestyle Points.

SCAN QR CODE

to view

YouTube

cooking video



INGREDIENTS: Green Beans, Mushrooms, Tofu, Zucchini, Cabbage, Green Onions, Tamari, Rice Wine Vinegar, Tomato, Garlic, Ginger, Sambal, Crushed Red Pepper, Sesame Oil, Brown Sugar.

meez *meals*

1. Sear the Tofu

Heat 1 Tbsp olive oil in a large skillet over high heat. When the oil is hot, add the **Tofu** in a single layer and cook, undisturbed until crisp and golden brown, about 2 minutes. Flip and sear the other side until also crisp and golden brown, about 1 more minute. Remove the tofu from the pan and set aside. Do not wipe out the pan.

2. Cook the Veggies

Add the **Mushrooms** to the now-empty skillet over high heat and sauté until tender and all the liquid evaporates, about 3 minutes.

Add the **Zucchini & Cabbage** and stir continuously until they become slightly tender, about 1 minute.

Push the veggies to the outer edge of the skillet, making a well in the center and pour in the **Szechuan Sauce**. As soon as it starts to boil, add in the cooked tofu and mix until everything is coated in sauce. Transfer to the serving plates.

3. Char the Green Beans

Wipe out the now-empty skillet and return to the stove with 1 Tbsp olive oil over high heat. When the oil is very hot, add the Green Beans and stir to coat in the oil. Sprinkle with salt and pepper and arrange in a single layer in the pan. Cook, undisturbed until they start to blister, about 2 minutes. Stir the green beans and cook until they start to soften slightly, another 2 minutes.

When you see the oil steaming it is hot enough to char the green beans.

4. Put It All Together

Serve the charred green beans over the veggies and tofu and sprinkle with the **Green Onions**. Enjoy!

Instructions for two servings.

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

Chicken Shawarma

A Middle Eastern favorite cooked up in a heartbeat. A quick sear and just the right spices turns shredded chicken into this delicious sandwich. We're serving it up with a fresh tzatziki sauce, peppers and cucumbers in a warm pita. Dinner's never been so easy.

15 *Minutes to the Table*

15 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet

FROM YOUR PANTRY

Olive Oil

Salt & Pepper

5 MEEZ CONTAINERS

Shawarma Chicken

Simmer Sauce

Pita

Tzatziki Sauce

Peppers & Cucumbers

Make the Meal Your Own

If you ordered the **Carb Conscious version**, we sent you romaine lettuce instead of the pita, reducing the **carbs per serving to 22g**. In step 2, cut the romaine heads into 1" slices and combine with other ingredients in a large bowl to make a Chicken Shawarma Salad.

Good to Know

Health snapshot per serving – 560 Calories, 18g Protein, 33g Fat, 17 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: Shawarma Chicken, Cucumbers, Red Bell Peppers, Pita, Yogurt, Cream, Lemon, Parsley, Apple Cider Vinegar, Tahina, Dill, Garlic, Kosher Salt, Coriander, Sumac, Sumac, Turmeric, Cardamon, Clove, Allspice.

meez *meals*

1. Cook the Shawarma Chicken

Mix 2 Tbsp olive oil with the **Simmer Sauce** (the thin, smooth, brownish/orange sauce) in a small bowl.

Combine the simmer sauce and **Shawarma Chicken** in a large skillet over medium-high heat. Cook, stirring occasionally, until the edges are slightly crispy, and sauce has completely evaporated, about 4 to 5 minutes. Remove from heat and set aside.

2. Warm the Pita

Wipe out the skillet and return to stove over medium heat. Heat each **Pita** until warm and soft, about 15 to 25 seconds per side. Cut each pita in half.

3. Put It All Together

Fill each pita half with white **Tzatziki Sauce**, **Peppers & Cucumbers**, and shawarma chicken. Drizzle additional tzatziki sauce on top. Enjoy!

Instructions for two servings.

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

= Toasted Gnocchi with Mint-Basil Pesto

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

35 Minutes to the Table

10 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Rimmed Baking
Sheet
Mixing Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Gnocchi
Kale
Mint-Basil Pesto
Almonds &
Cranberries
Lemon

Add Protein Cooking Instructions

Integrate into recipe: While the gnocchi is toasting in step 3, cook the protein (per instructions below) and serve alongside the gnocchi 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.

Make The Meal Your Own

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

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

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

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



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

meez meals

1. Getting Organized

Preheat your oven to 400 degrees.

2. Toast the Gnocchi

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

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

3. Roast the Kale

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

4. Put It All Together

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

Love this recipe? #meezmagic

Instructions for two servings.

