

*Veggie Pakoras  
with Mango Drizzle*

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<b>45 Min</b> to Table	<b>20 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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**Getting Started** Preheat your oven to 425.

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**From Your Pantry** You'll need olive oil, egg, milk, butter, salt & pepper

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*Orleans Blackened  
Salmon Tacos*

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

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

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# Quick Tips



*Peruvian Shrimp Causa*

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<b>30 Min</b> to Table	<b>20 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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**Getting Started** Put a saucepan of water on to boil.

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

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*Sweet & Spicy  
Brazilian Chicken*

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<b>40 Min</b> to Table	<b>20 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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**Getting Started** Preheat your oven to 375.

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

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*Steak Enchiladas  
with Pineapple Lime Salsa*

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<b>40 Min</b> to Table	<b>25 Min</b> Hands On	<b>2 Whisk</b> Easy
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**Getting Started** Preheat your oven to 375.

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

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### *Smashed Italian Meatball Sliders*

<b>20 Min</b> to Table	<b>20 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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#### **Getting Started**

Heat olive oil in a saucepan.

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#### **From Your Pantry**

You'll need olive oil.

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### *Salmon with Lemon and Asparagus*

<b>25 Min</b> to Table	<b>25 Min</b> Hands On	<b>2 Whisks</b> Easy
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#### **Getting Started**

No pre-work needed.

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#### **From your Pantry**

You'll need 1/4 c flour and 3/4 T butter per serving.

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#### **Speed Tip**

Cook the asparagus and salmon at the same time.

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### *Honey & Tamari Glazed Mushrooms with Udon Noodles*

<b>25 Min</b> to Table	<b>20 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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#### **Getting Started**

Bring a medium saucepan of water to boil.

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#### **From Your Pantry**

You'll need olive oil, salt and pepper

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### *Toasted Gnocchi with Asparagus and Edamame*

<b>25 Min</b> to Table	<b>10 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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#### **Getting Started**

Preheat your oven to 375.

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#### **From Your Pantry**

You'll need olive oil, salt and pepper

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#### **Omnivore Option**

Tilapia is a great choice.

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### *Argentinean Black Beans and Rice Bowl*

<b>40 Min</b> to Table	<b>20 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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#### **Getting Started**

Put a saucepan of water onto boil and preheat oven to 400.

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#### **Omnivore Option**

Steak is a traditional partner for this dish.

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### *Chicken Satay Noodle Bowl*

<b>25 Min</b> to Table	<b>25 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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#### **From Your Pantry**

You'll need olive oil, salt and pepper.

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#### **Getting Started**

Put a saucepan of water on to boil.

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#### **Meal Tip**

Scrambled eggs make a great addition to this meal.

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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)	
Honey & Tamari Glazed Mushrooms with Udon Noodles	440	13	8	93	6	2030	37	14	30% Vitamin C	10% Iron
Salmon with Lemon & Asparagus	511	39	26	21	6	1490		13	18% Vitamin B-6	0% Vitamin B12
Chicken Satay Noodle Bowl	575	69	19	39	9	458		13	79% Vitamin C	14% Vitamin B-6
Steak Enchiladas with Pineapple Lime Salsa	630	46	30	44 CC 28	6	880	26	22	160% Vitamin C	70% Vitamin B6
Orleans Blackened Salmon Tacos	730	47	24	86	12	730		17	31% Calcium	77% Vitamin A
(Use 2 of the tortillas, & 2/3 of the coleslaw dressing)	620		21				13			
Veggie Pakoras with Mango Drizzle	440	15	14	67	9	470	23	14	49% Vitamin A	42% Calcium
Sweet & Spicy Brazilian Chicken	870	52	41	77 CC 36	5	220	13	27	70% Vitamin A	46% Vitamin C



# Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Flourless Chocolate Cake	370	5	16	32	2	130	18	18	20% Iron	10% Vitamin A
THE Carrot Cake	540	6	34	49	2	440	36	13	6% Vitamin C	6% Calcium
Honduran Chocolate Brownies (Gluten-Free)	340	4	18	42	3	140	31	16	4% Vitamin C	15% Iron
Kitchen Sink Cookies	380	5	19	49	2	400	10	17	20% Iron	8% Vitamin A
Chocolate Chunk Cookies	180	2	9	22	1	170	10	9	2% Calcium	4% Vitamin A

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

*These are our best estimates for a single serving based on the recipes as written. The actual nutritional information may vary a bit.*

*And, of course, if you have leftovers, the actual numbers will be lower.*

# Honey & Tamari Glazed Mushrooms with Udon Noodles

Umami-rich cremini mushrooms are a perfect pairing for a savory honey and tamari sauce. With snow peas, cabbage, and udon noodles, it's a speed Asian-inspired dinner the whole family will love.

