Quick Tips

meez meals

Mexican Chicken Rice Bowl

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

Buffalo Shrimp Tacos

25 Min *to Table*	***25 Min*** *Hands On*	***1 Whisk*** *Super Easy*
Getting Started	Heat oil in skillet.	
From Your Pantry	You'll need olive oil, salt, pepper, flour and eggs.	

Thai Curry Risotto

45 Min *to Table*	***25 Min*** *Hands On*	***1 Whisk*** *Super Easy*
From Your Pantry	You'll need olive oil, salt and pepper.	
Getting Started	Preheat oven to 400.	

Nashville Hot Tofu Sliders

30 Min *to Table*	***20 Min*** *Hands On*	***1 Whisk*** *Super Easy*
Getting Started	Preheat your oven to 450.	
From your Pantry	You'll need olive oil, flour, butter, eggs, salt and pepper.	

Bourguignon Steak & Mushrooms over Cheesy Polenta

30 Min *to Table*	***30 Min*** *Hands On*	***1 Whisk*** *Super Easy*
Getting Started	Heat olive oil in a large skillet.	
From Your Pantry	You'll need olive oil, flour, butter, salt and pepper	

Dijon Crusted Salmon with Miso Brussels Sprouts

30 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 & pepper	

Garlic ParmesanCrusted Salmon

20 Min *to Table*	***20 Min*** *Hands On*	***1 Whisk*** *Super Easy*
Getting Started	Preheat your oven to 400.	
From Your Pantry	You'll need olive oil, butter, egg, salt & pepper	

Chicken Avgolemono Soup

35 Min *to Table*	***25 Min*** *Hands On*	***1 Whisk*** *Super Easy*
From Your Pantry	You'll need olive oil, butter, flour, salt and pepper.	
Getting Started	Heat 1 Tbsp. olive oil in a large saucepan.	

Roasted Red Pepper Gnocchi with Smoky Sausage

30 Min *to Table*	***30 Min*** *Hands On*	***1 Whisk*** *Super Easy*
Getting Started	Preheat your oven to 400 degrees.	
Meal Tip	For a softer texture, boil the gnocchi first.	
From your Pantry	You'll need olive oil, salt and pepper	

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.	

Butternut Squash Crepes with Creamy Parmesan Mushrooms

30 Min *to Table*	***30 Min*** *Hands On*	***1 Whisk*** *Super Easy*
Getting Started	Preheat your oven to 425 degrees.	
From Your Pantry	You'll need olive oil, butter, salt and pepper.	

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmnded daily)	
Butternut Squash Crepes with Creamy Parmesan Mushrooms	590	19	43	33	4	820	6	20	150% Vitamin K	45% Vitamin C
Mexican Chicken Rice Bowl	535	72	17	28	8	722		9	266% Vitamin C	43% 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		
Buffalo Shrimp Tacos	820	47	30	92	8	1720	17	18	140% Vitmain A	80% Vitamin C
(use 1/2 tortillas & 2/3 of the crema)	630		21					12		
Thai Curry Risotto	285	17	8	52 CC 38	8	250	7	8	26% Vitamin C	12% Vitamin B6
Bourguignon Steak & Mushrooms over Cheesy Polenta	580	38	22	50 CC 30	6	1540	6	16	190% Vitamin K	50% 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)	
Roasted Red Pepper Gnocchi with Smoky Sausage	675	27	15	109	7	1930	9	19	71% Vitamin C	71% Vitamin A
(half the pesto cream and two-thirds of the gnocchi)	490		12					13		
Nashville Hot Tofu Sliders	980	34	50	104	10	1420	18	27	164% Calcium	59% Iron
(open face sandwich and 1/2 the aioli	670		33					17		
Garlic Parmesan Crusted Salmon	660	43	40	47	6	1020	6	16	140% Vitamin A	60% Vitamin C
Arugula and Cherry Tomato Pizza	541	14	25	65	8	446	19	18	61% Vitamin A	55% Vitamin C
Chicken Avgolemono Soup	680	51	27	56 CC 40	5	980	9	15	70% Vitamin A	35% Vitamin C
(1/2 the rice & 1/2 the pita chips)	600		25					12		
All-Natural Chicken Breast	220	41	5	0	0	85	0	3	90% Vitamin B6	4% Iron
Bistro Chateau Steak	220	30	10	0	0	75	0	5	10% Iron	10% Potassium
Norwegian Salmon	220	35	0	0	0	130	0	4	60% Vitamin B6	15% Potassium

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmnded daily)	
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)	
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
Tiramisu for Two	290	5	15	35	1	40	29		6% Calcium	2% 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.

