

Steak Au Poivre

35 Min to Table	35 Min Hands On	2 Whisks Easy
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Getting Started

Preheat your oven to 425.

From Your Pantry

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

Creamy Tomato Soup with Grilled Cheese Croutons

30 to Table	20 Min Hands On	1 Whisk Super Easy
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Getting Started

Cook the filling up to a day ahead.

Meal Tip

You'll need olive oil, salt and pepper

Quick Tips



meezmeals

Tex-Mex Gnocchi Bake

40 Min to Table	20 Min Hands On	1 Whisk Super Easy
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Getting Started

Preheat your oven to 400.

From Your Pantry

You'll need olive oil, salt and pepper.

Meal Tip

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

Salmon Cakes with Dill Crema

40 Min to Table	40 Min Hands On	2 Whisks Easy
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Getting Started

Bring a large saucepan of water to boil.

From your Pantry

You'll need an egg, flour, olive oil, salt and pepper.

Garden Vegetable Chicken Primavera

25 Min to Table	25 Min Hands On	1 Whisk Easy
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Getting Started

Bring a medium saucepan of water to a boil.

From Your Pantry

You'll need olive oil, salt and pepper.

*BBQ Pulled Pork
on Brioche*

20 Min to Table	20 Min Hands On	1 Whisk Super Easy
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Getting Started	Assemble the slaw and refrigerate.
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From Your Pantry	You'll need olive oil, salt and pepper.
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*Red Pepper Shrimp
with Feta and Orzo*

15 Min to Table	15 Min Hands On	1 Whisk Super Easy
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Getting Started	Bring a saucepan of water to boil.
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From Your Pantry	You'll need olive oil, salt, pepper, and butter.
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Chicken Bahn Mi

15 Min to Table	15 Min Hands On	1 Whisk Super Easy
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Getting Started	Heat 1 Tbsp of olive oil in a large skillet.
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From Your Pantry	You'll need a little oil, salt and pepper.
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Carne Asada Tacos

25 Min to Table	25 Min Hands On	1 Whisk Super Easy
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From Your Pantry	You'll need olive oil, salt and pepper
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Getting Started	Marinate the steak, see recipe card for full instructions.
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Leftovers Tip	Serve cold with lettuce for a hearty lunch!
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Mushroom and Goat Cheese Risotto

40 Min to Table	20 Min Hands On	1 Whisk Super Easy
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Getting Started	Preheat your oven to 400.
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From Your Pantry	You'll need olive oil, salt & pepper
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Meal Tip	The cheese will become warm and soft but will not melt.
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Vegetarian Bi Bin Bap

40 Min to Table	30 Min Hands On	2 Whisks Super Easy
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Meal Tip	Add the Gochujang to get your spicity just right.
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Getting Started	Preheat your oven to 425 and put a saucepan of water on to boil
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From Your Pantry	You'll need olive oil, salt, pepper and one egg per serving.
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Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Garden Vegetable Chicken Primavera	560	51	8	63 CC 31	8	1000	15	8	210% Vitamin C	35% Vitamin A
Carne Asada Tacos	611	43	21	68 CC 29	6	1225		18	71% Vitamin B-12	100% Vitamin A
Vegetarian Bi Bim Bop	410	23	14	51	8	636		12	221% Vitamin A	61% Vitamin C
Red Pepper Shrimp with Feta and Orzo	440	38	15	41 CC 19	15	720	8	9	220% Vitamin C	35% Vitamin A
Mushroom and Goat Cheese Risotto (use 3/4 of the rice, goat cheese and white wine sauce)	750 600	24	51 40	40 CC 29	3	690	9	28 24	70% Vitamin A	35% Calcium
Chicken Bahn Mi	525	63	10	48	5	614		11	102% Vitamin C	11% Calcium
BBQ Pulled Pork on Brioche (use 3/4 BBQ sauce and open face)	830 640	32	31 24	110	6	1400	66	31 23	200% Vitamin C	50% Vitamin B6