**25** Minutes to the Table

**20** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized

### EQUIPMENT

Medium Saucepan  
Large Skillet

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 6 MEEZ CONTAINERS

Udon Noodles  
Seasoned Onions  
Snow Peas & Cabbage  
Cremini Mushrooms  
Honey & Tamari Glaze  
Green Onion & Cilantro

## Add Protein Instructions

**Integrate into recipe:** Prior to step 4, cook the protein and let rest, then slice into ½" strips (flake the salmon and cut the shrimp in half.) Stir into the mushrooms and glaze in step 4.

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

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

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

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

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

## Good to Know

**Health snapshot per serving** – 440 Calories, 8g Fat, 93g Carbs, 13g Protein, and 14 Freestyle Points.

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

INGREDIENTS: Mushrooms, Udon Noodles, Snow Peas, Cabbage, Mae Ploy, Yellow Onion, Tamari, Brown Sugar, Honey, Green Onion, Ginger, Garlic, Cilantro, Sesame Oil, Vegetable Stock, Miso, Parsley, White Pepper

meez meals

## 1. Get Organized

Bring a medium saucepan of water to a boil.

## 2. Cook the Udon

Add the **Udon Noodles** to the boiling water and cook until tender, about 10 to 14 minutes. Place the noodles in a colander and rinse thoroughly with hot water. Drain well and 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 **Seasoned Onions**. Cook until the onions begin to soften, about 1 to 2 minutes. Add the drained udon noodles back and stir. Cover and set aside.

## 3. Sauté the Asian Veggies

While the noodles are cooking, heat 1 Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, add the **Snow Peas & Cabbage** with a sprinkle of salt and pepper. Sauté, stirring frequently, until the edges of the cabbage char, about 4 to 5 minutes. Transfer the veggies to the saucepan with the udon and onions and stir. Cover and set aside until step 5. Wipe out the skillet.

## 4. Cook the Mushrooms

Heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. When the oil is hot, add the **Cremini Mushrooms** and cook until they brown and the liquid is evaporated, about 5 to 6 minutes. Add the **Honey & Tamari Glaze** and cook, stirring occasionally, until the glaze thickens enough to coat the mushrooms, an additional 3 to 4 minutes.

## 5. Put It All Together

Serve the noodles and veggies topped with the glazed cremini mushrooms. Sprinkle the **Green Onion & Cilantro** over top and enjoy!

*Be sure to get all the seasoned onions out of the saucepan to not miss any deliciousness.*

Instructions for two servings.

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

# Salmon with Lemon & Asparagus

Lemon brings out the best in salmon. Particularly when it's part of a white wine and caper sauce. Together, they add a brightness and sophistication that can't be beat. Add fresh asparagus, and you have a recipe the family will love.

**25** Minutes to the Table

**25** Minutes Hands On

**2 Whisks** *Easy*

## Getting Organized

### EQUIPMENT

Mixing Bowl  
Shallow Pie Pan or Plate  
Large Skillet

### FROM YOUR PANTRY

¾ Cup Flour  
2 Tbsp Butter  
Olive Oil  
Salt & Pepper

### 4 MEEZ CONTAINERS

Asparagus & Fennel  
Salmon  
Capers & Sunflower  
Seeds  
White Wine Lemon  
Sauce

## Good To Know

**Speed Trick** – Use 2 skillets and cook the asparagus and salmon at the same time.

**Salmon has a reputation for being tricky to cook.** Chef Max says the key to perfect salmon is making sure you don't overcook it. Cook over high heat for a few minutes per side and then let it rest. The salmon continues cooking as it rests, so let it sit 5 minutes, covered, off the heat before you cut into it and check for doneness.

**Not sure about fennel?** Forget its reputation for having a strong licorice flavor. Once it's sautéed with asparagus and paired with our lemon sauce, it mellows out and adds a great texture and depth of flavor that we just love.