Butternut Squash Crepes with Creamy Parmesan Mushrooms

30 Minutes to the Table

30 Minutes Hands On

1 Whisk Super Easy

Sweet meets savory in this delicious new addition to the Meez menu, proving that crepes aren't just for dessert! Delicate French crepes are filled with roasted butternut squash and a creamy Parmesan mushroom sauce with white wine and fresh herbs. Served over crispy kale and finished with toasted pecans, the natural sweetness of the crepes and squash balances beautifully with the savory mushrooms for a dinner that's comforting and sophisticated.

Getting Organized

EQUIPMENT
- 2 Baking Sheets
- Large Skillet

FROM YOUR PANTRY
- Olive Oil
- Salt & Pepper
- Butter (2 Tbsp)

6 MEEZ CONTAINERS
- Butternut Squash
- Kale
- Crepes
- Mushrooms
- Parmesan Cream Sauce
- Toasted Pecans

Add Protein Instructions

Integrate into recipe: Prior to step 2, cook the protein according to the instructions below. Slice into ½" strips (flake the salmon and leave the shrimp whole) and roll into the crepes 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 – 590 Calories, 43g Fat, 33g Carbs, 19g Protein, and 20 Freestyle Points.

INGREDIENTS: Butternut Squash, Mushrooms, Cream, Kale, Crepes, Parmesan, Toasted Pecans, White Wine, Chive, Vegetable Stock, Lemon, Dijon Mustard, Black Pepper.

meez meals

1. **Roast the Squash and Kale**
   Preheat the oven to 425. Toss the ***Butternut Squash*** with olive oil, salt & pepper and arrange in a single layer on a baking sheet. On a second baking sheet, toss the ***Kale*** with olive oil, salt & pepper and arrange in a single layer. Place only the butternut squash in the oven.

   Once the squash has been cooking for 10 minutes, place the kale in the oven. Cook the kale until it starts to brown and become crispy. Cook the squash until it starts to brown and is fork tender, about 10 to 12 additional minutes.

   The kale and squash should finish cooking at the same time but if not, feel free to give one of them a bit longer.

2. **Warm the Crepes**
   Once the kale is roasting, heat a large skillet over medium heat. When the skillet is hot, gently warm each of the ***Crepes*** on only one side until it is pliable, about 15 to 20 seconds. Set aside until step 5.

   The crepes are very delicate so be careful when taking them out of the bag and removing them from the paper.

3. **Create the Creamy Parmesan Mushrooms**
   Heat 1 Tbsp olive oil in the now-empty crepe skillet over medium-high heat. When the oil is hot, add the mushrooms with a sprinkle of salt and pepper. Cook, stirring occasionally, until they brown, about 7 to 8 minutes. Add 2 Tbsp of butter and stir until melted. Add the ***Parmesan Cream Sauce*** and bring to a boil. Reduce the heat to medium-low. Simmer until the sauce has thickened enough to coat the back of a spoon, about 3 to 4 minutes. Remove from the heat.

4. **Put It All Together**
   Spread the roasted kale across the serving plates and drizzle with one-third of the Mushroom Parmesan Cream Sauce.

   The rest of the Mushroom Parmesan Cream Sauce will be used inside the crepes.

   Lay all the crepes flat on the counter and place the roasted squash in the center of each one followed by a drizzle of the remaining mushrooms and sauce. Roll each crepe into a tube and carefully transfer them on top of the kale. Sprinkle the ***Toasted Pecans*** over the entire dish and enjoy!

Instructions for two servings.

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

Mexican Chicken Rice Bowl

Cilantro Lime Crema marinated chicken over white rice (or try the carb conscious version over cauliflower "rice") with red salsa and plenty of poblano peppers, corn, beans, and Monterey Jack. It's a delicious new take on the Mexican rice bowl.