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Salmon Cakes with Dill Crema	560	44	25	42	6	1090	12	11	95% Vitamin D	56% Vitamin A
Steak Au Poivre	840	40	51	57 CC 28	8	569	12	31	83% Vitamin A	74% Vitamin B-12
(½ sauce, roast the potatoes)	640		31					21		
Tex-Mex Gnocchi Bake	870	31	26	133	12	3008	15	29	123% Vitamin C	84% Vitamin A
(½ the cheese, sauce and salsa)	656		14					21		
Cream of Tomato Soup with Grilled Cheese Croutons	740	19	62	29	4	1084	12	30	62% Calcium	69% Vitamin A
½ the bread and ½ the cheese	610		55					26		
Add a Protein All-Natural Chicken Breast	220	41	5	0	0	85	0	3	90% Vitamin B6	4% Iron
Add a Preotein Bistro Chateau Steak	220	30	10	0	0	75	0	5	10% Iron	10% Potassium
Add a Protein Norwegian Salmon	220	35	0	0	0	130	0	4	60% Vitamin B6	15% Potassium
Add a Protein Premium Shrimp	120	28	0.5	0	0	170	0	1	8% Potassium	4% iron

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Tiramisu for Two	290	5	15	35	1	40	29		6% Calcium	2% Iron
Turtle Molten Bundt	500	6	30	53	3	370		27	25% Iron	6% Vitamin A
Rockslide Brownie	550	5	35	56	2	230		31	25% Vitamin A	8% Calcium
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.

Garden Vegetable Chicken Primavera

25 Minutes to the Table

25 Minutes Hands On

1 Whisk *Super Easy*

This dinner is all about bright flavor and garden-inspired comfort. All-natural chicken breast, green beans, bell peppers, and tricolor rotini are tossed with vibrant vegetables in a primavera sauce made from fresh vegetables, herbs, garlic, and lemon that lightly coats every bite. It's fresh, satisfying, and full of classic Italian character.

Getting Organized

EQUIPMENT

Large Skillet
Medium Saucepan

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Grape Tomatoes
Tricolor Rotini
Chicken Breast
Green Beans & Peppers
Primavera Sauce

Good to Know

If you ordered the **Carb Conscious version**, we sent you cauliflower florets instead of rotini, reducing the **carbs per serving to 31g**. Skip the cooking of the pasta in steps 1 & 2. Prior to cooking the veggies in step 4, heat 1 Tbsp olive oil in the large skillet. Add the cauliflower and season with salt and pepper. Cook until seared, about 5 to 6 minutes. Add the veggies and cook together in step 4. Remove until tossing with the sauce in step 6.

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 – 560 Calories, 8g Fat, 63g Carbs, 51g Protein, and 8 Freestyle Points.

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

INGREDIENTS: Chicken Breast, Tomato, Tricolor Rotini, White Wine, Green Beans, Red Bell Pepper, Yellow Bell Pepper, Artichoke, Chicken Stock, Lemon, Spinach, Garlic, Basil, Sugar, Oregano, White Pepper, Thyme.

meez meals

1. **Get Organized**

Bring a medium saucepan of water to a boil. Squish the **Grape Tomatoes** in a zip lock bag and set aside.

2. **Cook the Rotini**

Add the **Tricolor Rotini** to the boiling water and cook until tender, about 10 to 12 minutes. Drain well and set aside until step 5.

3. **Cook the Chicken**

While the rotini is cooking, heat 1½ Tbsp olive oil in a large skillet over high heat. Pat dry and generously salt and pepper the **Chicken Breasts** on both sides. Cook until brown on one side, about 4 to 5 minutes. Flip, then cook until brown on the second side, about 4 additional minutes. Transfer the chicken to a cutting board and let rest for 5 minutes. Wipe out the skillet. After the chicken has rested, slice into ½" strips.

4. **Sear the Vegetables**

While the chicken is resting, heat 1 Tbsp of olive oil in the now-empty skillet over medium-high heat. When the oil is hot, add the **Green Beans & Peppers** and a sprinkle of salt and pepper. Cook, stirring occasionally, until the veggies are sear and start to soften, about 4 to 5 minutes. Remove from the skillet and set aside. Wipe out the skillet.

5. **Put it All Together**

Heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. When the oil is hot add the squished tomatoes and cook until they start to char about 4 minutes. Add the **Primavera Sauce** and bring to a boil. Reduce the heat to low and simmer until the sauce thickens, about 5 to 6 minutes. Remove from the heat and stir in the cooked rotini, sliced chicken, and seared veggies. Serve and enjoy!

Instructions for two servings.

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

Carne Asada Tacos

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

25 Minutes to the Table

25 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

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

FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper

6 MEEZ CONTAINERS

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

Good To Know

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

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

Health snapshot per serving – 610 Calories, 22g Fat, 47g Protein, 55g Carbs, 15 Freestyle Points

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

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to view YouTube
cooking video**



INGREDIENTS: Steak, Flour Tortillas, Green Peppers, Red Peppers, Onions, Cilantro, Queso Fresco, Soy Sauce, Lime Juice, Cider Vinegar, Sugar, Black Pepper, Cumin, Chipotles in Adobo, Garlic, Olive Oil

meez meals

1. Marinate the Steak

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

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

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

2. Cook the Peppers

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

3. Cook the Steak

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

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

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

4. Heat the Tortillas

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

5. Put It All Together

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

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

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

Instructions for two servings.

