

*Nonya Hokkien  
Stir-Fried Noodles*

|                           |                                                       |                        |
|---------------------------|-------------------------------------------------------|------------------------|
| <b>25 Min</b><br>to Table | <b>25 Min</b><br>Hands<br>On                          | <b>1 Whisk</b><br>Easy |
| <b>Getting Started</b>    | Preheat your oven to 425 and bring a water to a boil. |                        |
| <b>From Your Pantry</b>   | You'll need olive oil, eggs, salt and pepper.         |                        |

*Green Chile Mac-n-Cheese*

|                           |                                        |                                 |
|---------------------------|----------------------------------------|---------------------------------|
| <b>25 Min</b><br>to Table | <b>25 Min</b><br>Hands<br>On           | <b>1 Whisk</b><br>Super<br>Easy |
| <b>Getting Started</b>    | Bring a saucepan of water to boil.     |                                 |
| <b>From your Pantry</b>   | You'll need olive oil, salt and pepper |                                 |

*Quick Tips*



*Mish Mosh Chicken Soup*

|                           |                                                                |                                  |
|---------------------------|----------------------------------------------------------------|----------------------------------|
| <b>40 Min</b><br>to Table | <b>25 Min</b><br>Hands<br>On                                   | <b>2 Whisks</b><br>Super<br>Easy |
| <b>Getting Started</b>    | Bring 8 cups of water to a boil.                               |                                  |
| <b>From Your Pantry</b>   | You'll need vegetable oil, olive oil, salt, pepper and an egg. |                                  |

*Flaked Tuscan Salmon  
& Linguini*

|                           |                                        |                                 |
|---------------------------|----------------------------------------|---------------------------------|
| <b>20 Min</b><br>to Table | <b>20 Min</b><br>Hands<br>On           | <b>1 Whisk</b><br>Super<br>Easy |
| <b>Getting Started</b>    | Put a saucepan of water on to boil.    |                                 |
| <b>From Your Pantry</b>   | You'll need olive oil, salt and pepper |                                 |

*Carolina Pulled Pork  
& Cornbread*

|                           |                                         |                                 |
|---------------------------|-----------------------------------------|---------------------------------|
| <b>25 Min</b><br>to Table | <b>20 Min</b><br>Hands<br>On            | <b>1 Whisk</b><br>Super<br>Easy |
| <b>Getting Started</b>    | Toast the cornbread.                    |                                 |
| <b>From your Pantry</b>   | You'll need olive oil, salt and pepper. |                                 |

### *Steak and Red Potato Salad with Kale and Cranberries*

|                           |                              |                                 |
|---------------------------|------------------------------|---------------------------------|
| <b>25 Min</b><br>to Table | <b>20 Min</b><br>Hands<br>On | <b>1 Whisk</b><br>Super<br>Easy |
|---------------------------|------------------------------|---------------------------------|

#### **From Your Pantry**

You'll need olive oil, salt and pepper .

#### **Getting Started**

Put a saucepan of water on to boil and pre heat oven to 350

### *Loaded Baked Sweet Potato Soup*

|                           |                              |                                 |
|---------------------------|------------------------------|---------------------------------|
| <b>30 Min</b><br>to Table | <b>30 Min</b><br>Hands<br>On | <b>1 Whisk</b><br>Super<br>Easy |
|---------------------------|------------------------------|---------------------------------|

#### **Getting Started**

Bring 4 cups of water to a boil in a large saucepan.

#### **From Your Pantry**

You'll need olive oil, salt and pepper

### *Indian Grain Bowl with Mango Chili Sauce*

|                           |                              |                                 |
|---------------------------|------------------------------|---------------------------------|
| <b>15 Min</b><br>to Table | <b>15 Min</b><br>Hands<br>On | <b>1 Whisk</b><br>Super<br>Easy |
|---------------------------|------------------------------|---------------------------------|

#### **Getting Started**

Slice up your Halloumi Cheese

#### **From Your Pantry**

You'll need olive oil, salt and pepper

### *Za'atar Chicken*

|                           |                              |                                 |
|---------------------------|------------------------------|---------------------------------|
| <b>25 Min</b><br>to Table | <b>15 Min</b><br>Hands<br>On | <b>1 Whisk</b><br>Super<br>Easy |
|---------------------------|------------------------------|---------------------------------|

#### **Getting Started**

Bring a saucepan of water on to boil.

#### **From Your Pantry**

You'll need olive oil, butter, salt and pepper.

#### **Meal Tip**

Top your chicken with the remaining Garlic Yogurt Sauce

### *Shrimp Piccata with Kale Marinara*

|                           |                              |                                 |
|---------------------------|------------------------------|---------------------------------|
| <b>30 Min</b><br>to Table | <b>10 Min</b><br>Hands<br>On | <b>1 Whisk</b><br>Super<br>Easy |
|---------------------------|------------------------------|---------------------------------|

#### **Getting Started**

Preheat your oven to 400.

#### **From your Pantry**

You'll need olive oil, butter, salt and pepper.

### *Ginger Scallion Chicken*

|                           |                              |                                 |
|---------------------------|------------------------------|---------------------------------|
| <b>20 Min</b><br>to Table | <b>20 Min</b><br>Hands<br>On | <b>1 Whisk</b><br>Super<br>Easy |
|---------------------------|------------------------------|---------------------------------|

#### **Getting Started**

Put a saucepan of water onto boil.

#### **From Your Pantry**

You'll need olive oil, salt and pepper.