25 Minutes to the Table

25 Minutes Hands On

1 Whisks Super Easy

Getting Organized

EQUIPMENT
- Saucepan
- Large Skillet
- Ziplock bag or small marinating bowl

FROM YOUR PANTRY
- Olive Oil
- Salt & Pepper

5 MEEZ CONTAINERS
- Cilantro Lime Crema
- Rice
- Chicken
- Poblanos
- Salsa & Cheese

Good to Know

If you ordered the **Carb Conscious version**, we sent Cauliflower "Rice" instead of the white rice, reducing the **carbs per serving to 27g**. Combine the Cauliflower "Rice" with the poblano peppers and cook per the instructions in step 3.

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 – 640 Calories, 71g Protein, 17g Fat, 54g Carbs, 11 Freestyle Points

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

SCAN QR CODE to view YouTube cooking video

INGREDIENTS: Chicken Breast, White Rice, Poblanos, Tomato, Corn, Black Bean, Sour Cream, Chihuahua, Monterey Jack, Garlic, Onion, Cilantro, Enchilada Sauce, Lime.

meez meals

1. **Getting Organized**
   Put a saucepan of water on to boil. Add the ***Rice*** to the boiling water. Reduce heat to medium and simmer uncovered for 15 to 20 minutes. Drain and return to the saucepan. Cover and set aside.

2. **Marinade the Chicken**
   Pour 2/3 of the white ***Cilantro Lime Crema*** in a ziplock bag. Set the remaining 1/3 aside until step 5.

   Dry and generously sprinkle the ***Chicken*** with salt and pepper (we use ¼ tsp salt and ¼ tsp pepper, so use about half per side, or more if you like). Cut three slits in the chicken lengthwise about ¼" deep on each side. Place chicken into the ziplock bag with the Cilantro Lime Crema and seal, then marinate for at least 5 minutes.

3. **Sauté the Poblanos**
   Heat 2 Tbsp olive oil over medium-high heat. When the oil is hot, add the ***Poblanos*** and sauté until the vegetables start to soften and brown, about 4 to 6 minutes. Remove from the heat set aside. Do not wipe out the skillet.

4. **Cook the Chicken**
   Return the now-empty skillet to the stove with 1 Tbsp olive oil over medium-high heat. When the oil is very hot, add the chicken (dispose of the marinade in the ziplock bag) and cook until it is brown, about 4 minutes. Flip and cook the other side until it is also brown, about 4 additional minutes. Remove from the heat and place the chicken on a cutting board to rest for 5 minutes. After the chicken has rested slice it into ¼" strips.

5. **Heat the Sauce**
   While the chicken is resting, wipe-out the skillet and return it to the stove. Lower the heat to medium and add the red ***Salsa & Cheese.*** Stir the sauce until it is hot and lightly bubbling.

6. **Put It All Together**
   Top the cooked rice with the poblanos, salsa & cheese and chicken. Drizzle with the remaining Cilantro Lime Crema. Enjoy!

The amount of water you use doesn't matter as long as you have enough to keep the rice submerged while cooking.

If the marinade begins to burn, reduce the heat, and extend the cooking time to ensure the chicken center is fully cooked.

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!

Buffalo Shrimp Tacos

25 Minutes to the Table

25 Minutes Hands On

1 Whisk Super Easy

We love the spicy tang of a great buffalo sauce, and we're putting it front and center in this week's tacos. With crispy breaded shrimp, salty pickled veggies, and a generous slather of chive crema on a warm flour tortilla, it might be your new favorite taco.

Getting Organized

EQUIPMENT
- Large Skillet
- Bowl

FROM YOUR PANTRY
- Olive Oil
- Salt & Pepper
- Flour (1/4 cup)
- Egg (1)

6 MEEZ CONTAINERS
- Sweet Potatoes
- Flour Tortillas
- Shrimp
- Buffalo Sauce
- Chive Crema
- Pickled Veggies

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 – 820 Calories, 30g Fat, 47g Protein, 92g Carbs, 18 Freestyle Points.

Lightened up health snapshot per serving – 630 Calories, 21g Fat, 70g Carbs, 12 Freestyle Points, by using half of the tortillas and two-thirds of the crema.