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

Vegetarian Bi Bim Bap

Fresh from your own kitchen, “Bee-Bim-Bop”, which means “mix-mix rice” is a classic Korean dish. We have created a vegetarian version with tofu, jasmine rice, spinach, mushrooms, beets, and parsnips. Get ready for some fun!

40 Minutes to the Table

30 Minutes Hands On

2 Whisk Easy

Getting Organized

EQUIPMENT

Large Skillet
Small Skillet
(optional)
Baking Sheet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper
Egg (1 per serving)

7 MEEZ CONTAINERS

Jasmine Rice
Tofu
Spinach
Mushrooms
Beets & Parsnips
Bibimbap Sauce
Gochujang

Make The Meal Your Own

Integrate into recipe: Prior to step 4, cook the protein (per instructions below) and then slice into strips (*flake the salmon, leave shrimp whole*) and serve on top the Bi Bim Bop with the vegetables.

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

Traditional Bibimbap is finished with a sunny-side-up egg with a runny yolk. This is a delicious part of the dish, but women who are pregnant and others may want to cook their eggs until the yolk is cooked.

Health snapshot per serving – 410 Calories, 14g Fat, 23g Protein, 51g Carbs, 12 Smart Points

Gluten Free? You received Sriracha sauce because the Gochujang contains wheat.

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INGREDIENTS: Organic Tofu, Jasmine Rice, Mushroom, Spinach, Beets, Parsnips, Tamari, Mirin, Garlic, Ginger, Gochujang, Sesame Seed, Sesame Oil

meez meals

1. **Get Organized**

Bring water to a boil in a large saucepan. Preheat oven to 425.

2. **Cook the Rice**

Add the **Jasmine Rice** to the boiling water with a pinch of salt and boil uncovered until desired texture, about 12 to 15 minutes. Remove from heat, drain, return rice to pot and set aside.

3. **Cook Veggies and Mushrooms**

While the rice is cooking, arrange the **Beets and Parsnips** in a flat layer on a baking sheet. Also place the **Mushrooms** on the same baking sheet, keeping the mushrooms separate from the beets and parsnips. Drizzle all very lightly with olive oil & lightly salt. Bake for 5-6 minutes, stirring the veggies and the mushrooms half-way through (but not mixing them together). Cook for another 5- minutes until veggies are slightly brown and crispy.

4. **Cook the Tofu and Spinach**

After the veggies and mushrooms are done cooking, heat 1 Tbsp of oil in a skillet over medium high heat. When the skillet is very hot, add the **Tofu**. Cook for 2-3 minutes, remove the tofu from the pan, and set aside.

In the now empty skillet, add the **Spinach**, sauté for 1-2 minutes until wilted, and set aside.

5. **Arrange the Bibimbap Bowl**

In a medium sized bowl, place half the rice at the bottom and arrange half the beets and parsnips, mushrooms, spinach, and tofu clockwise around the bowl (leaving a space in the middle for the egg). Drizzle all the components with **Bibimbap Sauce** (thinner brown sauce) and repeat for each serving.

6. **Make the Egg and Enjoy!**

Crack one egg in the skillet over medium-high heat and cook until the white is opaque and the yolk has set, about 1 to 2 minutes. Salt and pepper to taste and place in the center of the Bibimbap bowl. Repeat with one egg for each serving.

Serve the spicy **Gochujang** (thicker red sauce) on the side to use as desired.

Use enough water to cover rice completely.

Keep the mushrooms and veggies separate from each other.

Each family member can mix the delicious Gochujang in to their dish depending on how much they enjoy spicy food.

Instructions for two servings.

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

Red Pepper Shrimp with Feta and Orzo

Roasted red peppers make for a creamy-without-the-cream sauce that makes a healthy dinner feel indulgent. With sautéed shrimp, flavorful feta, olives and orzo pasta, it's a 15-minute dinner you'll love.

15 Minutes to the Table

15 Minutes Hands On

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Saucepan
Large Skillet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper
Butter (1 Tbsp per svg.)