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

**Health snapshot per serving** – 511 Calories, 26g Fat, 39g Protein, 21g Carbs, 1490 mg Sodium, 13 Smart Points

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to view YouTube  
cooking video**



**INGREDIENTS:** Salmon, Asparagus, White Wine, Fennel, Capers, Sunflower Seeds, Lemon Juice, Brown Sugar, Garlic, Lemon Zest, Miso, Concentrated Vegetable Stock, Herbs

*meez* meals



### 1. Cook the Asparagus

Heat 1 Tbsp oil in a large skillet over medium-high heat. Add the **Asparagus & Fennel** and cook until the asparagus is bright green and the fennel is just starting to brown, about 5 to 7 minutes. Remove to a bowl or serving dish. Wipe out the skillet and return to the stove.

### 2. Cook the Salmon

Pour ½ cup flour in a shallow pie pan or on to a plate and add a generous pinch of salt and pepper. Pat the **Salmon** fillets dry with a paper towel and coat with the flour, making sure each fillet is covered. Repeat this process with remaining salmon pieces.

Heat 2 Tbsp of oil in a large skillet on high heat. Add the salmon and cook 4 minutes. Flip and cook an additional 2 minutes. Remove the salmon fillets to the bowl or serving dish with the asparagus and fennel. Pour out any excess oil from the pan.

### 3. Make The Lemon Caper Sauce

Return the now-empty skillet to the stove over medium-high heat. Add the **Capers & Sunflower Seeds** and cook, stirring, until the seeds start to brown and the capers begin to pop, 2 to 5 minutes. Pour the **White Wine Lemon Sauce** into the pan and simmer until the liquid has reduced by half, about 5 to 7 minutes.

Remove the skillet from the heat and stir 1 ½ Tbsp butter into the sauce. Pour the lemon caper sauce over the salmon and asparagus to serve. Enjoy!

*Place the salmon in the pan gently to avoid any oil splashing.*

*It's OK if your skillet still has a little flour from the salmon - it will help thicken the sauce.*

*Finishing with butter gives the sauce it's body. Resist the urge to skimp on it.*

Instructions for two servings.

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

# Chicken Satay Noodle Bowl

We're hooked on Thai Chicken Satay, with its tender chicken and crazy-delicious peanut sauce. So we turned that classic Thai appetizer into a complete meal by cooking cage-free chicken with plenty of Asian veggies and rice noodles. Mixed up with that delectable Satay sauce, it's the test kitchen's new favorite. Best of all, it's on the table in less than 30 minutes.

**25** Minutes to the Table

**25** Minutes Hands On

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

Saucepan  
Large Skillet

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 6 MEEZ CONTAINERS

Rice Noodles  
Chicken  
Garlic and Ginger  
Asian Vegetables  
Satay Sauce  
Green Onions and  
Cilantro

## Make the Meal Your Own

**Want to add some additional richness?** Try scrambling an egg and mixing it in. You won't be disappointed!

## 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** – 575 Calories, 69g Protein, 19g Fat, 13 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, Rice Noodles, Cabbage, Edamame, Carrots, Bok Choy, Peanuts, Garlic, Ginger, Rice Wine Vinegar, Tamari, Brown Sugar, Cayenne Pepper, Sesame Oil, Green Onion, Cilantro

*meez* meals

### 1. Getting Organized

Put a saucepan of water on to boil.

### 2. Cook the Rice Noodles

Add the **Rice Noodles** to the boiling water and cook until tender, 5-6 minutes.

Drain, rinse under cold water and set aside.

### 3. Prepare the Chicken

While the rice noodles are cooking, heat a large skillet with 1 Tbsp of olive oil on medium-high heat. Add the **Chicken** to the pan and cook for 4 to 5 minutes, until the chicken is crisp and brown. Turn the chicken over and cook for another 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.

### 4. Cook the Veggies

Place the **Asian Vegetable Mix** and **Garlic and Ginger** in the now empty skillet and sauté, stirring frequently, over medium-high heat for 7-8 minutes.

Stir in the **Satay Sauce** until vegetables are completely coated and sauce is warm, about 1 minute. Remove skillet from heat.

### 5. Putting it All Together

Combine the rice noodles and chicken strips with the contents of the skillet and stir until the peanut sauce has completely coated everything.

Top with **Green Onions and Cilantro**, serve and enjoy!

Instructions for two servings.