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

INGREDIENTS: Shrimp, Sweet Potatoes, Flour Tortillas, Zucchini, Broccoli, Sour Cream, Hot Sauce, White Cheddar, Apple Cider Vinegar, Mayonnaise, Red Onion, Carrots, Cream, Brown Sugar, Chives, Garlic, Dill, Kosher Salt, Sugar, Black Pepper

meez meals

1. **Cook the Sweet Potatoes**
   Heat 1 Tbsp olive oil in a large skillet over medium heat. When the oil is hot, add the ***Sweet Potatoes*** with a sprinkle of salt and pepper. Sauté, stirring frequently, until they are fork tender and slightly crispy, about 8 to 10 minutes. Remove from the skillet and set aside until step 4. Wipe out the skillet.

2. **Warm the Tortillas**
   Warm the ***Flour Tortillas*** in the now-empty skillet over medium heat, about 30 seconds per side and working in batches, as necessary. Remove from the skillet and set aside until step 4. Do not wipe out the skillet.

3. **Cook the Shrimp**
   Whisk 1 egg in a small bowl and spread ¼ cup of flour on a plate. Pat dry the ***Shrimp*** and lightly sprinkle with salt and pepper. Working in batches of around seven at a time, place the shrimp into the egg, shake off any excess, and then place into the flour and coat well on both sides. Place the breaded shrimp on a plate and repeat until all are coated.

   Heat 2 Tbsp olive oil in the now-empty skillet over medium-high heat. When the oil is hot, cook the shrimp until the breading turns golden brown, about 1 to 2 minutes on each side. Place the cooked shrimp on a paper-towel-lined plate. Do not wipe out the skillet.

   Add the orange ***Buffalo Sauce*** to the now-empty skillet and warm over medium heat until it just starts to thicken, about 1 minute. Turn off the heat and very gently stir in the cooked, breaded shrimp.

4. **Put It All Together**
   Place the cooked sweet potatoes in the center of the tortillas and spoon all the ***Chive Crema*** evenly on top and then add the coated shrimp. Drain the ***Pickled Veggies*** and place on top of the shrimp. Enjoy!

Stirring the sweet potatoes frequently will keep them from burning.

It's important to bread all the shrimp first so they can all cook for the same amount of time

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue Evanston * Illinois

Thai Curry Risotto

45 Minutes to the Table

25 Minutes Hands On

1 Whisk Super Easy

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

Getting Organized

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

FROM YOUR PANTRY
- Olive Oil
- Salt/Pepper

6 MEEZ CONTAINERS
- Acorn Squash
- Arborio Rice
- Thai Curry Sauce
- Arugula
- Green Beans
- Cucumber & Sesame Seeds

Add Protein Cooking Instructions

Integrate into recipe: Prior to step 4, cook the protein (per instructions below). Slice the protein into strips (flake the salmon and leave the shrimp whole) and serve on top of the cooked risotto in step 5.

Cook protein: Lightly sprinkle the protein with salt & pepper. Heat a large skillet with 1-2 Tbsp olive oil on medium-high heat *(high for steak.)* When the oil is hot, cook the protein until the:
CHICKEN is crisp and brown, about 4 to 5 minutes per side. Let rest for 5 minutes.
STEAK bottoms are brown and sides start to color, about 4 minutes per side for medium (3 min med-rare and 5-6 min for well done.) Let rest for 5 minutes.
SALMON is crisp and brown, about 4 minutes per side. Let rest for 5 minutes.
SHRIMP are opaque and no longer grey in color, about 1 minute per side.

Good To Know

If you ordered the **Carb Conscious version**, we sent you cauliflower "rice" instead of the arborio rice, reducing the **carbs per serving to 38g**. After searing the acorn squash in step 2, return the empty skillet to the stove with 1 Tbsp olive oil over high heat and sauté the cauliflower until it starts to brown, about 2 to 3 minutes. Continue with step 3, except don't add the water and reduce the total time in the oven to 15 minutes.

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

SCAN QR CODE to view YouTube cooking video

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

meez meals

1. **Getting Organized**
   Preheat oven to 400.

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

3. **Prepare and Bake the Risotto**
   Return the now-empty skillet to the stove and add the ***Arborio Rice, Thai Curry Sauce,*** and 1 cup of water and bring to a boil. Remove from the heat and add back the cooked Acorn Squash. Cover with an oven safe lid, and bake, undisturbed until the rice is tender, and the water has been absorbed, about 25 minutes.