# Health Snapshot

| Recipe                                                              | Calories | Protein<br>(grams) | Fat<br>(grams) | Carbs<br>(grams) | Fiber<br>(grams) | Sodium<br>(milligrams) | Sugar<br>(grams) | Smart<br>Points | Key Vitamins/Minerals<br>(% of rcmndd daily) |                   |
|---------------------------------------------------------------------|----------|--------------------|----------------|------------------|------------------|------------------------|------------------|-----------------|----------------------------------------------|-------------------|
| Nonya Hokkien Stir-Fried Noodles                                    | 390      | 20                 | 10             | 56<br>CC 24      | 5                | 2390                   | 9                | 8               | 290%<br>Vitamin C                            | 100%<br>Vitamin A |
| Ginger Scallion Chicken                                             | 450      | 47                 | 9              | 47<br>CC 38      | 5                | 960                    | 21               | 6               | 130%<br>Vitamin K                            | 30% Vitamin<br>A  |
| Shrimp Piccata with Kale Marinara                                   | 650      | 21                 | 30             | 78<br>CC 25      | 7                | 1290                   | 6                | 24              | 100%<br>Vitamin C                            | 40%<br>Vitamin A  |
| Steak & Red Potato Salad with Kale & Cranberries<br>(1/2 the sauce) | 665      | 37                 | 22             | 84               | 7                | 526                    |                  | 25              | 29%<br>Calcium                               | 232%<br>Vitamin A |
|                                                                     | 520      |                    | 17             |                  |                  |                        |                  | 19              |                                              |                   |
| Za'atar Chicken                                                     | 970      | 45                 | 51             | 97               | 13               | 590                    |                  | 26              | 106%<br>Calcium                              | 70% Vitamin<br>A  |
| (use 2/3 of the couscous)                                           | 680      |                    | 35             |                  |                  |                        |                  | 15              |                                              |                   |
| Indian Grain Bowl with Mango Chili Sauce                            | 580      | 30                 | 26             | 57<br>CC 33      | 8                | 1030                   | 10               | 19              | 31% Vitamin<br>C                             | 12% Vitamin<br>A  |
| Mish Mosh Chicken Soup                                              | 570      | 68                 | 7              | 62               | 6                | 3610                   | 2                | 12              | 26% Vitamin<br>A                             | 15% Iron          |

# Health Snapshot

| Recipe                                                                                         | Calories | Protein<br>(grams) | Fat<br>(grams) | Carbs<br>(grams) | Fiber<br>(grams) | Sodium<br>(milligrams) | Sugar<br>(grams) | Smart<br>Points | Key Vitamins/Minerals<br>(% of rcmndd daily) |                |
|------------------------------------------------------------------------------------------------|----------|--------------------|----------------|------------------|------------------|------------------------|------------------|-----------------|----------------------------------------------|----------------|
| Carolina Pulled Pork & Cornbread<br>(2/3 ranch dressing, bbq sauce, & cornbread)               | 890      | 39                 | 24             | 134              | 7                | 2490                   |                  | 30              | 61% Vitamin B12                              | 30% Vitamin C  |
|                                                                                                | 690      |                    | 19             |                  |                  |                        |                  | 22              |                                              |                |
| Green Chile Mac-n-Cheese<br>(use 1/2 the corn bread, 2/3 of the pasta, cheese, & tomato sauce) | 830      | 27                 | 41             | 99               | 8                | 920                    | 12               | 26              | 80% Vitamin A                                | 240% Vitamin C |
|                                                                                                | 570      |                    | 27             |                  |                  |                        |                  | 18              |                                              |                |
| Flaked Tuscan Salmon & Linguini<br>(use 2/3 pasta & pesto)                                     | 740      | 54                 | 25             | 80               | 11               | 360                    | 23               | 15              | 90% Vitamin D                                | 70% Vitamin C  |
|                                                                                                | 620      |                    | 20             |                  |                  |                        |                  | 12              |                                              |                |
| Loaded Baked Sweet Potato Soup<br><br>Use ½ the sour cream, cheese, and no bread               | 720      | 20                 | 37             | 77               | 9                | 1119                   | 28               | 22              | 42% Calcium                                  | 29% Vitamin A  |
|                                                                                                | 520      |                    | 27             |                  |                  |                        |                  | 15              |                                              |                |
| 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<br>(grams) | Fat<br>(grams) | Carbs<br>(grams) | Fiber<br>(grams) | Sodium<br>(milligrams) | Sugar<br>(grams) | Smart<br>Points | Key Vitamins/Minerals<br>(% of rcmndd daily) |              |
|----------------------------------|----------|--------------------|----------------|------------------|------------------|------------------------|------------------|-----------------|----------------------------------------------|--------------|
| Belgian Chocolate Vegan Brownies | 420      | 6                  | 20             | 62               | 4                | 300                    |                  |                 | 10% Iron                                     |              |
| Molten Chocolate Cake            | 520      | 7                  | 31             | 54               | 3                | 360                    |                  | 28              | 30% Iron                                     | 4% Vitamin A |
| 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.*

# Nonya Hokkien Stir-Fried Noodles

Inspired by Singapore's street food scene, these noodles are packed with layers of flavor. Charred veggies, yaki soba noodles, and our signature stir-fry sauce come together with sesame sambal and a fried egg on top. It's spicy, savory, and bursting with freshness in every bite.

**25** *Minutes to the Table*

**25** *Minutes Hands On*

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

Medium Saucepan  
Large Skillet

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper  
Egg (1/svg)

### 5 MEEZ CONTAINERS

Yaki Soba Noodles  
Asian Veggies  
Stir-Fry Sauce  
Sesame Sambal  
Green Onions &  
Cilantro

## Good to Know

If you ordered the **Carb Conscious version**, we sent you zucchini "noodles" instead of yaki soba, reducing the **carbs per serving to 24g**. Skip steps 1 and 2. Prior to step 3, heat 1 Tbsp olive oil in the large skillet over medium-high heat. When the oil is hot, add the zucchini noodles and cook until charred, about 3 to 4 minutes. Use in place of the noodles.