6 MEEZ CONTAINERS

Orzo
Red Bell Peppers
Roasted Red Pepper
Sauce
Shrimp
Olives, Capers & Red
Onions
Feta & Herbs

Good to Know

If you ordered the **carb conscious version**, we sent you zucchini instead of orzo, reducing the **carbs per serving to 19g**. Before step 2, add the zucchini rice to the skillet over medium-high heat and cook until it starts to brown, about 2 to 3 minutes. Remove from skillet and place directly on your serving dishes.

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

Health snapshot per serving – 440 Calories, 38g Protein, 15g Fat, 41g Carbs, 9 Freestyle Points

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

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INGREDIENTS: Shrimp, Red Bell Pepper, Roasted Red Pepper, Orzo, Feta, Red Onion, Black Olives, Lemon Juice, Kalamata Olives, Capers, Garlic, Parsley, Lemon Pepper, Oregano

*meez*meals

1. **Get Organized**

Bring a saucepan of water to a boil.

2. **Cook the Pasta**

Add the **Orzo** to the boiling water and cook until al dente, about 10 to 12 minutes. Drain and transfer to serving bowls.

3. **Sear the Red Bell Peppers**

While the orzo is cooking, heat 1 Tbsp olive oil in a large skillet over medium-high heat. Add the **Red Bell Peppers** and cook until they start to char, about 3 to 4 minutes. Add the **Roasted Red Pepper Sauce** and heat until bubbling, about one minute. Pour the contents of the skillet directly over the orzo in the serving bowls. Wipe out the skillet.

4. **Cook the Shrimp and Veggies**

Pat the **Shrimp** dry with a paper towel and lightly salt and pepper. Heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. When the oil is hot, add the shrimp and cook until they are opaque and no longer grey in color, about a minute on each side. Remove from the skillet and transfer to a cutting board. Cut each shrimp in half. Wipe out the skillet.

Heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. Add the **Olives, Capers & Red Onions** and cook until the capers start to pop and are toasted, about 3 minutes. Add 1 Tbsp of butter and stir until it melts, then turn off the heat. Add the halved shrimp to the skillet and stir well.

5. **Put It All Together**

Serve the shrimp and veggies on top of the orzo and red peppers, and sprinkle with the **Feta & Herbs**. Enjoy!

Instructions for two servings.

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

Mushroom & Goat Cheese Risotto

Rich, creamy and delicious is what we look for in a risotto, and this one checks all the boxes. With cremini and button mushrooms, and goat cheese, it's comfort food at its best. And because we're cooking it in the oven, you have time to do something else while dinner takes care of itself.

40 Minutes to the Table

20 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Large Oven-Safe
Skillet & Lid

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Mushrooms
Arborio Rice
White Wine Sauce
Seasoned Cheese
& Onion
Arugula
Goat Cheese &
Green Onions

Add Protein Cooking Instructions

Integrate into recipe: When the risotto has about 10 minutes cooking time remaining in step 4, cook the protein (per instructions below) and serve alongside the risotto when finished.

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

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

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

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

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

Good to Know

If you ordered the **Carb Conscious version**, we sent you cauliflower "rice" instead of the Arborio rice, reducing the **carbs per serving to 29g**. Add the cauliflower to the skillet with the mushrooms for the last 3 minutes of sautéing in step 2. Continue with step 3, except don't add the water. Reduce the total time baking time to 15 minutes in step 4.

Health snapshot per serving – 750 Calories, 24g Protein, 40g Carbs, 51g Fat, 28 Freestyle Points

Lightened-up health snapshot per serving – 600 Calories, 33g Carbs, 40g Fat, 22 Freestyle Points, by using $\frac{3}{4}$ of the Arborio rice, White Wine sauce, AND goat cheese.

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INGREDIENTS: Mushrooms, Cream, Arborio Rice, White Wine, Yellow Onion, Goat Cheese, Arugula, Asiago, White Balsamic Vinegar, Garlic, Parmesan, Vegetable Stock, Green Onion, Lemon, Savory, White Pepper

meez meals

1. Get Organized

Preheat the oven to 400.

2. Sear the Mushrooms

Heat 1 Tbsp olive oil in a large oven-safe skillet on medium-high heat. When the oil is hot, add the **Mushrooms** with a sprinkle of salt and pepper and cook, stirring occasionally, until they start to brown, about 5 to 6 minutes.

3. Prepare the Risotto

Add the **Arborio Rice** to the mushrooms and stir until the rice is coated with oil, about 1 minute. Add the **White Wine Sauce**, 1 cup of water, and the **Seasoned Cheese & Onion** (the bag that contains some shredded cheese and doesn't contain green onions). Mix well, then turn the heat to high and bring to a boil. Remove from the heat.