   After 20 minutes, check the water level. If it's been absorbed but the rice isn't fully cooked, add a little more water and continue cooking, uncovered, until the rice is tender. If the rice is tender but there is still liquid cook, uncovered, until it is absorbed.

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

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

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

Bourguignon Steak & Mushrooms over Cheesy Polenta

30 Minutes to the Table

30 Minutes Hands On

1 Whisk Super Easy

This dinner brings rich, slow-simmered flavor to a weeknight table—without the wait. Tender steak is folded into a savory mushroom bourguignon with layers of garlic, herbs, and red wine, then served over creamy, cheesy polenta. It's cozy and deeply satisfying, yet surprisingly easy to pull together.

Getting Organized

EQUIPMENT
- Large Skillet
- Medium Saucepan

FROM YOUR PANTRY
- Olive Oil
- Salt & Pepper
- Flour (1/2 Tbsp/svg.)
- Butter (1 Tbsp/svg.)

6 MEEZ CONTAINERS
- Steak
- Mushrooms
- Mirepoix Veggies
- Bourguignon Sauce
- Cheesy Polenta
- Chives & Parsley

Good to Know

If you ordered the **Carb Conscious version**, we sent you Cauliflower "rice" instead of polenta, reducing the **carbs per serving to 30g**. Instead of cooking the polenta in Step 3. Heat 1 Tbsp olive oil in a second large skillet over medium-high heat and sauté the cauliflower rice until brown, about 3 to 4 minutes. Use in place of the creamy polenta when serving.

Health snapshot per serving – 580 Calories, 22g Fat, 50g Carbs, 38g Protein, and 16 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, Red Wine, Button Mushrooms, Cremini Mushrooms, Leek, Carrot, Celery, Polenta, Tamari, Parsley, Garlic, Parmesan, Chive, Tomato Paste, Vegetable Stock, White Pepper, Thyme, Kosher Salt, Bay Leaf, Spanish Paprika.

meez meals

1. **Cook the Steak**
   Heat 1 Tbsp olive oil in a large skillet over high heat. Pat dry the ***Steaks*** and season both sides with salt and pepper. When the skillet is hot, add the steaks and cook until the bottoms brown and sides start to color, about 3 to 4 minutes. Flip and continue for 3 additional minutes if you prefer **medium-rare.** (Cook for 4 minutes for **medium** and 5 to 6 for **well done**). Set aside on a cutting board and let rest for 5 minutes then slice into ½" strips. Wipe out the skillet.

2. **Cook the Vegetables & Sauce**
   While the steak is resting, heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. When the oil is hot, add the ***Mushrooms.*** Cook until the mushrooms start to brown, about 5 to 6 minutes. Add the ***Mirepoix Veggies*** to the mushrooms and cook, stirring occasionally, until the carrots start to soften, an additional 5 to 6 minutes. Add 1 Tbsp of butter to the vegetables and stir until the butter has melted. Then, add 1 Tbsp flour and stir until the vegetables are well coated. Cook until the flour starts to brown, about 1 to 2 minutes.

   Add the ***Bourguignon Sauce***, stir, and bring to a boil. Reduce the heat to medium and simmer, stirring occasionally, until the sauce has thickened to the consistency of gravy, about 7 to 8 minutes. Turn off the heat and stir in the cooked steak.

3. **Cook the Creamy Polenta**
   Bring 1½ cups of water to a boil in a medium saucepan. As soon as the water boils, slowly add the ***Cheesy Polenta*** while whisking constantly until there are no lumps, about 1 minute. Reduce the heat to medium and stir frequently. Cook until the polenta thickens somewhat, about 1 to 2 minutes. Remove from the heat and add 1 Tbsp of butter. Stir in <u>two-thirds</u> of the ***Chives & Parsley***. Cover and set aside until ready to serve.

4. **Put It All Together**
   Serve the steak, Bourguignon and veggies on top of the polenta and sprinkle with the remaining chives & parsley. Enjoy!

Instructions for two servings.

Roasted Red Pepper Gnocchi with Smoky Sausage

30 Minutes to the Table

30 Minutes Hands On

1 Whisk Super Easy

We go wild for roasted red pepper sauce. It has a mellow, creamy flavor that has us coming back for seconds. We're serving it up this week over toasted gnocchi and sautéed smoky sausage. Finished with fresh basil pesto cream, it's a sophisticated dinner that's on the table in just thirty minutes.