If you ordered the **Gluten-Free version** we sent you white rice instead of yaki-soba noodles. In step 2, cook the rice until tender, about 12 to 15 minutes. Drain well and use in place of the noodles.

**Health snapshot per serving** – 390 Calories, 10g Fat, 56g Carbs, 20g Protein, and 8 Freestyle Points.

## Add Protein Instructions

**Integrate into recipe:** Prior to step 3, cook the protein (per instructions below) and then slice into strips (flake the salmon, leave shrimp whole) and stir into the noodles and veggies in step 4.

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

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

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

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

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

INGREDIENTS: Yaki Soba Noodles, Red Bell Pepper, Green Cabbage, Bok Choy, Tamari, Sambal, Green Onion, Garlic, Ginger, Sesame Oil, Vegetable Oil, Agave, Mirin, Miso, Tamarind, Cilantro, White Pepper.

meez meals

### 1. Get Organized

Bring a medium saucepan of water to a boil.

### 2. Cook the Noodles

Add the **Yaki Soba Noodles** to the boiling water with a pinch of salt and cook until tender, about 3 minutes. Drain the noodles and set aside.

### 3. Char the Vegetables

Heat 1 Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, add the **Asian Veggies** with a sprinkle of salt and pepper. Cook, stirring occasionally, until the veggies start to char, about 4 to 5 minutes. Remove from the skillet and set aside. Wipe out the skillet.

### 4. Fry the Eggs

Heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. When the oil is hot, crack two eggs into the skillet and cook until the whites are opaque and the yolks have set, about 1 to 2 minutes. Sprinkle with salt and pepper. Remove from the skillet and set aside. Wipe out the skillet.

### 5. Put It All Together

Return the now-empty skillet to the stove over medium-high heat. Add the **Stir-Fry Sauce** (liquid and in a sealed bag) and bring to a boil. Turn the heat to low and cook until the sauce has thickened slightly, about 2 to 3 minutes. Turn off the heat and stir in the cooked noodles and Asian vegetables. Transfer the contents of the skillet to serving plates.

Top the noodles and veggies with the fried egg, then drizzle with a little of the **Sesame Sambal** (in a plastic container) and sprinkle the **Green Onions & Cilantro** over top. Enjoy!

*Sesame Sambal is very spicy so start with a small amount and add more to make it spicy!*

Instructions for two servings.

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

# Ginger Scallion Chicken

Big flavor, low calories—this dinner brings comfort without the heaviness. Sautéed chicken breast, tender-crisp veggies, and a warm ginger-forward sauce come together over jasmine rice in just 20 minutes. It's cozy, minus the guilt, and just enough sweetness from honey and mirin to keep you coming back for more.

**20** *Minutes to the Table*

**20** *Minutes Hands On*

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

Large Skillet  
Medium Saucepan  
Cutting Board

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 4 MEEZ CONTAINERS

Jasmine Rice  
Cabbage, Carrots &  
Celery  
Chicken Breast  
Ginger Scallion Glaze

## Good to Know

If you ordered the **Carb Conscious version**, we sent you Cauliflower “rice” instead of the Jasmine Rice, reducing the **carbs per serving to 38g**. Skip cooking the jasmine rice and cook the cauliflower along with the cabbage, carrots and celery in the second part of step 2. Use the combined veggie mix as the veggie rice in step 5.

**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** – 450 Calories, 9g Fat, 47g Carbs, 47g Protein, and 6 Freestyle Points.

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

INGREDIENTS: Chicken Breast, Green Onion, Celery, Jasmine Rice, Carrot, Cabbage, Yellow Onion, Honey, Tamari, Mirin, Ginger, Garlic, Sesame Oil, Miso, White Pepper, Parsley.



### 1. Get Organized

Bring a medium saucepan of water to boil.

### 2. Make the Veggie Rice

Add the **Jasmine Rice** to the boiling water and cook until the rice is tender, about 12 to 15 minutes. Drain well and set aside in the colander. Wipe out the saucepan.

Heat 1 Tbsp olive oil in the now-empty saucepan over medium-high heat. When the oil is hot, add the **Cabbage, Carrots & Celery** and cook until the cabbage softens, about 3 to 4 minutes. Turn off the heat and stir in the cooked rice. Cover and set aside until step 5.

### 3. Cook the Chicken

While the rice is cooking, heat 1½ Tbsp olive oil in a large skillet over medium-high heat. Pat dry and generously salt and pepper the **Chicken Breasts** on both sides. When the oil is hot, add the chicken and cook until the bottom is brown, about 4 minutes. Flip and cook for another 4 minutes on the other side. Transfer the chicken to a cutting board to rest for 5 minutes, then slice into ½" strips. Wipe out the skillet.

### 4. Create the Glaze

Return the now-empty skillet to the stove over medium-high heat. Add the **Ginger Scallion Glaze** and bring to a boil, then reduce the heat to low. Simmer, stirring occasionally, until it thickens and reduces by about 1/3. Turn off the heat and add the sliced chicken to the skillet. Stir until the chicken is well coated.

### 5. Put It All Together

Serve the chicken and remaining ginger scallion glaze on top of the veggie rice. Enjoy!

*We cook our  
rice like pasta  
so you just  
need enough  
water to  
completely  
cover the rice.*

Instructions for two servings.

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

## Shrimp Piccata with Kale Marinara

We love to balance indulgence and nutrition in the Meez kitchen, and this recipe checks all the boxes: garlicky buttery piccata sauce, fresh marinara, heart-healthy shrimp and roasted kale. Plus, fresh garlic bread because we couldn't resist.