Use a baking sheet if you don't have a cover.

4. Cook the Risotto

Cover the skillet and transfer to the oven. Bake, undisturbed, for 20 minutes, then check the water level. If it's been absorbed but the rice isn't fully cooked, add a little more water and continue cooking until the rice is tender, about 5 minutes. If there is still liquid, cook for 5 more minutes. If there is still liquid after those 5 minutes, uncover and bake until it is absorbed.

The cheese will become warm and soft but will not melt.

5. Put It All Together

When the rice is cooked, remove the skillet from the oven and stir in the **Arugula**. Smooth the risotto into an even layer and dollop the **Goat Cheese & Green Onions** around the pan, then replace the cover, and let rest for 5 minutes.

Serve and enjoy!

Instructions for two servings.

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

Chicken Bahn Mi

Are you hooked on Bahn Mi yet? These Vietnamese sandwiches are the perfect marriage of French and Vietnamese flavors. With tender chicken breast, pickled vegetables and a sweet Sriracha aioli served sandwich style, it's comfort food with a twist. We're serving ours with a Vietnamese Broccoli Slaw that had the test kitchen asking for seconds.

15 *Minutes to the Table*

15 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet
Mixing Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Chicken Breast
Broccoli Slaw
Bahn Mi Sauce
Pickled Vegetables
French Roll
Carrots and Cucumbers

Make The Meal Your Own

If you're cooking with kids, cut a portion of the roll for them and let them have fun filling in the ingredients.

Good To Know

Our cage-free chickens thrive on an all-natural diet. They are never fed growth hormones and receive no antibiotics in their feed, their water, through intramuscular injection, or even the egg...ever.

Health snapshot per serving – 525 Calories, 10g Fat, 63g Protein, 48g Carbs, 11 Smart Points

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

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



INGREDIENTS: Chicken, French Roll, Broccoli, Carrots, Red Onion, Cucumber, Jalapeño, Radish, Cilantro, Mayonnaise, Sriracha, Lime, Rice Wine Vinegar, Sugar, Kosher Salt

*meez*meals

1. Cook the Chicken

Heat a large skillet with 1 Tbsp of olive oil on medium-high heat. Add the **Chicken** to the pan and cook for 3 to 4 minutes, until the chicken is crisp and brown. Turn the chicken over and cook for another 3 to 4 minutes, until this side is brown as well.

Remove from heat and place on a cutting board. Once the chicken has rested for 5 minutes, use a sharp knife to cut the chicken breast evenly into strips, about ¼" to ½" wide and set aside.

2. Make the Broccoli Slaw

While the chicken is resting, place the **Broccoli Slaw** in a mixing bowl. Add 3 Tbsp of the **Bahn Mi Sauce** and 1 Tbsp of the liquid only from **Pickled Vegetable**. Mix thoroughly and salt and pepper to taste.

To make your coleslaw extra creamy, add more Bahn Mi sauce. To thin it out, add additional liquid from the pickled vegetables.

3. Build Your Bahn Mi

Open up the **French Roll** and generously spread the Bahn Mi sauce on the top and bottom of the bread. Add sliced chicken, then top with **Cucumbers & Carrots** and the pickled vegetables. Drizzle a bit more Bahn Mi sauce on top.

4. Put it All Together

Serve the Bahn Mi, cut in half, alongside the broccoli slaw and enjoy!

BBQ Pulled Pork on Brioche

The name says it all in this one. Tender, smoky, pulled pork smothered in our delicious BBQ sauce, topped with tangy & sweet brussels sprouts slaw, and resting inside the softest brioche roll we could find. With sautéed veggies on the side, it's the flavors of a down home barbeque, cooked up Meez style!

20 Minutes to the Table

20 Minutes Hands On

1 Whisks *Super Easy*

Getting Organized

EQUIPMENT

- Large Skillet
- Mixing Bowl

FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper

6 MEEZ CONTAINERS

- Brussels Sprout Slaw
- Slaw Dressing
- Corn & Peppers
- Pulled Pork
- Brioche
- BBQ Sauce

Good to Know

Health snapshot per serving – 830 Calories, 32g Protein, 31g Fat, 110g Carbs, 31 Freestyle Points

Lighten Up snapshot per serving – 640 Calories, 24g Fat, 82g Carbs, 23 Freestyle Points, served open face and $\frac{1}{4}$ of the BBQ Sauce.