Getting Organized

EQUIPMENT
- Large Skillet
- Baking Sheet

FROM YOUR PANTRY
- Olive Oil
- Salt & Pepper

5 MEEZ CONTAINERS
- Gnocchi
- Smoky Sausage
- Peas & Red Peppers
- Roasted Red Pepper Sauce
- Basil Pesto Cream

Make the Meal Your Own

We love the crunchy texture of toasted gnocchi but if you prefer it softer you can boil the gnocchi for 6 to 8 minutes.

Good to Know

Health snapshot per serving – 675 Calories, 27g Protein, 15g Fat, 19 Freestyle Points.

Lightened-Up Health snapshot per serving – 490 Calories, 21g Protein, 12g Fat, 13 Freestyle Points with half the pesto cream and two-thirds of the gnocchi.

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: Gnocchi, Sausage, Red Peppers, Peas, Ricotta, Garlic, Basil, Lemon, Cream, Wine, Parmesan, Oregano.

meez meals

1. **Getting Organized**
   Preheat oven to 400 degrees.

2. **Toast the Gnocchi**
   Place the ***Gnocchi*** on a 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 oven and set aside.

3. **Cook the Sausage**
   While the gnocchi are cooking, cut the ***Smoky Sausage*** once down the middle lengthwise and then slice each of the two halves into ¼" thick half-moons.

   Heat a large skillet over medium-high heat and when the pan is hot, add the sausage and sauté until they are slightly crispy, about 4 minutes. Remove the sausage from the skillet and place on a paper -towel-lined plate.

4. **Make the Sauce**
   Wipe out the skillet and warm over medium heat. Add the ***Peas & Red Peppers*** and ***Roasted Red Pepper Sauce*** (the red sauce), and heat until warm, about 2 minutes. Stir in the toasted gnocchi and cooked sausage and remove from heat.

5. **Put It All Together**
   Spoon into bowls and drizzle with the ***Basil Pesto Cream***. Enjoy!

Instructions for two servings.

Nashville Hot Tofu Sliders

30 Minutes to the Table

20 Minutes Hands On

1 Whisk Super Easy

Nashville hot chicken is everywhere, so we created a vegetarian-friendly version. With extra-firm tofu in place of chicken and our own mix of spices, we came up with a taste that we love even more than the original. We're making sliders with chive aioli, a soft, tender bun and roasted fingerling potato fries. Even non-vegetarians will love this dish!

Getting Organized

EQUIPMENT
- Large Skillet
- Baking Sheet
- Large Mixing Bowl

FROM YOUR PANTRY
- Olive Oil
- Salt & Pepper
- Flour (1/2 cup)
- Butter (4½ Tbsp)
- Eggs (3)

6 MEEZ CONTAINERS
- Pickled Veggies
- Fingerling Potatoes
- Tofu
- Slider Buns
- Nashville Hot Spices
- Chive Aioli

Add Protein Cooking Instructions

Health Snapshot Per Serving- 980 Calories, 34g Protein, 104g Carbs, 50g Fat, 27 Freestyle Points

Cook protein: Lightly sprinkle the protein with salt & pepper. Heat a large skillet with 1-2 Tbsp olive oil on medium-high heat *(high for steak.)* When the oil is hot, cook the protein until the:
CHICKEN is crisp and brown, about 4 to 5 minutes per side. Let rest for 5 minutes.
STEAK bottoms are brown and sides start to color, about 4 minutes per side for medium (3 min for med-rare and 5-6 min for well done.) Let rest for 5 minutes.
SALMON is crisp and brown, about 4 minutes per side. Let rest for 5 minutes.
SHRIMP are opaque and no longer grey in color, about 1 minute per side.

Good To Know

Health Snapshot Per Serving- 980 Calories, 34g Protein, 104g Carbs, 50g Fat, 27 Freestyle Points.

Lightened-up Health Snapshot Per Serving- 670 Calories, 27g Protein, 72g Carbs, 33g Fat, 17 Freestyle Points, by using half of the Chive Aioli and serving the sliders open-faced.

