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*Vietnamese Pulled Pork  
Bao Buns*

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**15 Min**      **15 Min**      **1 Whisk**  
to Table      Hands      Super  
On              Easy

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**Getting Started**

Heat olive oil in a large skillet.

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**From Your Pantry**

You'll need olive oil, salt & pepper

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*Pakistani Chukandar Chicken  
& Warm Naan*

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**20 Min**      **20 Min**      **1 Whisk**  
to Table      Hands      Super  
On              Easy

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**Getting Started**

Heat 1 Tbsp of olive oil in a large skillet.

---

**From Your Pantry**

You'll need olive oil, salt and pepper

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# Quick Tips



*Parmesan Panzanella Salad with  
Strawberry Poppy Seed Dressing*

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**10 Min**      **10 Min**      **1 Whisk**  
to Table      Hands      Super  
On              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 some olive oil, salt and pepper.

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*Black Bean Quesadilla*

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**20 Min**      **5 Min**      **1 Whisk**  
to Table      Hands      Super  
On              Easy

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**Getting Started**

Preheat your oven to 400.

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**From Your Pantry**

You'll need olive oil.

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*Steak with Garlic Pan Sauce  
and Warm Potato Salads*

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**35 Min**      **15 Min**      **1 Whisk**  
to Table      Hands      Easy  
On

---

**Getting Started**

Preheat your oven to 425.

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**From Your Pantry**

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

---

*Balsamic Glazed Chicken  
Caprese Pasta*

**20 Min**  
to Table

**10 Min**  
Hands  
On

**1 Whisk**  
Easy

**Getting Started** Put a saucepan of water on to boil.

**Meal Tip** This dish is delicious served cold.

*Toasted Gnocchi with  
Asparagus and Edamame*

**25 Min**  
to Table

**10 Min**  
Hands  
On

**1 Whisk**  
Super  
Easy

**Getting Started** Preheat your oven to 375.

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

**Omnivore Option** Tilapia is a great choice.

*Salmon with Dill Butter  
& Crispy Leeks*

**30 Min**  
to Table

**30 Min**  
Hands  
On

**2 Whisks**  
Easy

**Getting Started** Preheat oven to 425.

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

*Salmon with Lemon and Asparagus*

**25 Min**  
to Table

**25 Min**  
Hands  
On

**2 Whisks**  
Easy

**Getting Started** No pre-work needed.

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

**Speed Tip** Cook the asparagus and salmon at the same time.

*Red Pepper Shrimp  
with Feta and Orzo*

**15 Min**  
to Table

**15 Min**  
Hands  
On

**1 Whisk**  
Super  
Easy

**Getting Started** Bring a saucepan of water to boil.

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

*Vegetarian Bi Bim Bap*

**40 Min**  
to Table

**30 Min**  
Hands  
On

**2 Whisks**  
Easy

**Meal Tip** Add the Gochujang to get your spicy just right.

**Getting Started** Preheat your oven to 425 and put a saucepan of water on to boil

**From Your Pantry** You'll need olive oil, salt, pepper and one egg per serving.

# Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Steak with Garlic Pan Sauce and Warm Potato Salad	750	35	53	39 CC 35	6	420	14	24	30% Vitamin C	15% Vitamin A
(use 1/2 the dressing, & 2/3 of the nuts)	620		38					19		
Pakistani Chukandar Chicken & Warm Naan	620	53	21	55 CC 37	7	990	22	11	20% Vitamin C	15% Vitamin A
Vegetarian Bi Bim Bop	410	23	14	51	8	636	x	12	221% Vitamin A	61% Vitamin C
Salmon with Dill Butter & Crispy Leeks	610	39	37	32 CC 17	5	210	x	13	185% Vitamin A	98% 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
Balsamic Glazed Stuffed Chicken Breasts	900	60	42	81	6	1220	39	26	110% Vitamin B6	100% Vitamin A
(use 2/3 of the panko, cheese, cranberries, pecans, and glaze)	690		30					18		

# Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Black Bean Quesadilla	720	26	40	70	12	1224		18	46% Calcium	17% Vitamin C
½ the tortillas and two-thirds of the cheese	525		32					12		
Toasted Gnocchi with Asparagus & Edamame	640	34	13	93	16	788		18	39% Vitamin A	59% Vitamin C
Vietnamese Pulled Pork Bao Buns	830	45	13	129	8	2470	40	25	181% Calcium	32% Vitamin A
(Use 3/4 of the sauce, and only 2 bao buns)	590		32					18		
Salmon with Lemon & Asparagus	511	39	26	21	6	1490	x	13	18% Vitamin B-6	0% Vitamin B12
Parmesan Panzanella Salad with Strawberry Poppy Seed Dressina	620	14	44	49 CC 35	9	890	14	22	70% Vitamin A	20% Calcium
Add a Protein	220	41	5	0	0	85	0	3	90% Vitamin B6	4% Iron
All-Natural Chicken Breast	220	30	10	0	0	75	0	5	10% Iron	10% Potassium
Bistro Chateau Steak	220	35	0	0	0	130	0	4	60% Vitamin B6	15% Potassium
Add a Protein	120	28	0.5	0	0	170	0	1	8% Potassium	4% iron

# Health Snapshot

<b>Recipe</b>	<b>Calories</b>	<b>Protein</b> (grams)	<b>Fat</b> (grams)	<b>Carbs</b> (grams)	<b>Fiber</b> (grams)	<b>Sodium</b> (milligrams)	<b>Sugar</b> (grams)	<b>Smart Points</b>	<b>Key Vitamins/Minerals</b> (% of rcmndd daily)	
Flourless Chocolate Cake	370	5	16	32	2	130	18	18	20% Iron	10% Vitamin A
Tiramisu for Two	290	5	15	35	1	40	29		6% Calcium	2% Iron
Molten Chocolate Cake	520	7	31	54	3	360		28	30% Iron	4% Vitamin A
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.*

# Steak with Garlic Pan Sauce and Warm Potato Salad

This steak dinner delivers classic comfort with a fresh twist. Seared steak is finished with a rich garlic-onion pan sauce, then paired with a warm potato salad loaded with roasted green beans, toasted walnuts, herbs, and a creamy lemon dressing. Hearty, balanced, and packed with flavor, it comes together with just 15 minutes of hands-on cooking.

**35** *Minutes to the Table*

**15** *Minutes Hands On*

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

Large Skillet  
Baking Sheet  
Large Mixing Bowl

### FROM YOUR PANTRY

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

### MEEZ CONTAINERS

Red Potatoes  
Green Beans  
Steak  
Pan Sauce Starter  
Potato Salad Dressing  
Toasted Walnuts

## Good to Know

If you ordered the **Carb Conscious version** we sent you carrots instead of the potatoes, reducing the **carbs per serving** to **33g**. Use the carrots in place of the potatoes in steps 1. and 5.

**Health snapshot per serving** – 780 Calories, 53g Fat, 39g Carbs, 36g Protein, and 24 Freestyle Points.

**Lightened-up health snapshot per serving** – 620 Calories, 38g Fat, 33g Carbs, and 19g Freestyle Points, by using half of the dressing and two-thirds of the nuts in step 5.

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

INGREDIENTS: Steak, Red Potatoes, Green Beans, Beef Au Jus, White Wine, Walnuts, Mayonnaise, Yellow Onion, Celery, Golden Raisins, Parsley, Green Onion, Garlic, White Balsamic Vinegar, Lemon, Parmesan, Smoked Paprika

meez *meals*

### 1. Get Organized

Preheat the oven to 425.

### 2. Roast the Potatoes and Green Beans

Slice the **Red Potatoes** into quarters (wedges) and add to a baking sheet. Toss with olive oil, salt and pepper and then arrange in a single layer on one half of the sheet. Bake for 15 minutes.

When the potatoes have been roasting for 15 minutes, remove the baking sheet from the oven, add the **Green Beans** to the other half, then drizzle with olive oil and sprinkle with salt and pepper. Return the baking sheet to the oven and cook until the potatoes are golden brown and both are fork tender, about 10 to 15 minutes. Set aside until step 5.

### 3. Cook the Steak

Once both the potatoes and green beans are cooking, heat 1 Tbsp olive oil in a large skillet over high heat. Pat dry the **Steak** and season both sides with salt and pepper. Cook until the bottoms char and sides start to brown, about 3 to 4 minutes. Flip and continue to cook for another 3 minutes if you prefer the steak medium-rare. (Cook for 4 minutes for **medium** and 5 to 6 for **well done**). Remove from the skillet and allow to rest for 5 minutes. Do not wipe out the skillet.