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

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



INGREDIENTS: Pulled Pork, Brioche, BBQ Sauce, Brussels Sprouts, Corn, Red Bell Peppers, Green Bell Peppers, Brussels Sprouts, Carrots, Green Onion, Red Onion, Mayo, White Wine Vinegar, Lemon, Garlic, Brown Sugar, Ground Black Pepper.

meez meals

1. Assemble the Slaw

Combine the **Brussels Sprouts Slaw** and the **Slaw Dressing** (white liquid) with 1 Tbsp olive oil in a mixing bowl. Stir thoroughly, cover and place in the refrigerator until Step 5.

2. Cook the Veggies

Heat 1 Tbsp olive oil in a large skillet over high heat. When the oil is hot, add the **Corn & Peppers** along with a generous pinch of salt and pepper, and cook until the corn turns golden brown and the veggies start to char, about 6 to 8 minutes. Remove from the heat and transfer to serving plates. Wipe out the skillet.

3. Toast the Brioche Rolls

Return the now-empty skillet to the stove over medium heat. Lightly brush the inside of both halves of the **Brioche** and place, olive oil side down, in the skillet. Toast until it turns golden brown. Repeat for each roll.

4. Heat the Pulled Pork

Return the skillet to the stove over medium heat. Add the **Pulled Pork** and stir until it is hot, about 3 minutes. Turn off the heat and stir in the **BBQ Sauce**.

5. Put It All Together

Add a heaping portion of BBQ pork to each brioche bun. Place the Brussels sprouts slaw on top the BBQ pork and cover with the top half of the brioche roll. Serve alongside the sautéed veggies and enjoy!

The pulled pork is fully cooked. This step is to warm it and add a slight caramelization for flavor.

WARNING: This meal will be messy. No one will judge you if you want to eat it with a fork and knife

Instructions for two servings.

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

Salmon Cakes with Dill Crema

Get ready for fine dining at home. We're mixing up tender salmon with mashed potatoes and sautéed veggies for a sophisticated cake worthy of your favorite white-tablecloth restaurant. Served over fresh greens with a rich Dill Crema sauce, it's an elegant dinner we can't get enough of.

40 Minutes to the Table

40 Minutes Hands On

2 Whisks *Easy*

Getting Organized

EQUIPMENT

- Large Skillet
- Large Saucepan
- 2 Large Mixing Bowls

FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper
- Flour (2 Tbsp)
- Egg (1)

6 MEEZ CONTAINERS

- Potatoes
- Dill Crema
- Salmon
- Lemon
- Green Onion, Carrots & Celery
- Spinach, Arugula & Radicchio

Good To Know

Make ahead: You can get a jump on dinner by mixing the salmon cakes through step 4 the night before. Then just shape the cakes and pick up on step #5 when you're ready to eat. Dinner will be on the table in just five minutes.

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

Health snapshot per serving – 560 Calories, 25g Fat, 42g Carbs, 44g Protein and 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: Salmon, Potatoes, Spinach, Arugula, Radicchio, Carrot, Celery, Sweet Relish, Dill, Green Onion, Sour Cream, Cream, Capers, Lemon, White Pepper, Curry Powder, Kosher Salt.

meez meals

1. Cook the Potatoes

Bring a large saucepan of water to boil with a pinch of salt. Add the **Potatoes** to the boiling water and cook until they are fork tender, about 12 to 15 minutes. Drain well and transfer to a large mixing bowl with 2 Tbsp of the **Dill Crema**. Use a potato masher or slotted spoon to mash the potatoes. (Lumps are completely fine.) Set aside until step 4.

2. Prepare the Salmon

While the potatoes are cooking, heat 2 Tbsp olive oil in a large skillet over medium-high heat. Dry the **Salmon** and generously season with salt and pepper (we use ¼ tsp salt and ¼ tsp pepper, so use about half per side, or more if you like). When the oil is hot, add the salmon and cook until it starts to brown, about 2 minutes. Flip and cook the other side until it is also slightly brown, an additional 2 minutes. (The salmon will not be fully cooked at this point but will finish cooking in step 5.) Transfer the salmon to a cutting board to rest for 5 minutes. Do not wipe out the skillet. Once the salmon has rested, cut it into roughly ½" pieces and transfer to the large mixing bowl with the potatoes.

3. Char the Lemon and Sauté the Veggies

Heat 2 Tbsp olive oil in the now-empty skillet over medium heat. Slice the **Lemon** in half. When the oil is hot, add the **Green Onion, Carrots & Celery**, and lemon, cut side down to the skillet. Cook the lemon undisturbed and sauté the veggies until the onions appear translucent, about 4 to 5 minutes. Set the lemon aside and transfer the veggies to the large mixing bowl. Wipe out the pan.