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

# Steak Enchiladas with Pineapple Lime Salsa

Classic and delicious, this dinner is a winner. We're pairing seared steak with our mellow enchilada sauce for a dinner that's comfort food through and through. Topped with pineapple lime salsa, it's a dinner the family will love.

**40** *Minutes to the Table*

**25** *Minutes Hands On*

**2 Whisk** *Easy*

## Getting Organized

### EQUIPMENT

Large Skillet  
Casserole Dish  
Large Mixing Bowl

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 6 MEEZ CONTAINERS

Steak  
Tomatoes, Peppers & Onions  
Enchilada Sauce  
Chihuahua Cheese  
Corn Tortillas  
Pineapple Lime Salsa

## Make The Meal Your Own

If you ordered the **Carb Conscious version**, we sent you Poblano Peppers instead of the corn tortillas, reducing the total **carbs per serving to 28g**. In step 4. add the enchilada filling directly to the casserole dish. Prior to adding the remaining sauce and cheese, place the poblano peppers on top of the filling and then cover the peppers with the remaining sauce and cheese prior to baking.

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

**Health Snapshot Per Serving-** 630 Calories, 46g Protein, 30g Fat, 44g Carbs, 22 Freestyle Points.

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cooking video**



INGREDIENTS: Steak, Corn Tortillas, Enchilada Sauce, Chihuahua Cheese, Red Bell Pepper, Tomato, Spanish Onion, Pineapple, Cucumber, Sour Cream, Cilantro, Lime Juice, Mint, Garlic, Oregano, Cumin, Coriander

**meez** *meals*

### 1. Get Organized

Preheat your oven to 375 degrees. Spray or brush a 10"x10" or similar sized casserole dish with oil.

### 2. Cook the Steak

Heat 1 Tbsp olive oil in a large skillet over high heat. Pat dry and generously salt and pepper the **Steak** on both sides. When the oil is very hot, sear the steak for one minute on each side. Remove from the skillet and allow to rest for 2 to 3 minutes. (The steak will still be raw. That's OK, it will cook the rest of the way in the oven.) Slice into ½" strips.

### 3. Create the Enchilada Filing

While the steak is resting, wipe out the skillet and heat 1 Tbsp olive over medium-high heat. When the oil is hot, add the **Tomatoes, Peppers & Onions** and sauté until the peppers start to char and the onions become translucent, about 5 minutes. Transfer the cooked veggies to a large mixing bowl. Add the sliced steak and one-third of the **Enchilada Sauce** and one-third of the **Chihuahua Cheese**.

### 4. Bake the Enchiladas

Add half of the remaining sauce to the bottom of the casserole dish. Wrap the **Corn Tortillas** in moist paper towels and microwave until soft and pliable, about 20 to 30 seconds. Fill the tortillas with as much of the filling as possible while still being able to roll into tubes. Roll into tubes and place the rolled enchiladas in the casserole dish (in the sauce) folded side down. Repeat until you've used all the tortillas. Distribute any leftover filling around the rolled tortillas in the dish. Top everything with the remaining sauce and then the remaining cheese. Bake until the cheese is melted and starts to brown, about 16 to 18 minutes. Remove from the oven and let rest for 5 minutes.

### 5. Put it all together

Serve the enchiladas and extra enchilada filling topped with the **Pineapple Lime Salsa**. Enjoy!

Instructions for two servings.

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

# Orleans Blackened Salmon Tacos

Omega-3 rich salmon is coated with our Cajun seasonings then paired with creamy pineapple coleslaw, corn and cheese, and wrapped in warm tortilla. Fast, fantastic and full of flavor.

**20** *Minutes to the Table*

**20** *Minutes Hands On*

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

Mixing Bowl  
Large Skillet

### FROM YOUR PANTRY

1 Tbsp Flour  
Olive Oil  
Salt & Pepper

### 6 MEEZ CONTAINERS

Cabbage & Carrots  
Coleslaw Dressing  
Cajun Seasoning  
Salmon  
Tortillas  
Cheese & Corn

## Good To Know

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

**Health snapshot per serving** – 730 Calories, 24g Fat, 47g Protein, 86g Carbs, 17 Freestyle Points.

**Lightened-up health snapshot per serving** – 620 Calories, 21g Fat, 67g Carbs, 13 Freestyle points by using 2 tortillas per serving and two-thirds of the coleslaw 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:** Salmon, Corn Tortillas, Carrots, Green Cabbage, Red Cabbage, Corn, Mayonnaise, Brown Sugar, Cajun Seasoning, Cotija, White Wine Vinegar, Pineapple, Lemon Juice, Cilantro, Garlic, Black Pepper

*meez* meals

### 1. Make the Coleslaw

Combine the **Cabbage & Carrots** and **Coleslaw Dressing** in a large mixing bowl and toss. Place in the refrigerator until ready to eat.