SCAN QR CODE to view YouTube cooking video

INGREDIENTS: Baked Yellow Tofu, Fingerling Potatoes, Slider Buns, Mayonnaise, Zucchini, Yellow Squash, Rice Wine Vinegar, Red Onion, Sugar, Lemon, Chives, Garlic Brown Sugar, Annatto Powder, Onion Powder, Smoked Paprika, Kosher Salt, Dill, Cayenne Pepper, White Pepper

meez meals

1. **Get Started**
   Preheat your oven to 450 degrees. Drain the liquid from the ***Pickled Veggies*** and line a plate with paper towels.

2. **Cook the Roast Fingerling Potato Fries**
   Slice each ***Fingerling Potato*** in half the long way, then slice each in half again so you have four long skinny fries per potato. Transfer the fries to a large mixing bowl, drizzle with olive oil, salt and pepper and toss. Arrange the coated fries on a baking sheet in a single layer. Roast until the outside of the potato is golden and slightly crispy, about 25 minutes.

3. **Cook The Tofu**
   While the potatoes are roasting, whisk 2 eggs in a small bowl and spread ¼ cup of flour on a plate. Pat dry the ***Tofu*** and lightly sprinkle with salt and pepper. Place the tofu into the egg, shake off any excess, and then place into the flour and coat well on both sides. Heat 2 Tbsp olive oil in a large skillet over medium high heat. Cook the tofu until the coating browns, about a minute on each side. Place the cooked tofu on the paper-towel-lined plate. Wipe out the skillet.

4. **Grill the Buns**
   Add 1 Tbsp of oil to the now empty skillet over medium-high heat. Cook the ***Slider Buns***, cut-side down, until they start to brown, about 2 minutes. Remove and set aside. Do not wipe out the skillet.

5. **Prepare the Nashville Hot Spices**
   Return the now-empty skillet to the stove over medium low heat and add 3 Tbsp of butter. When the butter melts, add the ***Nashville Hot Spices*** and stir until they are coated in butter and turn into a paste-like consistency. Turn off the heat and add the cooked tofu to the skillet. Stir until the tofu is well coated.

6. **Put It All Together**
   Spread a generous helping of the ***Chive Aioli*** on the bottom bun and place the Nashville Hot tofu on top followed by the pickled veggies and top bun. Serve with the roasted fingerling potato fries. Enjoy!

Instructions for two servings.

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

Garlic Parmesan Crusted Salmon

20 Minutes to the Table

20 Minutes Hands On

2 Whisks Easy

This dinner is all about texture and flavor. Golden, crispy salmon gets a garlicky parmesan crust. It's crunchy on the outside and tender inside. Served over cheesy spinach and sweet roasted butternut squash, then topped with toasted capers and pepitas, it's rich, satisfying, and elegant.

Getting Organized

EQUIPMENT
- Large Skillet
- Medium Saucepan
- Baking Sheet

FROM YOUR PANTRY
- Olive Oil
- Salt & Pepper
- Egg (1/2 svg)
- Butter (1 Tbsp/2 svg)

6 MEEZ CONTAINERS
- Salmon
- Panko Breading
- Butternut Squash
- Spinach
- Seasoned Cheese Sauce
- Capers & Pepitas

Good to Know

Health snapshot per serving – 660 Calories, 40g Fat, 47g Carbs, 43g Protein, and 16 Freestyle Points.

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

INGREDIENTS: Salmon, Butternut Squash, Spinach, Cream Cheese, Cream, Pepitas, Panko, Mozzarella, Provolone, Parmesan, Lemon, Capers, Basil, Garlic, Onion Powder, Kosher Salt, Paprika, Black Pepper

meez meals

1. **Prepare and Cook the Salmon**
   Preheat the oven to 400. Spray or brush a baking sheet with oil. Pat dry the ***Salmon*** with a paper towel. Whisk 1 egg in a small mixing bowl and spread the ***Panko Breading*** onto a large plate. Dip each salmon filet into the egg and then press each side into the panko breading and transfer to the oiled baking sheet. Press more panko onto the top of each filet.

   Bake until the panko breading is brown and crispy, about 13 to 15 minutes. Remove from the oven and let rest for 3 to 4 minutes before serving as described in step 5.

2. **Cook the Squash**
   While the salmon is baking, heat 1 Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, add the ***Butternut Squash*** with a sprinkle of salt and pepper. Cook, stirring occasionally, until the squash starts to crisp and turn brown, about 7 to 8 minutes. Transfer directly to serving plates. Do not wipe out the skillet.