4. Make the Cakes

Whisk 1 egg and 2 Tbsp flour in a small bowl and add to the large mixing bowl (which should now contain the mashed potatoes, salmon, sautéed veggies, and egg/flour mixture). Stir well and place in the freezer to cool for about 5 minutes. Form the cakes into 3 balls per serving and flatten into disks about 2½ inches in diameter and about ½ to ¾ inches thick.

5. Cook the Cakes

Heat 2 Tbsp olive oil in the now-empty skillet over medium heat. When the oil is hot, add the cakes and cook until the bottoms are golden brown, about 2 minutes. Flip and cook until the other sides are also golden, an additional 2 minutes. (You may have to work in batches and add more oil to the skillet for subsequent batches.)

6. Put It All Together

While the cakes are cooking, put the **Spinach, Arugula & Radicchio** in a second large mixing bowl and toss with a drizzle of olive oil, a sprinkle of salt and pepper, and a squeeze of half of the charred lemon. Serve the salmon cakes on top of the salad greens. Add a generous dollop of the Dill Crema to each cake and squeeze the other half of the lemon over top. Enjoy!

Steak Au Poivre

One of France's most classic steak dishes. We're cooking our Steak Au Poivre with a magical butter sauce spiked with pepper, wine and cream that makes this dinner of seared steak, roasted broccoli and mashed potatoes sing. It's a restaurant worthy dinner you can whip up in just over a half-hour. Viva la France!

35 *Minutes to the Table*

35 *Minutes Hands On*

2 Whisks *Easy*

Getting Organized

EQUIPMENT

Baking Sheet(s)
Large Skillet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper
½ Tbsp Flour per serving
¼ Tbsp Butter per serving

6 MEEZ CONTAINERS

Red Skin Potatoes
Steak
Broccoli
Onions & Garlic
Au Poivre Sauce
Parsley

Good To Know

If you ordered the **Carb Conscious version**, we sent you cauliflower instead of potatoes to make "mashed cauliflower." This reduces the **carbs per serving to 28g**. Replace Step 2: set a large pot of water to boil over high heat. Once the water is boiling add the cauliflower and cook until soft, about 10 minutes. Drain and use the cooked cauliflower in place of the potatoes in Step 6.

Health snapshot per serving – 840 Calories, 40g Protein, 51g Fat, 57g Carbs, 31 Smart Points

Lighten Up snapshot per serving – 640 Calories, 31g Fat, and 21 Smart Points by using half of the Au Poivre sauce and eliminating the mashing of the potatoes (simply roast them per the instructions and then drizzle a small amount of the Au Poivre sauce on top).

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 Skin Potato, Broccoli, Red Onion, Garlic, Parsley, Wine, Cream, Chicken Broth, Dijon Mustard, Brown Sugar, Black Pepper,

meez meals

1. **Get Organized**

Preheat oven to 425.

2. **Prepare the Potatoes**

Cut **Red Skin Potatoes** in half and place on baking sheet with the skin side up. Drizzle with olive oil and cook for 10 minutes (will move on to Step 4 and cook for another 10-12 minutes or 20-22 minutes total).

3. **Cook the Steak**

While the potatoes are cooking, heat 1 Tbsp of oil in a skillet over high heat. While the skillet is heating, pat the **Steak** dry with a towel and season generously with salt and pepper (we recommend ½ tsp of each). When the skillet is very hot, add the steaks.

Cook until the bottoms brown & sides start to color, about 3 minutes. Flip and continue cooking for 3 minutes if you prefer your steak **medium-rare**. (Cook for 4 minutes for **medium**, and 5 to 6 for **well done**). Set aside to rest for 5 min.

4. **Cook the Broccoli**

Take the baking sheet out of the oven and place the **Broccoli** next to the potatoes. Drizzle broccoli with olive oil and salt and pepper and cook for 10 to 12 minutes until potatoes are soft and broccoli is just beginning to brown.

5. **Make the Au Poivre Sauce**

While broccoli is cooking, wipe clean the skillet used for steak and heat 1 Tbsp of oil over medium-high heat. Add the **Onions & Garlic** and cook until the onions are translucent, about 4 to 6 minutes. Add 1½ Tbsp butter and when the butter is melted add 1 Tbsp flour and cook until the flour is beginning to brown, about 2 minutes. Add the **Au Poivre Sauce** and stir, scrapping the browned bits of flour off the bottom of the pan. Cook until sauce is consistency of gravy and has turned a golden brown, about 2 to 3 minutes. Remove from heat.