### 2. Season and Cook the Salmon

Combine **Cajun Seasoning** with 1 Tbsp of flour on a plate. Coat the **Salmon** on all sides with the seasoning and then let it sit in the flour/seasoning mix for 2 minutes. Give the salmon a second coat.

Heat 2 Tbsp of olive oil in a large skillet over medium-high heat. When the oil is hot, add the salmon and cook until the seasoning is blackened and slightly crispy, about 4 minutes. Flip, and the other side until it is also blackened, about 4 additional minutes. Remove from the heat and let rest for 5 minutes. Wipe out the skillet.

### 3. Heat the Tortillas and Serve

While the salmon is resting, heat the **Tortillas** in the now-empty skillet over medium-high heat, about 30 seconds per side.

Use a fork to flake the salmon into bite-sized pieces. Fill the warm tortillas with the flaked salmon and top with the coleslaw and **Cheese & Corn**. Enjoy!

*The fish absorbs the seasoning as it sits, which adds tons of flavor.*

*The seasoning gets very dark as it cooks, so don't worry if it starts to blacken, it's supposed to be that way.*

Instructions for two servings.

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

# Veggie Pakoras with Mango Drizzle

We love pakoras, those Indian vegetable fritters that star in so many of our favorite restaurant meals. This week we're elevating them with the addition of kale tossed in a yogurt raita and a delicious mango drizzle.

20 Minutes to the Table

20 Minutes Hands On

1 Whisk Super Easy

## Getting Organized

### EQUIPMENT

- Large Baking Sheet
- Mixing Bowl
- Large Skillet

### FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper
- Egg (1)
- Milk (1/3 cup)
- Butter (3 Tbsp)

### 5 MEEZ CONTAINERS

- Kale
- Yogurt Sauce
- Pakora Mix
- Corn, Peas & Green Onion
- Mango Drizzle

## Add Protein Instructions

**Integrate into recipe:** Prior to step 4, cook the protein (per instructions below) and serve alongside the pakoras.

**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** – 440 Calories, 15g Protein, 14g Fat, 67g carbs, 14 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: Kale, Yogurt, Flour, Rice Flour, Corn, Peas, Green Onion, Mango, Garlic, Cilantro, Ginger, Baking Powder, Turmeric, Fennel, Cumin, Tamarind, Lime, Mustard, Cream, White Pepper, Brown Sugar, Kosher Salt, Mint.

meez meals



## 1. Get Organized

Preheat your oven to 425.

## 2. Roast the Kale

Arrange the **Kale** in a single layer on a large baking sheet and drizzle with olive oil, salt and pepper. Bake until the edges start to get crispy, about 12 to 15 minutes. Remove from the oven and add the **Yogurt Sauce** to the kale on the baking sheet. Mix well, then transfer directly to serving plates.

## 3. Make the Pakora Batter

While the kale is roasting, crack 1 egg into a large mixing bowl and whisk. Melt 1 Tbsp butter in the microwave or on the stove and add to the large mixing bowl along with 1/3 cup milk. Add the **Pakora Mix** and the **Corn, Peas & Green Onion**. Gently stir until all the ingredients are mixed together. (Avoid overworking the batter.)

## 4. Cook the Pakoras

Melt 2 Tbsp of butter in a large skillet over medium high heat. When the butter is melted, ladle the batter into the skillet using a measuring cup, forming a fritter about 3" in diameter and about 1/2" thick. You should have 3 fritters per serving.

Cook until the pakoras fritters are golden brown, about 3 to 4 minutes per side.

## 5. Put It All Together

Serve the pakoras on top of the kale and top with a generous helping of the **Mango Drizzle**. Enjoy!

*If you have a large microwave-safe glass bowl, melt the butter in it, then add the egg and other ingredients.*

Instructions for two servings.