### 4. Create the Pan Sauce

Return the now-empty skillet to the stove over medium-high heat. Add the **Pan Sauce Starter** to and bring to a boil. Reduce the heat to medium-low and simmer until the liquid has reduced by about half, around 5 minutes. Remove from the heat and stir in 2 Tbsp of butter.

### 5. Put It All Together

Combine the roasted potatoes and green beans, **Potato Salad Dressing** and the **Toasted Walnuts** in a large mixing bowl and stir well. Serve the steak topped with the pan sauce alongside the warm potato salad. Enjoy!

*The steak  
juices  
combine with  
the pan sauce  
starter to  
create  
maximum  
flavor.*

Instructions for two servings.

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

# Pakistani Chukandar Chicken with Warm Naan

20 Minutes to the Table

20 Minutes Hands On

1 Whisk *Super Easy*

This dinner is all about bold flavor without feeling intimidating. All-natural chicken breast is combined with a Pakistani beet and tomato cream sauce spiced with cumin, coriander, turmeric, and fenugreek, giving it deep warmth and richness. Finished with cool cucumber mint crema and served with warm naan for scooping, it's comforting, flavorful, and ready in just 20 minutes.

## Getting Organized

### EQUIPMENT

Large Skillet

### FROM YOUR PANTRY

Olive Oil

Salt & Pepper

### 5 MEEZ CONTAINERS

Naan Bread

Chicken Breast

Beets & Onions

Chukandar Sauce

Cucumber Mint Crema

## Good to Know

If you ordered the **Carb Conscious version**, we sent you cauliflower "Rice" instead of the Naan Bread, reducing the **carbs per serving to 37g**. Instead of toasting the Naan in step 2, sauté the cauliflower with olive oil, salt and pepper over medium-high heat until it starts to brown, about 3 to 4 minutes. Remove from the skillet and serve under the chicken, veggies and sauce.

**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** – 620 Calories, 21g Fat, 55g Carbs, 53g Protein, and 11 Freestyle Points.

SCAN QR CODE  
to view YouTube  
cooking video



INGREDIENTS: Chicken Breast, Naan, Tomato, Beets, Sour Cream, Yellow Onion, Cream, Cucumber, Garlic, Ginger, Apple Cider Vinegar, Lime, Cilantro, Brown Sugar, Tomato Paste, Mint, Cumin, Salt, Coriander, Turmeric, Fenugreek.

meez  meals

### 1. Cook the Chicken

Heat 1 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 crisp and brown, about 5 minutes. Flip, then cook until brown on the second side, about 4 to 5 additional minutes. Transfer the chicken to a cutting board and let rest for 5 minutes. Once the chicken has rested, slice into ½" strips. Wipe out the skillet.

### 2. Toast the Naan

Return the now-empty skillet to the stove over medium-high heat. Brush the **Naan Bread** with olive oil and sprinkle with salt and pepper. When the skillet is hot, toast the naan bread until it is warm and starts to brown, about 1 to 2 minutes. Flip and repeat for the other side. Remove from the skillet and set aside. Do not wipe out the skillet.

### 3. Cook the Veggies & Sauce

Heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. When the oil is hot, add the **Beets & Onions** with a sprinkle of salt and pepper. Cook, stirring occasionally, until the beets soften and onions are soft and start to brown, about 6 to 7 minutes. Add the **Chukandar Sauce** (the one that is darker in color) and stir well. Lower the heat to low and continue to cook until the sauce has warmed through and the beets are tender, an additional 3 to 4 minutes. Turn off the heat and stir in the sliced chicken.

### 4. Put It All Together

Serve the chicken, beets, and sauce topped with the **Cucumber Mint Crema**. Tear off pieces of naan bread to scoop up what you can't get with a fork. Enjoy!

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.

SCAN QR CODE  
to view YouTube  
cooking video



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**

# Salmon with Dill Butter & Crispy Leeks

This is one of those great dishes that tastes fancy but is super simple to make. With roasted red potatoes, fresh kale, crispy leeks and dill butter, this is the salmon dinner you've been craving.