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

Vietnamese Pulled Pork Bao Buns

Super simple, super delicious. We're filling warm bao buns with Vietnamese-seasoned pulled pork. Topped with pickled veggies, it's a fresh, flavorful dinner that's on the table in less than fifteen minutes.

15 *Minutes to the Table*

15 *Minutes Hands On*

1 Whisk *Easy*

Getting Organized

EQUIPMENT

1 Large Skillet

FROM YOUR PANTRY

Olive Oil

Salt & Pepper

5 MEEZ CONTAINERS

Bao Buns

Pulled Pork

Vietnamese Hoisin
Sauce

Pickled Veggies

Carrots & Green Onions

Good to Know

Health snapshot per serving – 830 Calories, 45g Protein, 13g Fat, 129g Carbs, 25 Freestyle Points

Lightened-up Health snapshot per serving – 640 Calories, 10g Fat, 95g Carbs, 19 Freestyle Points by using two buns per serving and $\frac{3}{4}$ of the 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: Bao Bun, Pulled Pork, Rice Wine Vinegar, Hoisin Sauce, Red Onion, Radish, Carrot, Green Onion, Sugar, Jalapeño, Garlic, Lime, Ginger, Sambal, Cilantro, Fish Sauce, Salt

meez*meals*

1. Heat the Bao Buns

Heat 1 Tbsp olive oil in a large skillet over medium heat. Add the **Bao Buns** and cook until the bottom turns golden brown, about 3 minutes. Flip and cook until the other side is golden brown, an additional 3 minutes. Transfer the bao buns directly to serving plates.

2. Heat the Pulled Pork

Add the **Pulled Pork** and the **Vietnamese Hoisin Sauce** to the now empty skillet over medium heat. Cook until the pork is hot and the sauce starts to thicken, about 2 to 3 minutes.

3. Put It All Together

Carefully open each bao bun (form a "taco" and maintain the hinge at the bottom) and fill with the pork, a generous helping of the **Pickled Veggies** and the **Carrots & Green Onions**. Enjoy!

The pulled pork is fully cooked, so this step is to heat it and marinate with flavor.

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

Chile Relleno Verde

We love Chile Rellenos, but the classic version is battered and fried - too much for a busy weeknight dinner. We've discovered a streamlined casserole that eliminates that messy step. With rice, black beans, and a flavorful verde sauce, it's comfort food simple enough for the busiest of nights.

Getting Organized

EQUIPMENT

Casserole Dish
Saucepan

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Poblano Peppers
Rice
Spiced Corn &
Beans
Chihuahua &
Mozzarella
Verde Sauce

Add Protein Cooking Instructions

Integrate into recipe: While the rice is cooking in step 3, cook the protein (per instructions below) and then shred (*flake the salmon, leave shrimp whole*) and stir into the rice and bean mix before adding to the casserole 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 – 640 Calories, 15g Fat, 34g Protein, 98g Carbs, 11 Smart Points

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

35 *Minutes to the Table*

25 *Minutes Hands On*

1 Whisk *Super Easy*

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



INGREDIENTS: Poblano Peppers, Black Beans, White Rice, Green Enchilada Sauce, Corn, Yellow Onion, Chihuahua Cheese, Mozzarella, Carrot, Orange Juice, Sour Cream, Tomato, Garlic, Vegetable Stock, Ancho Chili, Sugar, Lime Juice, Cilantro, Paprika, Coriander, Oregano, Cumin, Kosher Salt, Black Pepper

meez meals

1. Get Started

Preheat the oven to 425. Bring a saucepan of water to a boil.

2. Roast the Poblano Peppers

Spray or lightly brush the **Poblano Peppers** with olive oil and arrange them, skin-side-up in a single layer in a casserole dish. Roast until the peppers soften and the skin starts to blister, about 15 minutes. Remove the dish from the oven, flip the peppers and rearrange into a single layer. Set aside until step 5.

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

3. Cook the Rice

As soon as the poblanos are roasting, add the **Rice** to the boiling water and cook until soft, about 15 minutes. Drain and set aside in a colander.

4. Make the Rice, Corn and Beans

Add 1 Tbsp olive oil to the now-empty saucepan over medium-high heat. When the oil is hot, add the **Spiced Corn & Beans** and 3 Tbsp water. Cook, stirring frequently, until the onions and carrots soften, about 3 to 5 minutes. Turn off the heat and add back the cooked rice. Stir well, cover, and set aside.

5. Bake the Casserole and Serve

Top the poblano peppers with an even layer of the rice mix, then sprinkle with the **Chihuahua & Mozzarella**. Bake until the cheese is melted and starting to brown, about 8 to 10 minutes. Remove and from the oven let cool for 5 minutes.

Drizzle with the **Verde Sauce** and enjoy!