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

# Sweet & Spicy Brazilian Chicken

40 Minutes to the Table

20 Minutes Hands On

1 Whisk Super Easy

The flavors of Brazil come together in this easy one-pot dinner. With coconut milk, paprika, cumin, coriander, and cilantro, this baked chicken and rice recipe packs a sweet and spicy flavor that we love. We finish it with a passion fruit coulis that sends it over the top.

## Getting Organized

### EQUIPMENT

Large Oven-Safe  
Skillet

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 6 MEEZ CONTAINERS

Chicken Breast  
Seasoned Vegetables  
Basmati Rice  
Spiced Coconut Milk  
Spinach  
Passion Fruit Coulis

## Make The Meal Your Own

**Leftovers from this dish** make a delicious next-day lunch. If you plan to save some for a later meal, reserve a bit of the spiced coconut sauce to moisten the rice when you reheat it.

If you ordered the **Carb Conscious version**, we sent you cauliflower "rice" instead of the basmati rice, reducing the **carbs per serving to 34g**. Prior to step 4, heat 1 Tbsp olive oil in a large skillet over high heat. Sauté the cauliflower "rice" until it starts to brown, about 2 to 3 minutes. Remove from the heat and set aside. Use in place of the rice in step 4 and **DO NOT** add the water and only cook in the oven for 10 to 15 minutes (checking on the level of the liquid periodically).

## Good To Know

**Don't have an oven-safe skillet?** Transfer the rice to a large casserole dish when it's time to bake.

**Health snapshot per serving** – 590 Calories, 45g Protein, 41g Carbs, 26g Fat, 17 Freestyle Points

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

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cooking video



INGREDIENTS: Chicken Breast, Basmati Rice, Spinach, Onion, Carrot, Celery, Tomato, Coconut Milk, Passion Fruit, Chicken Stock, Garlic, Cilantro, Coriander, Cumin, Turmeric, Annatto Powder, Cayenne, Paprika, White Pepper, Honey.

meez meals

## 1. Getting Organized

Preheat your oven to 375.

## 2. Sear and Prep the Chicken

Pat dry the **Chicken Breast** and generously sprinkle 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 oil in a large, oven-safe skillet over high heat. Place the chicken in the skillet and let sit undisturbed until the outside starts to lightly brown, about 1 minute. Flip the chicken breast and repeat for the other side, about 1 minute.

Remove the chicken from the skillet and set aside. place on a cutting board and let rest for about 5 minutes. Do not wipe out pan. When the chicken is done resting, using a sharp knife, cut the chicken breast lengthwise into long strips, about ¼" wide. Rotate the chicken breast 90 degrees and then cut across to create small, even cubes of chicken.

## 3. Cook the Seasoned Vegetables

While the chicken is resting, add the **Seasoned Vegetables** to the now-empty skillet over medium-high heat and cook until the vegetables are soft and fragrant, 3 to 5 minutes.

## 4. Bake the Chicken and Rice

Add the **Basmati Rice, Spiced Coconut Milk** (the larger of the two yellow liquids) and ½ cup of water to the seasoned vegetables. Stir well and bring to a boil. Add the seared chicken and cover (if your skillet doesn't have a lid, use aluminum foil) then bake until the rice is tender and the water has been absorbed, about 25 minutes.

Check at 20 minutes for the water level. If the rice isn't fully cooked once the water has been absorbed, you can add a little more water and continue cooking until the rice is tender. Once the rice is to your liking, turn the oven off, remove the skillet and stir in the **Spinach** so that it is completely mixed into the rice. Cover and let sit for an additional 5 minutes.

## 5. Put It All Together

Drizzle the entire dish with the **Passion Fruit Coulis** (the smaller of the two yellow liquids) and enjoy!

*The chicken will not be cooked at this point. You will finish it in the oven.*

Instructions for two servings.

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

# Smashed Italian Meatball Sliders

Fluffy, mini burger buns stuffed with smashed Italian spiced meatballs, caramelized onions, and melted provolone cheese. Served up with a classic Italian antipasto salad, it's a delicious dinner that comes to the table in a snap.