### Getting Organized

#### EQUIPMENT

Two baking sheets  
Large Skillet  
Small Bowl

#### FROM YOUR PANTRY

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

#### 6 MEEZ CONTAINERS

Kale  
Marinara Sauce  
Italian Rolls  
Grated Parmesan & Garlic  
Shrimp  
Capers & Onions

### Good to Know

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

If you ordered the **Carb Conscious version**, we sent you broccoli instead of the Italian Rolls, reducing the **carbs per serving to 25g**. Toss the broccoli with the oil and Grated Parmesan & Garlic and roast alongside the kale. Serve alongside the kale and shrimp.

**Health snapshot per serving** – 580 Calories, 41g Protein, 33g Fat, 43g Carbs, and 13 Freestyle points.

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

**20** Minutes to the Table

**20** Minutes Hands On

**1 Whisk** Super Easy

INGREDIENTS: Shrimp, Italian Rolls, Kale, Tomato Sauce, Yellow Bell Peppers, Yellow Onion, Capers, Parmesan, Red Onion, Basil, Garlic, Parsley, Olive Oil, Sugar, Tomato Paste, Salt, Black Pepper, Fennel

*meez* meals

### 1. **Get Organized**

Preheat the oven to 400.

### 2. **Make the Kale Marinara**

Place the **Kale** on a baking sheet and drizzle with olive oil, salt and pepper. Toss and arrange in a single layer. Bake until the kale is brown and crispy, 12 to 15 minutes. Remove from the oven and toss with two-thirds of the **Marinara Sauce** directly on the baking sheet and set aside. Retain the remaining marinara for step 5.

### 3. **Make the Garlic Bread**

While the kale is roasting, slice the **Italian Rolls** in half and put cut-side up on a second baking sheet. Add 2 Tbsp olive oil to a small bowl and mix in the **Grated Parmesan & Garlic** (the component that does not contain capers). Spread the mixture evenly on the cut side of the rolls and bake until the garlic bread is golden brown, about 10 minutes.

### 4. **Cook the Shrimp, Capers & Onions**

While the garlic bread is baking, pat dry and lightly salt and pepper the **Shrimp**. Heat 1 Tbsp olive oil in a large skillet over medium-high heat. Cook the shrimp for a minute on each side until they are opaque and no longer grey in color. Remove the shrimp from the pan and set aside. Do not wipe out the skillet. Add the **Capers & Onions** to the empty skillet and cook, stirring consistently, until the onions soften, about 2 minutes. Add 2 tbsp butter and stir until melted. Turn off the heat and add the cooked shrimp back to the skillet. Stir well.

### 5. **Put It All Together**

Warm the remaining marinara in the microwave or on the stove.

Serve the kale marinara topped with the shrimp and drizzle with the remaining butter, capers & onions. Serve the garlic bread with the warm marinara for dipping, and enjoy!

Instructions for two servings.

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

## Steak and Red Potato Salad with Kale and Cranberries

Meez's spin on classic steak and potatoes. We're starting with fresh red potato salad tossed up with kale and cranberries in our favorite feta dressing. Then we're topping it with seared steak for a dinner that's packed with protein. Yum!

**25** *Minutes to the Table*

**20** *Minutes Hands On*

**1 Whisk** *Super Easy*

### Getting Organized

#### EQUIPMENT

Saucepan  
Large Skillet  
Mixing Bowl

#### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

#### 5 MEEZ CONTAINERS

Steak  
Red Potatoes  
Kale  
Onions and  
Cranberries  
Feta Dressing

### Make The Meal Your Own

If you ordered the **carb conscious version**, you received cauliflower instead of the red potatoes, if you use 2/3rds of the Onions and Cranberry it lowers the **carbs per serving to 39g**. Simply substitute in the cauliflower for the potatoes in the directions but cook them in the boiling water for 4 to 6 minutes (vs. 10 to 12 for the potatoes) and then add the kale.

**Get a jump on dinner** by cooking the potato salad ahead.

### Good To Know

**Health snapshot per serving** –665 Calories, 22g Fat, 37g Protein, 84g Carbs, 25 Smart Point

**Lightened up snapshot** – 520 Calories, 17g Fat, 33g Protein, 63g Carbs, 19 Smart Point by using half the dressing.

**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 Potatoes, Kale, Red Onion, Feta, Mayonnaise, Cranberries, White Wine Vinegar, Brown Sugar, Garlic, Spices

*meez* meals

### 1. Getting Organized

Put a large saucepan of water on to boil.

### 2. Make the Potato Salad

Cut the **Red Potatoes** into quarters. Add the potatoes to the boiling water and boil until fork tender, but not falling apart, about 10 to 12 minutes. Add the **Kale** and cook until bright green and tender, about 2 to 3 minutes. Drain and remove to a large mixing bowl.

As soon as the potatoes are in the water, heat 1 Tbsp oil in a skillet over medium high heat. Add the **Onions and Cranberries** and cook, stirring, until the onions are translucent, about 5 to 6 minutes. Remove to the large mixing bowl with the kale and potatoes from step #2.

Add  $\frac{3}{4}$  of the **Feta Dressing** to the mixing bowl with the kale, potatoes, onions and cranberries, and mix until everything is evenly coated, and set aside.

*Drain the kale and potatoes well to remove all the extra moisture.*

### 3. Cook the Steak

Return the now-empty skillet to the stove with 1 Tbsp olive oil over high heat. Pat the **Steaks** dry with a paper towel and season generously with salt and pepper (we recommend  $\frac{1}{2}$  tsp of each). When the oil 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**). Remove the steaks from the skillet to rest for 5 minutes, then transfer to serving plates. Do not wipe out the skillet.