**30** *Minutes to the Table*

**30** *Minutes Hands On*

**2 Whisk** *Easy*

## Getting Organized

### EQUIPMENT

- 2 Baking Sheets
- Large Skillet
- Mixing Bowl

### FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper

### 5 MEEZ CONTAINERS

- Red Potatoes
- Salmon
- Kale
- Dill Butter
- Leeks

## Make The Meal Your Own

If you ordered the **Carb Conscious version**, we sent you cauliflower instead of the red potatoes, reducing the **carbs per serving** to **17g**. In Step 3, toss the cauliflower as described for the kale, place on a baking sheet and cook until it starts to brown, about 8 to 10 minutes. Place next to kale on serving plates.

If your food preferences meant we didn't send you the butter, combine the dill packet with some olive oil and drizzle on top of the salmon.

## Good To Know

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

**Health snapshot per serving** – 610 Calories, 37g Fat, 32g Carbs, 39g Protein and 13 Freestyle Points

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

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



INGREDIENTS: Salmon, Potato, Kale, Leek, Butter, Garlic, Dill.

meezmeals

### 1. Getting Organized

Preheat the oven to 425.

### 2. Prepare the Potatoes

Slice the **Red Potatoes** in half the long way (so you have two long but skinny halves). Place the sliced potatoes in a bowl and toss with a light drizzle olive oil, salt, and pepper. Spread the potatoes face down on a baking sheet and cook for 15 minutes. Turn the baking sheet and cook until the potatoes are golden brown, and the bottoms are slightly crispy, about an additional 5 to 6 minutes, for a total cook time of around 20 minutes.

### 3. Roast the Kale

While the potatoes are cooking, put the **Kale** in the now-empty mixing bowl and drizzle with a bit more olive oil. Toss, and spread the kale on a second baking sheet. When you turn the potatoes (after 15 minutes of cooking) place the kale in the oven and cook until it softens and begins to get crispy, about 5 to 6 minutes.

When done, remove both the potatoes and kale from the oven and place them directly onto serving plates with the kale in the center and the potatoes on the side.

### 4. Cook the Salmon

While the kale is cooking, dry the **Salmon** and generously season with salt and pepper (we use ¼ tsp salt and ¼ tsp pepper, so use about half per side, or more if you like). Heat 2 Tbsp of oil in a skillet over medium-high heat. When the oil is hot, put the salmon in skillet and cook until it turns brown, about 3 minutes. Flip, and cook the other side until brown, 3 additional minutes. Remove the salmon from the heat and place it on top of the kale. Do not wipe out the pan.

Top the salmon with the **Dill Butter** to melt as the salmon rests.

### 5. Put It All Together

Heat the now-empty skillet over medium-high heat and add the **Leeks**. Sprinkle very lightly with pepper (not salt) and sauté until they start to brown, about 3 to 4 minutes. Place the leeks on top of the salmon. Enjoy!

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.

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



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.*

# Balsamic-Glazed Stuffed Chicken Breasts

What's better than chicken breasts stuffed with goat cheese, cranberries and pecans? Balsamic-glazed, lightly-breaded chicken breasts stuffed with goat cheese, cranberries and pecans. With a crazy-good panko-cruste butternut squash, this dinner is truly restaurant worthy.

**40** *Minutes to the Table*

**20** *Minutes Hands On*

**2 Whisks** *Easy*

## Getting Organized

### EQUIPMENT

- 2 Baking Sheets
- Meat Mallet (or Small Pot)
- 2 Mixing Bowls

### FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper
- Eggs (one per serving)

### 7 MEEZ CONTAINERS

- Seasoned Panko
- Butternut Squash
- Goat Cheese & Chives
- Cranberries & Pecans
- Chicken Breast
- Toothpicks
- Balsamic Glaze

## Make The Meal Your Own

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

## Good To Know

**Health snapshot per serving** –900 Calories, 42g Fat, 60g Protein, 81g Carbs, 26 Freestyle Points.

**Lightened-up Health snapshot per serving** – 690 Calories, 30g Fat, 58g Carbs, 18 Freestyle Points by using two-thirds of the Seasoned Panko, Cranberries & Pecans, Goat Cheese, and Balsamic Glaze.