**20** Minutes to the Table

**20** Minutes Hands On

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

Large Skillet with  
Cover  
Saucepan

### FROM YOUR PANTRY

Olive Oil

### 6 MEEZ CONTAINERS

Onions  
Slider Buns  
Provolone Cheese  
Slider Sauce  
Italian Meatballs  
Antipasto Salad

## Good to Know

If you ordered the **Carb Conscious version**, we sent you red peppers instead of the Slider Buns, reducing the **carbs per serving to 34g**. In Step 1, include both the red peppers and onions in the skillet with 1½ Tbsp olive oil and cook until seared, about 5 to 6 minutes. Transfer the peppers and onions to serving dishes and continue starting with step 3.

**Health Snapshot per Serving-** 1240 Calories, 57g Protein, 81g Carbs, 80g Fat, 44 Freestyle Points

**Lightened-up Health Snapshot per Serving-** 860 Calories, 41g Protein, 52g Carbs, 56g Fat, 30 Freestyle Points, by eating the sliders open face and using half of the cheese and sauce.

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

INGREDIENTS: Beef Meatballs, Slider Buns, Yellow Onion, Provolone, Tomato, Zucchini, Red Onion, Banana Peppers, White Wine Vinegar, Green Onion, Parmesan, Mayonnaise, Black Olives, Kalamata Olives, Worcestershire Sauce, Dijon Mustard, White Balsamic Vinegar, Basil, Parsley, Garlic, Black Pepper, Oregano, Thyme, Sugar

meez meals

### 1. Caramelize the Onions

Heat 1 Tbsp olive oil in a saucepan over medium heat. Add the **Onions** and cook, stirring occasionally, until they are brown and caramelized, about 10 minutes.

*Make sure the heat isn't too high when caramelizing the onions, otherwise they will immediately sear.*

### 2. Toast the Buns

While the onions are caramelizing, heat 1 Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, add the bottom **Slider Buns**, cut sides down, and toast until golden brown, about 2 minutes. Remove from the pan and add just enough of the **Provolone Cheese** to just barely cover each bun (about ¼ of the cheese). Toast the top buns and remove from the skillet. Spread all with an even layer of the **Slider Sauce** and set aside.

### 3. Cook the Meatballs and Cheese

Return the now-empty skillet to the stove over medium-high heat and add the **Italian Meatballs**. Heat until they start to brown, about 4 to 5 minutes. Arrange the meatballs in six groups of 3 meatballs each with their edges touching, then flatten them with a fork or spatula to form one "meatball patty." Add the remaining cheese on top of each patty (group of 3 meatballs) and cover the skillet. Heat until the cheese is completely melted, about 3 minutes.

*The Italian Meatballs are fully cooked when they arrive to you.*

### 4. Put It All Together

Use a large spatula to transfer (one at a time) each of the six meatball and melted cheese patties to their own slider bun bottom. Top each with the caramelized onions and the bun tops.

*Add the provolone from edge-to-edge on the flattened meatballs to hold them together as one "meatball patty."*

Serve the sliders with the **Antipasto Salad** on the side. Enjoy!

Instructions for two servings.

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

## Peruvian Shrimp Causa

New to causas? Think mashed potatoes with a South American flair. We're making ours with Ancho Chili shrimp and citrus-marinated vegetables for a flavor-packed dinner that's easy enough for any night of the week.

**30** *Minutes to the Table*

**20** *Minutes Hands On*

**1 Whisk** *Super Easy*

### Getting Organized

#### EQUIPMENT

Large Saucepan & Lid  
Large Skillet  
Large Mixing Bowl  
Small Bowl

#### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

#### 6 MEEZ CONTAINERS

Potatoes  
Poblanos & Onions  
Shrimp  
Ancho Chili Mayo  
Cucumber, Tomatoes &  
Peppers  
Citrus Marinade

### Good to Know

If you ordered the **carb conscious version** we sent you yellow squash instead of the potatoes reducing the **carbs per serving to 29g**. Skip step 1. Prior to step 2. Heat 1 Tbsp olive oil in a large skillet over medium high heat. When the oil is hot, sauté the yellow squash until it starts to char and becomes soft enough to mash, about 4 to 5 minutes. Place in a mixing bowl and mash with a large spoon or potato masher until they are the consistency of lumpy mashed potatoes. Continue with step 2. starting with sauteing the Poblanos & Onions. Use the squash in place of the potatoes at the end of step 2.