*Steak continues to cook as it rests, so remove it from the heat when it's a little less done than you like to prevent it from overcooking.*

### 4. Put It All Together

Put the potato salad on the plate, top with the steak, drizzle with remaining dressing

Instructions for two servings.

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

# Za'atar Chicken

We're serving garlic-yogurt-charred chicken breast with rice pilaf, Za'atar seasoned veggies, and golden raisins for a cozy Middle-Eastern dinner that's herby, savory, and just plain delicious.

**25** *Minutes to the Table*

**15** *Minutes Hands On*

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

Large Skillet  
Saucepan

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper  
Butter (1 Tbsp per  
serving)

### 4 MEEZ CONTAINERS

Rice Pilaf  
Chicken  
Garlic Yogurt  
Za'atar Seasoned  
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.

If you ordered the **Carb Conscious** version we sent you cauliflower "rice" instead of rice, reducing the **carbs per serving to 36g**. Skip step 1, then after step 2, wipe out the skillet and heat 1 Tbsp olive oil, over high heat in the skillet that was used for the chicken. When the oil is hot, add the cauliflower "rice" and sauté until it starts to brown, about 2 to 3 minutes. Stir in 1 Tbsp of butter per serving and set the Cauliflower aside in a mixing bowl. Cook the Za'atar Seasoned Veggies in Step 3 and then, stir the cauliflower back into the skillet in place of the rice at the end of Step 3.

**Health snapshot per serving-** 700 Calories, 51g Protein,  
21g Fat, 76g Carbs

**Lightened Up Health Snapshot per serving-** 580 Calories,  
16g Fat, 62g Carbs by using two-thirds of the Rice Pilaf and  
two-thirds of the Garlic Yogurt

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



INGREDIENTS: Chicken Breast, Yogurt, Red Onion, Red Pepper, Celery, Cream, Jasmine Rice, Orzo, Golden Raisins, Cilantro, Lemon, Salt, Garlic, Cumin, Coriander, Sumac, Thyme

*meez* meals

### 1. Cook the Rice Pilaf

Bring a saucepan of water to boil over high heat. Add the **Rice Pilaf** to the boiling water with a pinch of salt. Cook at a rolling boil until the pilaf is the desired texture, 12 to 15 minutes. Remove from the heat and drain then return the rice pilaf to the saucepan and stir in 2 Tbsp butter. Cover and set aside until Step 4.

### 2. Cook the Chicken

While the rice pilaf is cooking, pat dry the **Chicken Breasts** 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 a large skillet with 1 Tbsp of olive oil over medium-high heat. When the oil is hot, add the Chicken Breast to the skillet, and cook until crisp and brown, about 4 minutes, then turn. Cook until the second side starts to brown, about 3 additional minutes.

After the second side has seared, spoon 1 Tbsp of the **Garlic Yogurt** on top of each chicken breast, flip, and sear until the yogurt chars, about 30 seconds. Then spread 1 more Tbsp of the yogurt on top of each chicken breast, flip and sear until the yogurt chars on that side, another 30 seconds.

Transfer the chicken to a cutting board and wipe out the skillet. After the chicken has rested for 5 minutes, cut into ½" strips.

*Keep the  
remaining  
Garlic Yogurt  
Sauce to top  
the chicken  
in Step 4*

### 3. Sauté the Veggies

Return the now-empty skillet to the stove with 1 Tbsp olive oil over medium high heat. When the oil is hot, add the **Za'atar Seasoned Veggies** and cook, stirring occasionally, until the peppers start to char and the onions become translucent, about 3 to 4 minutes. Add the cooked rice to the skillet and mix well.

### 4. Put It All Together

Top the rice pilaf and veggies with the sliced chicken and add additional Garlic Yogurt sauce as desired. Enjoy!

Instructions for two servings.

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

# Indian Grain Bowl with Mango Chili Sauce

There's nothing traditional about this test-kitchen favorite. We're using a mango-chili sauce to give an Indian flair to this hearty seared halloumi and grain bowl. Finished with a fresh cucumber salsa, the result is a speedy dinner that's totally unique!

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

### 6 MEEZ

### CONTAINERS

Halloumi Cheese

Grape Tomatoes

5-Grain Blend

Seasoned

Hominy

Cucumber Salsa

Mango Chili

Sauce

## 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 serve on top of the grains 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're cooking the **Carb Conscious version**, we sent you cauliflower "rice" instead of the 5-Grain Blend reducing the **carbs to 33g per serving**. Heat 1 Tbsp olive oil in a large skillet over high heat and sauté until it starts to brown, about 3 to 4 minutes. Remove from the skillet use in place of the 5-Grain Blend as part of the bowl.

**If you're making the gluten-free version**, we've given you brown rice instead of the Five-Grain Blend. Prior to step 1, bring a saucepan of water to boil, then cook the brown rice brown rice for about 20 minutes, drain and let sit, covered, for 5 minutes. Remove from the skillet use in place of the 5-Grain Blend as part of the bowl.

**Health snapshot per serving** – 580 Calories, 30g Protein, 26g Fat, 57g carbs, 19 Freestyle Points.

SCAN QR CODE  
to view YouTube  
cooking video



INGREDIENTS: Halloumi Cheese, Hominy, Corn, Cucumber, Red Onion, Tomato, Mango, Mae Ploy, Barley, Wild Rice, Wheat Berries, White Quinoa, Red Quinoa, Olive Oil, Garlic, Cilantro, Ginger, Coriander, Turmeric, Garam Masala, Cumin, Fenugreek, Lime, Salt.

meez *meals*

### 1. Grill the Halloumi

Place the **Halloumi Cheese** on a cutting board and cut in half lengthwise, then slice into rectangles about 1/4" thick. You should have about 10 to 12 pieces per serving after slicing.