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

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



INGREDIENTS: Chicken Breast, Butternut Squash, Goat Cheese, Panko Breadcrumbs, Pecorino Romano, Balsamic Vinegar, Brown Sugar, Heavy Whipping Cream, Sour Cream, Cream Cheese, Pecans, Cranberries, Chive, Paprika, Kosher Salt, Parsley, White Pepper, Oregano

meez *meals*

### 1. Get Organized

Preheat the oven to 400. Line a baking sheet with parchment paper or lightly brush with oil.

### 2. Roast the Butternut Squash

Melt 2 Tbsp of butter and combine with 3 Tbsp of **Seasoned Panko** in a large mixing bowl. Toss with the **Butternut Squash** and spread in a single layer on the baking sheet. Bake until the squash is tender and golden brown, about 20 to 25 minutes.

### 3. Stuff the Chicken

While the squash is roasting, mix the **Goat Cheese & Chives** and the **Cranberries & Pecans** in a second mixing bowl.

Very loosely wrap each **Chicken Breast** in plastic wrap and place on a cutting board. Pound it until it starts to spread, using a meat tenderizer (mallet) or bottom of a small pot. Flip the chicken over and continue to pound until it is less than 1/4" thick and has doubled in size.

Unwrap the chicken and place half the goat cheese mix down the middle of one of the chicken breasts lengthwise. Position the breast with the wide end facing you (imagine a piece of paper in landscape mode) on the cutting board and tightly roll away from your body. Secure the stuffed breast with three of the **Toothpicks**. Repeat for each breast.

### 4. Bread and Cook the Chicken

Spread the remaining panko breading on a large plate. Whisk 2 eggs in a small bowl. Dip each stuffed breast into the eggs and then the panko. Press additional panko into the chicken, especially on top, to make sure it is well coated. Place the breaded chicken breasts on a second baking sheet and bake until the breading is golden brown and the chicken is fully cooked, about 20 to 25 minutes. Remove from the oven and let rest for at least 5 minutes, then remove the toothpicks.

### 5. Put It All Together

Serve the butternut squash alongside the stuffed breasts. Drizzle the chicken with a small amount of the **Balsamic Glaze** and add more to taste. Enjoy!

*You can melt the butter in a microwave safe dish or a small pan over low heat.*

*Don't be afraid to get your aggression out on the chicken! The flatter the better.*

*Use a meat thermometer to ensure the inside of the chicken is at least 155 degrees before removing from the oven. It will continue to cook while resting.*

Instructions for two servings.

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

# Black Bean Quesadilla

Classic, simple and delicious. With Mexican-spiced corn and black beans, plenty of Chihuahua cheese and Jicama Salsa, this is what a quesadilla should be.

**20** Minutes to the Table

**5** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized

### EQUIPMENT

Baking Sheet

### FROM YOUR PANTRY

Olive Oil

### 4 MEEZ CONTAINERS

Tortillas

Spiced Corn &

Beans

Chihuahua

Cheese

Jicama Salsa

## Add Protein Cooking Instructions

**Integrate into recipe:** Prior to step 2, cook the protein (per instructions below). Slice the protein into strips (flake the salmon and cut shrimp in half) and layer into the quesadilla 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 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, 30g Protein, 32g Fat, 63g Carbs, 21 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: Flour Tortillas, Chihuahua Cheese, Corn, Black Beans, Jicama, Tomato, Red Onion, Red Radish, Cilantro, Queso Fresco, Sour Cream, Onion Powder, Cumin, Coriander, Garlic, Lime, Olive Oil.

*meez* meals

### 1. Getting Organized

Preheat your oven to 400.

### 2. Prep the Tortillas

Oil the baking sheet with 1 Tbsp of olive oil. Take one **Tortilla** and wipe it through the oil to coat one side. Repeat for the other tortilla, leaving them both on the baking sheet, oiled sides down.

### 3. Build the Quesadilla

Sprinkle half the **Spiced Corn & Beans** on the first tortilla then top with half the **Chihuahua Cheese**. Fold the tortilla over in half and press down to keep it closed, encasing the cheese, and corn & beans. Repeat for the second tortilla.