3. **Make the Cheesy Spinach**
   Heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. When the oil is hot, add the ***Spinach*** and cook until wilted, about 1 to 2 minutes. Add the ***Seasoned Cheese Sauce*** and cook until it is warm and coats the spinach entirely, an additional 1 to 2 minutes. Transfer directly to the serving plates on top of the squash. Wipe out the skillet.

4. **Toast the Capers and Pepitas**
   Heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. When the oil is hot, add the ***Capers & Pepitas*** and cook until the capers start to pop and the pepitas turn brown, about 2 to 3 minutes. Add 1 Tbsp of butter and continue to cook until the butter starts to brown, an additional 1 to 2 minutes. Remove from the heat.

5. **Put It All Together**
   Serve the breaded salmon on top of the cheesy spinach and squash, then top the entire dish with the brown butter toasted capers & pepitas. Enjoy!

Try to get as much breading to stick to both sides before placing on the baking sheet.

Instructions for two servings.

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.

   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).

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

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 ¼" thick. Transfer the dough to a second baking sheet sprayed or coated with oil.

   Spread the ***Pecorino & Ricotta Sauce*** over the dough leaving about ½" along the edges. Top with the tomatoes and then the roasted Leeks & Fennel.

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

4. **Bake and Finish**
   Place the pizza in the oven for 15 minutes. While it is baking, add ½ 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

Chicken Avgolemono Soup

35 Minutes to the Table

25 Minutes Hands On

1 Whisks Super Easy

Avgolemono is Greece's answer to Grandma's chicken soup. Ours has hearty chunks of chicken, two types of rice, dill and lemon for flavor, and pita chips for crunch. It's fresh and cozy and totally delicious.

Getting Organized

EQUIPMENT
- Saucepan w/ Lid
- Large Skillet

FROM YOUR PANTRY
- Olive Oil
- Salt & Pepper
- Butter (1/2 Tbsp per svg)
- Flour (1/2 Tbsp per svg)

6 MEEZ CONTAINERS
- Celery, Carrot & Onion
- Broth Starter
- Basmati & Red Rice
- Chicken Breast
- Spinach
- Pita Chips

Good to Know

If you ordered the **Carb Conscious version**, we sent you cucumber slices instead of pita chips, reducing the **carbs per serving to 40g**. Serve on top of the soup after ladling it into bowls.

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 – 680 Calories, 51g Protein, 27g Fat, 56g Carbs, 15 Freestyle Points.

Lightened-up health snapshot per serving – 600 Calories, 25g Fat, 41g Carbs, and 12 Freestyle Points by using half of the rice blend and half of the pita chips.

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, Cream, Spinach, Carrot, Yellow Onion, Celery, Basmati Rice, Pita Chips, Chicken Stock, Dill, Red Rice, Lemon, Garlic, White Pepper, Oregano

meez meals

1. **Cook the Veggies and Rice**
   Heat 1 Tbsp olive oil in a large saucepan over medium-high heat. When the oil is hot, add the ***Celery, Carrot & Onion*** and cook until they start to soften, about 4 to 5 minutes. Add 1 Tbsp butter to the saucepan and when it is melted, add 1 Tbsp flour. Stir until the flour browns, about 1 minute. Add the ***Broth Starter*** and 3 cups of water and bring to a boil.

   Reduce the heat to medium-low and add the ***Basmati & Red Rice***. Cover and cook until the rice is tender, about 20 minutes.

2. **Cook the Chicken**
   While the broth is simmering, dry and generously sprinkle the ***Chicken Breast*** with salt and pepper. Heat 1 Tbsp olive oil in a skillet over high heat. When the oil is very hot, add the chicken and cook until it starts to brown, about 4 to 5 minutes. Flip and cook the other side for 4 minutes. Remove from heat and place on a cutting board.

   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). Repeat for each breast. Set aside.

3. **Finish the Soup**
   When the rice is tender, turn off the heat and add the ***Spinach*** and shredded chicken to the saucepan. Stir until the spinach wilts.

4. **Put It All Together**
   Serve topped with crumbled ***Pita Chips.***

   Enjoy!

Instructions for two servings.