Heat 1 Tbsp of olive oil in a large skillet over medium heat. When the oil is hot, add the Halloumi and lightly season with pepper. Cook until one side is golden brown, about 2 minutes, then flip and cook the other side until golden brown, an additional 2 to 3 minutes. Do not wipe out pan.

*We're sending  
the halloumi  
uncut to  
maintain  
maximum taste  
and freshness.*

### 2. Make the 5-Grain Blend and Hominy

Put the **Grape Tomatoes** in a ziplock bag and squish.

Return the now-empty skillet to the stove over medium heat with 1 Tbsp olive oil. When the oil is hot, add the **5-Grain Blend** and **Seasoned Hominy**. Sauté until the grains are hot, about 2 minutes. Turn off the heat and stir in the squished tomatoes, including the juices from the ziplock bag.

Transfer the contents of the skillet directly to serving bowls.

### 3. Put It All Together

Serve the grilled Halloumi on top of the grains. Top with the **Cucumber Salsa** and a generous drizzle of the **Mango Chili Sauce**. Enjoy!.

Instructions for two servings.

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

## Mish Mosh Chicken Soup

For the uninitiated, Mish Mosh soup is a combination of some of the best items soup has to offer all in one bowl. Of course we are doing it up Meez style, with cage-free chicken breast, freshly cooked matzo balls, egg noodles, wild rice and barley in a classic chicken broth. It is a hearty dinner for all appetites.

**40** *Minutes to the Table*

**25** *Minutes Hands On*

**2 Whisks** *Easy*

### Getting Organized

#### EQUIPMENT

2 Large Saucepans ,  
both with covers  
Large Mixing Bowl

#### FROM YOUR PANTRY

Vegetable Oil  
Olive Oil  
Salt & Pepper  
1 Egg

#### 6 MEEZ CONTAINERS

Matzo Ball Mix  
Dill  
Chicken Broth Starter  
Egg Noodles  
Chicken  
5-Grain Blend

### Good to Know

**Health snapshot per serving** – 570 Calories, 68g Protein, 70g Fat, 63g Carbs, 9 Freestyle Points.

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

INGREDIENTS: Chicken, Barley, Wheat Berry, Wild Rice, Red Quinoa, White Quinoa, Egg Noodle, Chicken Broth, Carrot, Onion, Celery, Matzo Mix, Vegetable Oil, Egg, Dill.

meez *meals*

### 1. Cook the Matzo Balls

Set 8 cups of water to a boil in a large saucepan over high heat.

Crack one egg into a large mixing bowl. Add 1 Tbsp vegetable oil and blend. Then add the **Matzo Mix** (consistency similar to flour and in a plastic container) and **Dill** and mix until blended. Pat about ¼ of the mix into a golf-ball-sized ball using a gentle hand. Repeat for the rest of the mix so you have 4 matzo balls total. Place into the freezer for 5 minutes to set. Gently transfer the matzo balls into the pot of boiling water, cover and reduce heat to medium-high. Cook 25 minutes, then turn off the heat but leave the matzo balls in the covered pot until step 4.

*The pot should be large enough for the matzo balls to have plenty of room to expand.*

### 2. Cook the Broth and Noodles

In a second large saucepan, combine 4 cups of water and the **Chicken Broth Starter**. Bring to a boil over high heat. When the broth is boiling, stir in the **Egg Noodles**, cover, and reduce heat to medium-high. Keep at a low boil until the vegetables are soft, about 15 to 20 minutes.

*Don't over-mix the raw matzo balls. Once the ingredients are all combined quickly get into the freezer to set.*

### 3. Sear the Chicken

As soon as the broth is boiling, 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). 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 2 minutes. Flip and cook other side for 2 minutes. Remove from heat and place on a cutting board. When it is cool enough to handle, dice into ¼" squares.

*The chicken will not be fully cooked at this point but will finish cooking in the boiling broth in step 4.*

### 4. Put It All Together

When the broth is finished cooking, add the **5-Grain Blend**, diced chicken, and cooked matzo balls to the soup. Cover and let everything cook on a low boil for 2 minutes. Remove from the heat and ladle into serving bowls. Enjoy!

Instructions for two servings.

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

## Carolina Pulled Pork & Cornbread

Carolina BBQ is an American classic. We're cooking up our version this week with pulled pork, seared green beans and toasted cornbread. With a drizzle of buttermilk ranch, it's a speedy dinner that's packed with flavor.

**25** *Minutes to the Table*

**20** *Minutes Hands On*

**1 Whisk** *Super Easy*

### Getting Organized

#### EQUIPMENT

Baking Sheet  
Large Skillet with a Cover

#### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

#### 6 MEEZ CONTAINERS

Cornbread  
Green Beans  
Corn  
Buttermilk Ranch Dressing  
Pulled Pork  
Carolina BBQ Sauce

### Make The Meal Your Own

Carolina BBQ sauce is not spicy, if you want to add a kick, try a couple shakes of your favorite hot sauce.

### Good to Know

**Health snapshot per serving** – 890 Calories, 39g Protein, 24g Fat, 134g Carbs, 30 Freestyle Point

**Lightened Up Health snapshot per serving** – 690 Calories, 36g Protein, 19g Fat, 99g Carbs, 22 Freestyle Point with two-thirds of the buttermilk ranch dressing, two-thirds of the BBQ Sauce and two-thirds of the cornbread.