Instructions for two servings.

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

Brazilian Farro with Roasted Pineapple

Inspired by our favorite South American flavors. We're tossing farro with delicious cilantro vinaigrette, then mixing in roasted pineapple, sweet potatoes and seasoned sunflower seeds. It's a bowl of deliciousness that will get you planning a trip to Rio.

30 Minutes to the Table

10 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

2 Rimmed Baking
Sheets
Mixing Bowl
Saucepan

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Farro
Sweet Potatoes
Pineapple
Seasoned
Sunflower
Seeds
Cilantro
Vinaigrette

Add Protein Cooking Instructions

Integrate into recipe: After putting the pineapple in the oven in step 3, cook the protein (per instructions below) and then slice into strips (*flake the salmon, leave shrimp whole*) and toss with the farro and sweet potatoes.

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 brown rice instead of farro. Cook the brown rice in boiling water for about 20 minutes, drain and let sit, covered, for 5 minutes.

Health snapshot per serving – 770 Calories, 11g Protein, 43g Fat, 90g Carbs, 26 Smart Points

Lighten Up Snapshot per serving – 500 Calories, 6g Protein, 15g Fat, 82g Carbs, 16 Smart Points with ½ the sauce and a sprinkle of sunflower seeds.

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



INGREDIENTS: Sweet Potatoes, Farro, Pineapple, Sunflower Seeds, Olive Oil, Lemon, Apple Cider Vinegar, Cilantro, Brown Sugar, Garlic, Spices

meez meals

1. Getting Organized

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

2. Cook the Farro

Salt the boiling water and add the **Farro**. Cook until al dente, about 25 to 30 minutes. Drain, and then return to the pot until you're ready to eat.

3. Roast the Sweet Potatoes

Put the **Sweet Potatoes** on a rimmed baking sheet and drizzle with olive oil, salt and pepper. Toss well, then arrange in a single layer. Bake until golden brown, about 20 to 25 minutes, stirring once halfway through.

4. Roast the Pineapple

While the sweet potatoes are cooking, put the **Pineapple** on to a rimmed baking sheet. Drizzle with 1 tsp of olive oil and bake until golden brown, about 12 to 15 minutes.

There's no need to stir the pineapple while it's cooking.

5. Toast the Sunflower Seeds

Put the **Seasoned Sunflower Seeds** into a mixing bowl and add 1 tsp of water and ½ tsp olive oil. Mix well, then drain any excess liquid. Add the seeds to one of your baking sheets if there is room (if not, use a clean baking sheet). Bake until they start to blacken in places, about 7 to 10 minutes, stirring once halfway through.

Use a large mixing bowl for this so you can use it when you toss the entire meal in Step #6.

6. Put It All Together

Combine the farro and sweet potatoes in a large mixing bowl with the **Cilantro Vinaigrette**. Mix well, then serve topped with the seeds and pineapple.

Instructions for two servings.

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

Pomegranate-Glazed Chicken with Cheesy Smashed Potatoes

Think classic American dinner taken to the next level. With Cheesy Sour Cream Smashed Potatoes that are even more delicious than you can imagine, sautéed green beans and seared chicken breast glazed with a sweet and savory pomegranate basil sauce, it's a family friendly dinner that's on the table in just thirty minutes.

30 Minutes to the Table

30 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Baking Sheet
Large Skillet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Red Potatoes
Cheesy Sour Cream
Green Beans
Chicken Breast
Pomegranate Glaze
Basil Oil

Good To Know

If you ordered the **Carb Conscious version**, we sent you cauliflower instead of the potatoes reducing the **carbs per serving to 40g**. In Step 1, spread the cauliflower on a baking sheet and drizzle with olive oil salt and pepper. Bake until the cauliflower starts to brown and is fork tender, about 12 to 15 minutes. Transfer to serving plate and top with cheesy sour cream.

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 – 770 Calories, 57g Protein, 33g Fat, 59g Carbs, and 21 Freestyle Points.

Lightened-Up Health snapshot per serving – 600 Calories, 22g Fat, 46g Carbs, and 15 Freestyle Points using half the potatoes and half the cheesy sour cream.

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, Green Beans, Red Potatoes, Gouda, White Cheddar, Sour Cream, Chive, Pomegranate, Lime, White Wine, Dijon Mustard, Vegetable Oil, Basil, Black Pepper, Brown Sugar.

meez meals

1. Create the Cheesy Sour Cream Smashed Potatoes

Preheat oven to 425 degrees. Lightly brush or spray a baking sheet with oil.