### 4. Put It All Together

Bake the quesadillas until the tops are golden brown, about 6 to 8 minutes. Flip and cook until the other side is also brown, another 3 to 5 minutes. Cut into wedges and serve with the **Jicama Salsa** on top. 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**

# 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

**SCAN QR CODE  
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 \***

# Parmesan Panzanella Salad with Strawberry Poppy Seed Dressing

Super fast, super summery, super delicious. This recipe has it all: savory parmesan-chive-butter sourdough crostini, toasted seasoned chickpeas, arugula, spinach, snap peas and cucumbers. It's a farm stand bounty tossed in our delicious signature Strawberry Poppy Seed Dressing.

10 Minutes to the Table

10 Minutes Hands On

1 Whisks *Super Easy*

## Getting Organized

### EQUIPMENT

- Large Skillet
- Large Mixing Bowl

### FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper

### 6 MEEZ CONTAINERS

- Seasoned Chickpeas
- Sourdough Bread
- Parmesan-Chive-Butter
- Spinach & Arugula
- Cucumbers & Snap Peas
- Strawberry Poppy Seed Dressing

## Add Protein

**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 tossed salad 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 ordered the **Carb Conscious version**, we sent you zucchini instead of the bread, reducing the **carbs to 35g per serving**. Instead of toasting the bread in Step 2, melt the Parmesan-Chive-Butter in the skillet and add the zucchini. Cook until it browns and starts to soften and serve in place of the sourdough crostini.

**Health Snapshot per serving** - 620 Calories, 44g Fat, 49g Carbs, 14g Protein, and 22 Freestyle Points.

SCAN QR CODE  
to view YouTube  
cooking video



INGREDIENTS: Sourdough Bread, Cucumbers, Garbanzo Beans, Snap Peas, Spinach, Arugula, Red Onion, Carrot, Vegetable Oil, Butter, White Wine Vinegar, Strawberry, Parmesan, Lemon, Garlic, Chive, Miso, Mustard, Poppy Seeds, Black Pepper, Lemon Pepper, Sugar, Kosher Salt, Cayenne Pepper

*meez* meals

**1. Toast the Seasoned Chickpeas**

Heat 1 Tbsp olive oil in a large skillet over high heat. When the oil is hot, add the **Seasoned Chickpeas** and cook, stirring occasionally, until browned and crispy, about 3 to 4 minutes. Remove from the skillet and set aside. Wipe out the skillet.

**2. Make the Parmesan-Chive-Butter Sourdough Crostini**

Cut the **Sourdough Bread** into 1/2" to 3/4" cubes. Melt the **Parmesan-Chive-Butter** in the now-empty skillet over medium-low heat. Add 1 Tbsp olive oil and the cubed bread and stir until the bread has soaked up the butter and oil. Continue cooking the bread cubes on medium-low heat, stirring occasionally, until golden brown and crispy, about 4 to 5 minutes.

**3. Assemble and Serve**

Combine the toasted chickpeas, **Spinach & Arugula**, and the **Cucumbers & Snap Peas** in a large mixing bowl. Toss with the **Strawberry Poppy Seed Dressing**.

Serve the tossed salad in bowls and top with the parmesan-chive-butter sourdough crostini.

Enjoy!

Instructions for two servings.

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

# Vietnamese Pulled Pork Bao Buns

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

**15** *Minutes to the Table*

**15** *Minutes Hands On*

**1 Whisk** *Easy*

## Getting Organized

### EQUIPMENT

1 Large Skillet

### FROM YOUR PANTRY

Olive Oil

Salt & Pepper

### 5 MEEZ CONTAINERS

Bao Buns

Pulled Pork

Vietnamese Hoisin  
Sauce

Pickled Veggies

Carrots & Green Onions

## Good to Know

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

**Lightened-up Health snapshot per serving** – 640 Calories, 10g Fat, 95g Carbs, 19 Freestyle Points by using two buns per serving and  $\frac{3}{4}$  of the sauce.

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

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



INGREDIENTS: Bao Bun, Pulled Pork, Rice Wine Vinegar, Hoisin Sauce, Red Onion, Radish, Carrot, Green Onion, Sugar, Jalapeño, Garlic, Lime, Ginger, Sambal, Cilantro, Fish Sauce, Salt

meez *meals*

### 1. Heat the Bao Buns

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

### 2. Heat the Pulled Pork

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

### 3. Put It All Together

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

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

Instructions for two servings.

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