**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: Pulled Pork, Green Beans, Corn, Cornbread, Carolina BBQ Sauce, Buttermilk, Mayonnaise, Sour Cream, White Vinegar, Chives, Black Pepper, Garlic, Onion Powder, Parsley, Miso, Lemon.

*meez* meals

### 1. Toast the Cornbread

Cut the **Cornbread** into 1" cubes and arrange in a single layer on your toaster's baking sheet. Toast until it starts to brown on the edges, then transfer directly to serving plates.

*If you don't have a toaster oven, bake the cornbread at 425 for 8 to 10 minutes.*

### 2. Sear the Green Beans and Corn

While the cornbread is toasting, heat 1 Tbsp olive oil in a large skillet over high heat. When the oil is hot, add the **Green Beans** and cook, undisturbed until they char, about 2 minutes. Stir and cook for an additional minute. Remove from the heat and set aside until step 4. Do not wipe out the skillet.

*Don't overcook the green beans. You want them to maintain their crunch.*

Drain the **Corn** and add to the now-empty skillet over high heat. Cook, undisturbed, until the kernels start to char, about 2 minutes. Shake the skillet a bit to move the corn around and cook for an additional minute. Turn off the heat and add 3 Tbsp of the **Buttermilk Ranch Dressing** to the skillet. Stir gently until the corn is completely coated. Remove the creamy corn from the skillet and set aside until step 4. Wipe out the skillet.

### 3. Heat the Pulled Pork and Carolina BBQ Sauce

Return the now-empty skillet to the stove over low heat. Add the **Pulled Pork** and cook until it is warm, about 2 minutes. Add the **Carolina BBQ Sauce** and stir until the pork is completely coated in BBQ sauce. Cover and cook, stirring occasionally, for 8 minutes.

### 4. Put It All Together

Serve the pulled pork over the cornbread and topped with the creamy corn and seared green beans. Drizzle the additional Buttermilk Ranch Dressing over top. Enjoy!

Instructions for two servings.

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

## Green Chile Mac-n-Cheese

Mac-n-Cheese meets vegetarian chili in this tasty spin on two American classics. With toasted cornbread crumbles, white cheddar and a green chile crema, this dish checks all the boxes for a family favorite.

**25** Minutes to the Table

**20** Minutes Hands On

**1 Whisk** Super Easy

### Getting Organized

#### EQUIPMENT

Medium Saucepan  
Large Oven-Safe  
Skillet  
Baking Sheet

#### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

#### 6 MEEZ CONTAINERS

Macaroni  
Cornbread  
Seasoned Beans,  
Corn & Peppers  
Tomato Cream  
Sauce  
White Cheddar  
Green Chile Crema

### Add Protein Instructions

**Integrate into recipe:** While the mac-n-cheese is in the oven in step 5, cook protein (per instructions below). Slice it into strips (*flake the salmon, leave the shrimp whole*) and serve on top of the mac-n-cheese before drizzling with Green Chile Crema 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** – 830 Calories, 27g Protein, 41g Fat, 99g Carbs, 26 Smart Points

**Lightened up health snapshot per serving** – 570 Calories, 27g Fat, 70g Carbs, 18 Freestyle Points, by using half of the corn bread, and two-thirds of the macaroni, two-thirds of the cheese and two thirds of the tomato cream sauce.

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



INGREDIENTS: Macaroni, Cornbread, Red Bell Pepper, Green Bell Pepper, Black Beans, Green Chile Sauce, Cream, White Cheddar, Corn, Cream, Tomato Sauce, Cream Cheese, Sour Cream, Cilantro, Garlic, Lime Juice, Chili Powder, Cumin, Oregano, Vegetable Stock, Kosher Salt, White Pepper

**meez***meals*

### 1. Get Organized

Preheat the oven to 350. Bring a medium saucepan of water to boil.

### 2. Cook the Macaroni

Add the **Macaroni** to the boiling water and cook until al dente, about 8 to 10 minutes. Drain and set aside until step 4.

### 3. Toast the Cornbread

While the macaroni are cooking, cut the **Cornbread** into about 1" pieces and arrange in a single layer on a baking sheet. Drizzle lightly with olive oil and bake until they start to brown, about 10 minutes. Remove from the oven and set aside until step 5.

### 4. Make the Cheese Sauce

While the cornbread is still toasting, heat 1 Tbsp olive oil in a large oven-safe skillet over medium-high heat. When the oil is hot, add the **Seasoned Beans, Corn & Peppers** and cook until the vegetables start to soften, about 4 minutes. Add ½ cup of water and simmer for an additional 3 to 4 minutes.

Add the **Tomato Cream Sauce** and bring to a low boil, then reduce the heat to low and simmer until the sauce thickens a bit, about 2 to 3 minutes. Turn off the heat and add the **White Cheddar** and the cooked macaroni. Mix gently, then spread in an even layer in the skillet.

### 5. Put It All Together

Crumble the toasted corn bread over top of the mac-n-cheese and bake until the top is brown and slightly crispy, about 5 to 6 minutes. Remove from the oven and let rest for at least 5 minutes before serving.

Drizzle with the **Green Chile Crema** and enjoy!

Instructions for two servings.

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

# Flaked Tuscan Salmon and Linguini

Fresh ingredients cooked simply is at the heart of the best Italian dishes, and it's what makes this recipe sing. We're coating seared salmon in a fresh pesto made with mint, basil, arugula and lemon, then serving it over linguini and a Tuscan-inspired tomato sauce. It's fresh, filling and delicious.