6. **Create the Mashed Potatoes and Serve**

Place the cooked potatoes in a mixing bowl, add salt and pepper, and 1/3 cup of the finished Au Poivre Sauce. With a fork, break-up and stir the potatoes until they are the consistency of mashed potatoes (some chunks are perfectly OK), mixing in the Au Poivre sauce thoroughly.

Plate the broccoli, steak & mashed potatoes, Drizzle steak and broccoli with Au Poivre sauce and top all with parsley. Enjoy!

*Red Potatoes
don't do well
when they are
cut in advance,
so we're
sending them
to you whole.*

*The Au Poivre
sauce should
be bubbling as
it thickens
during this
step.*

*Include the
onions in your
mashed
potatoes. They
add great
flavor!*

Instructions for two servings.

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

Tex-Mex Gnocchi Bake

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

40 Minutes to the Table

20 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Large Oven-Safe
Skillet or Dutch
Oven
Baking Sheet

FROM YOUR

PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

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

Add Protein Cooking Instructions

Integrate into recipe: Prior to step 4, cook the protein (per instructions below) and then slice into strips (*flake the salmon, leave shrimp whole*) and serve alongside the gnocchi when it is finished.

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

Good to Know

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

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

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



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

meez meals

1. Getting Organized

Preheat your oven to 400 degrees.

2. Toast the Gnocchi

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

3. Cook the Vegetables

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

4. Finish the Bake

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

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

Serve and enjoy!

Instructions for two servings.

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

Cream of Tomato Soup with Grilled Cheese Croutons

We're turning classic grilled cheese and tomato soup upside down by serving toasted gruyere croutons right in the creamy soup. The combination can't be beat.

20 Minutes to the Table

20 Minutes Hands On

1 Whisks *Super Easy*

Getting Organized

EQUIPMENT

Large Saucepan
Baking Sheet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

French Roll
Gruyere &
Chives
Seasoned
Onions
Tomatoes &
Herbs
Cream

Add Protein Cooking Instructions

Integrate into recipe: Prior to step 4, cook the protein (per instructions below) and serve alongside the soup when it is finished.

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

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

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

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

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

Good to Know

If you ordered the **Carb Conscious version**, we sent you cauliflower instead of the French roll to make cauliflower "croutons" (**reducing the carbs per serving to 21g**). In step 1 preheat the oven to 425 and place the Cauliflower in a single layer on a baking sheet. Drizzle with olive oil. Bake until the cauliflower starts to turn brown, about 15 to 17 minutes. While still on the baking sheet, form the cauliflower, using a spoon, into two rectangles about 4" by 5". Top each rectangle with half the **Gruyere & Chives** and return to the oven until the cheese is bubbly and starts to brown, about 8 to 10 minutes. Turn off the heat but leave the cauliflower and cheese in the oven until step 4.

Health snapshot per serving – 740 Calories, 19g Protein, 62g Fat, 29g Carb, 30 Freestyle Points.

Lightened-Up Health snapshot per serving – 610 Calories, 12g Protein, 55g Fat, 22g Carb, 26 Freestyle Points with ½ the bread and ½ the cheese.

SCAN QR CODE
to view YouTube
cooking video



INGREDIENTS: Tomatoes, French Roll, Gruyere, Cream, Basil, Chive, Onion, Vegetable Broth, Black Pepper.

meez meals

1. Getting Organized

Preheat oven to 350 degrees.

2. Prepare the Croutons

Cut the **French Rolls** into ½" cubes and place on a baking sheet. Drizzle with olive oil, and lightly salt and pepper. Bake until the croutons brown, about 10 minutes. Cover the croutons with the **Gruyere & Chives** and return to the oven to bake until the cheese is melted and bubbly, about 3 to 5 additional minutes. Turn off oven but leave croutons inside to stay warm until the soup is done.

3. Cook the Soup

While the croutons are baking, heat 1 Tbsp olive oil in a large saucepan over medium-high heat. When the oil is hot, add the **Seasoned Onions** and cook until they are brown and slightly translucent, about 4 minutes.

Turn the heat to high, stir in the **Tomatoes & Herbs** and **Cream** and bring to a boil.

Lower the heat to low, cover, and simmer for 5 minutes.

4. Finish and Serve

Ladle the soup into serving bowls, top with the croutons, and enjoy!

Instructions for two servings.

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