Cut the **Red Potatoes** in half and place, cut side down, on the baking sheet. Lightly drizzle with olive oil and sprinkle with salt and pepper. Bake until the potatoes are soft and brown, about 25 minutes. Remove from the oven and then immediately use the flat bottom of a measuring cup or pot to squash them right on the baking sheet to about ½" to ¾" tall. Top with the **Cheesy Sour Cream**, then let sit until step 5.

It is important to smash and top the potatoes while they are very hot right out of the oven so the cheese can melt.

2. Cook the Green Beans

While the potatoes are baking, heat 1 Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, add the **Green Beans** and sprinkle lightly with salt and pepper. Cook, stirring occasionally, until they start to brown, about 5 to 6 minutes. Transfer directly to serving plates. Wipe out the pan.

3. Cook the Chicken

Return the now-empty skillet to the stove with 1½ Tbsp olive oil over medium-high heat. When the oil is very hot, add the **Chicken Breasts** and cook until crisp and brown, about 4 to 5 minutes. Flip and cook until the other side is crisp and brown, about an additional 4 minutes. Transfer to the serving plates alongside the green beans.

4. Make the Glaze

Return the now-empty skillet to the stove over high heat and add the **Pomegranate Glaze** and bring to a boil. Cook for 5 minutes, stirring occasionally to keep from burning, until it thickens enough to coat the back of a spoon. Turn off the heat and let the glaze sit in the pan for a minute. Add the **Basil Oil** and stir continuously for another minute.

5. Put It All Together

Drizzle the glaze to completely cover the chicken and serve with the Cheesy Sour Cream Smashed Potatoes and green beans on the side. Enjoy!

Instructions for two servings.

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

Seafood Moqueca

Brazil's classic fish stew is surprisingly easy to make at home and hands down delicious. We make our version with the traditional coconut milk and tomatoes, plus seared salmon and shrimp. We serve it with cilantro rice for a cozy dinner that's on the table in less than thirty minutes.

25 *Minutes to the Table*

25 *Minutes Hands On*

1 Whisks *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet
Large Saucepan

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Rice
Chive & Cilantro Butter
Salmon
Veggies
Moqueca Sauce
Shrimp

Make it Your Own

If you ordered the **Carb Conscious** version we sent you cauliflower "rice" instead of rice, reducing the **carbs per serving to 27g**. Skip step 1. Prior to step 2, heat 1 Tbsp olive oil in a large skillet over high heat. When the oil is hot add the cauliflower "rice" and sauté until it starts to brown, about 2 to 3 minutes. Transfer to a mixing bowl and add half the Chive & Cilantro Butter. Stir until butter is melted and use in place of rice in step 4.

Good to Know

Health snapshot per serving – 840 Calories, 39g Protein, 51g Fat
60g Carbs, 23 Freestyle Points

Lightened-Up Health snapshot per serving – 660 Calories, 38g Fat
45g Carbs, 16 Freestyle Points by using two-thirds of the Moqueca Sauce and two-thirds of the Chive & Cilantro 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: Salmon, Shrimp, Onion, Bell Pepper, Tomato, Carrot, Coconut Milk, Butter, Chive, Cilantro, Cumin, Garlic, Chicken Stock, Paprika, Lime.

meez*meals*

1. Cook the Rice

Set a large saucepan of water to boil.

Add the **Rice** to the boiling water and cook, uncovered, until desired tenderness, about 15 to 20 minutes. Drain and return to the saucepan. Add half the **Chive & Cilantro Butter** to the rice and stir until the butter is melted. Cover and set aside.

2. Sear the Salmon

While the rice is cooking, dry and generously season the **Salmon** with salt and pepper. Heat 1 Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot add the salmon and cook until it starts to brown, about 2 minutes. Flip and brown the other side, about 2 additional minutes. Transfer the salmon to a cutting board and break it up using a fork into about 6 to 8 large pieces and set aside. Do not wipe out the pan.

3. Cook the Veggies and Shrimp

Return the now-empty skillet to the stove with 1 Tbsp olive oil over medium-high heat. When the oil is hot, add the **Veggies** and cook until the onion softens and spices are aromatic, about 2 to 3 minutes.

Add the **Moqueca Sauce**, stir and bring to a boil. Reduce the heat to medium-low and add the **Shrimp**, along with any liquid from the shrimp packet. Add the seared salmon pieces and cook until the veggies are fork tender, about 5 minutes.

4. Put It All Together

Remove the skillet from the heat and add the remaining Chive & Cilantro Butter. Stir until it is melted.

Fill one side of the serving bowls with rice and ladle the Moqueca onto the other side. Use a spoon to get a bit of rice and delicious stew with each bite!

Don't worry about the amount of water, just make sure the rice will be completely covered while boiling.

The salmon will not be fully cooked but will finish cooking in step 3.

Instructions for two servings.

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