**20** Minutes to the Table

**20** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized

### EQUIPMENT

Large Skillet  
Large Saucepan  
Mixing Bowl

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 6 MEEZ CONTAINERS

Linguini  
Salmon  
Arugula Mint Pesto  
Grape Tomatoes  
Sundried Tomatoes &  
Onions  
Spinach

## Good To Know

If you ordered the **Carb Conscious version** we sent you zucchini "noodles" instead of the linguini, reducing the **carbs per serving to 40g**. Skip steps 1 and 2. Prior to step 3, heat 1 Tbsp olive oil in a large skillet over high heat. When the oil is hot, add the zucchini noodles and cook until they start to char, about 2 to 3 minutes. Set aside and wipe out the skillet. Use the zucchini noodles in place of the pasta in step 4.

**Health snapshot per serving** – 740 Calories, 25g Fat, 54g Protein, 80g Carbs, 15 Freestyle Points.

**Lightened up health snapshot per serving** – 620 Calories, 20g Fat, 66g Carbs, 12 Freestyle Points, by using two-thirds of the Pasta and two-thirds of the Pesto.

**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, Grape Tomatoes, Spinach, Linguini, Sun Dried Tomatoes, Yellow Onion, Olive Oil, Parmesan, Basil, Garlic, Lemon, Arugula, Mint, Lemon Pepper, Oregano

meez meals

### 1. Get Organized

Bring a large saucepan of water to boil.

### 2. Cook the Pasta

Add the **Linguini** to the boiling water with a pinch of salt and cook until al dente, about 7 to 9 minutes. Drain and return the pasta to the saucepan with a cover.

### 3. Cook The Salmon

While the pasta is cooking, pat dry the **Salmon** with a paper towel and sprinkle each side with salt and pepper. Heat 2 Tbsp of olive oil in a large skillet over high heat. When the oil is hot, add the salmon and cook until the bottom browns, about 4 minutes. Flip, and cook until the other side is brown about 3 additional minutes.

Set aside to rest for 5 minutes, then flake the salmon into bite-sized pieces with a fork. Transfer to a mixing bowl and add the **Arugula Mint Pesto**. Stir until the salmon is well coated, then set aside until step 5.

### 4. Create the Tuscan Sauce

While the salmon is resting, wipe out the now-empty skillet and heat 1 Tbsp olive oil in it over medium-high heat. When the oil is hot, add the **Grape Tomatoes** and cook until they start to blister, about 2 to 3 minutes. Add an additional 1 Tbsp olive oil and the **Sundried Tomatoes & Onions**. Sauté until the onions soften, about 5 to 6 minutes. Transfer the tomatoes and onions to the saucepan with the cooked linguini and mix. Do not wipe out the skillet.

Add the **Spinach** to the now-empty skillet and cook over medium-high heat until it wilts and then add it to the saucepan with the pasta and tomatoes and stir well.

### 5. Put it all Together

Serve the pasta topped with the pesto-coated-salmon. Enjoy!

Instructions for two servings.

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

# Loaded Baked Sweet Potato Soup

With vitamin-rich sweet potatoes, sweet-tart sun-dried tomatoes, lots of smoked gouda, and French roll cheese bread on the side, this soup is like your favorite loaded baked potato, only more delicious.

**30** Minutes to the Table

**30** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized

### EQUIPMENT

- Large Saucepan (with a cover)
- Small Baking Sheet

### FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper

### 5 MEEZ CONTAINERS

- French Roll
- Cheese & Sour Cream
- Sweet Potatoes
- Vegetable Broth Starter
- Sundried Tomatoes,
- Garlic & Onion

## Add Protein Cooking Instructions

**Integrate into recipe:** While the soup is simmering in step 3, cook the protein (per instructions below) and while it is resting complete step 3 and move on to 4. Serve the protein alongside the soup.

**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** – 720 Cal ories, 20g Protein, 37g Fat, 77g carbs, 22 Freestyle Points.

**Lightened up snapshot** (½ sour cream & cheese and without the French roll) 520 Calories, 58g Carbs, 27g Fat, 13g Protein, 15 Freestyle Points.

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



INGREDIENTS: Sweet Potatoes, Smoked Gouda, Sour Cream, Cream, French Roll, Red Onion, Green Onion, Sun Dried Tomatoes, Black Pepper, Vegetable Broth

*meez* meals

### 1. Getting Organized

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

Cut each **French Roll** in half and spread ½ Tbsp of the **Cheese & Sour Cream** on the top of each of the halves. Set aside for Step 4.

### 2. Roast the Potatoes

Add ¾ of the **Sweet Potatoes** to the boiling water and bring the entire mixture to a boil. Reduce heat to medium, cover and cook over a low boil until potatoes are fork tender, about 10 to 12 minutes. Remove from heat, drain the sweet potatoes and set aside. Wipe out the pot.

### 3. Create the Soup

Return the pot to the stove and heat 2 Tbsp olive oil over medium-high heat. Add the remaining ¼ uncooked sweet potatoes, stirring frequently to prevent sticking, and sauté until they start to brown, about 4 minutes. Stir in the **Sundried Tomatoes, Garlic & Onion** and cook until the onions brown, about 3 to 4 minutes. Add in the boiled sweet potatoes and mash with a large spoon (or potato masher) until they are the consistency of lumpy mashed potatoes.

Turn the heat to high and stir in 2/3's of a cup of water and the **Vegetable Broth Starter**. Bring to a boil, cover, reduce heat to medium-low, and cook for 5 minutes. Turn off heat and add 2/3 of the cheese & sour cream, stirring continuously until the cheese is melted.

### 4. Put It All Together

Using the "top brown" setting of your toaster oven or "broil" on your oven, heat the French rolls until the cheese starts to brown, about 2 to 3 minutes. Ladle the soup into serving bowls and top with the remaining cheese & sour cream. Serve alongside the French cheesebread and enjoy!

Instructions for two servings.

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