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

**Health Snapshot per serving-** 510 Calories, 31g Protein, 26g Fat, 43g Carbs, 12 Freestyle points

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

INGREDIENTS: Shrimp, Potatoes, Red Onions, Poblano Peppers, Mayonnaise, Persian Cucumbers, Yellow Peppers, Tomatoes, Lime, Ancho Chili, Maple Syrup, Cilantro, Ginger, Jalapeño.

meez meals

### 1. Get Organized

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

### 2. Make the Mashed Potatoes

Add the **Potatoes** to the boiling water. Reduce the heat to medium high, cover, and cook at a low boil until potatoes are fork tender, about 10 to 12 minutes. Remove from the heat, drain the potatoes and place back into saucepan. Mash with a large spoon or potato masher until they are the consistency of lumpy mashed potatoes.

While the potatoes are cooking, heat 1 Tbsp olive oil in a large skillet over medium heat. When the oil is hot, add the **Poblanos & Onions** with a sprinkle of salt and pepper. Sauté until the onions start to char, about 4 to 5 minutes. Turn off the heat and set aside until the potatoes are mashed. Once the potatoes are mashed, add the cooked poblanos & onions. Mix and set aside, covered, until Step 4.

### 3. Cook the Shrimp

Heat 1 Tbsp olive oil in the now-empty skillet over medium high heat. Pat dry and lightly salt & pepper the **Shrimp**. Cook for a minute on each side until they are opaque and no longer grey in color. Remove the shrimp and transfer to a cutting board. Cut the shrimp in half and mix with the **Ancho Chili Mayo** in a small bowl.

### 4. Make the Citrus Marinated Vegetables

Combine the **Cucumbers, Tomatoes & Peppers** and the **Citrus Marinade** in a large mixing bowl.

### 5. Put It All Together

Serve the ancho chili shrimp over the mashed potatoes and top with the citrus marinated veggies. Enjoy!

Instructions for two servings.

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

# Toasted Gnocchi with Asparagus and Edamame

Farmers' markets are bursting with asparagus, and we're celebrating its season by pairing it with peas and edamame. We sauté them with just enough cream and Parmesan to add some richness, then serve them over toasted gnocchi. The result is fresh, filling and downright delicious. Dinner doesn't get much better than that.

**25** Minutes to the Table

**10** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized

### EQUIPMENT

Large Skillet  
Rimmed Baking Sheet

### FROM YOUR

### PANTRY

Olive Oil  
Salt & Pepper

### 6 MEEZ CONTAINERS

Potato Gnocchi  
Peas &  
Edamame  
Asparagus  
Lemon  
Cream Sauce  
Parmesan

## Add Protein Cooking 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 serve alongside the gnocchi.

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

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

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

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

## Good To Know

**Health snapshot per serving** – 640 Calories, 13g Fat, 34g Protein, 788mg Sodium, 16g Fiber, 18 Smart Points.

**If you're making the vegan version**, we've left the cream and Parmesan out of your meal. The result is a light, bright meal that we love. Just use a little extra olive oil as you cook.

**If you're making the gluten-free version**, we've given you gluten-free gnocchi. Check it after 12 to 15 min. because it cooks a bit faster than regular gnocchi.

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



INGREDIENTS: Asparagus, Potato Gnocchi, Edamame, Peas, Heavy Cream, Lemon, Parmesan Cheese

meez *meals*



### 1. Get Organized

Preheat your oven to 400.

### 2. Toast the Gnocchi

Place the **Potato Gnocchi** on a rimmed baking sheet and drizzle with olive oil, salt and pepper. Toss, then arrange in a single layer and bake until the gnocchi is slightly crunchy on the outside, about 16 to 18 minutes, stirring once after 10 minutes of cooking. Remove from the oven and set aside until step 5.

### 3. Sauté the Vegetables

Heat 1 Tbsp olive oil in a large skillet over medium high heat. Add the **Peas & Edamame** and cook for 3 minutes. Add the **Asparagus** and cook until it turns bright green and starts to char, about 5 minutes. Remove from the skillet and set aside. Wipe out the skillet.

### 4. Create the Sauce

Cut the **Lemon** in half and squeeze the juice from one half into the pan. Add the other half of the lemon to the now-empty skillet, cut-side-down. Add the **Cream Sauce, Parmesan** and the toasted gnocchi, stir and heat the contents of the skillet over medium high heat until warmed throughout, about 2 to 3 minutes.

### 5. Put It All Together

Serve the gnocchi alongside the veggies and squeeze a little bit of lemon juice over top . Enjoy!

Instructions for two servings.

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