

Cheesy Tomatillo Casserole

35 Min to Table	15 Min Hands On	1 Whisk Super Easy
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Omivore Option

Chorizo tastes great with this recipe.

Getting Started

Preheat your oven to 450.

Southwestern Salmon with Fresh Corn Salsa

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

No pre-work needed.

Meal Tip

Add your favorite grain to bulk the meal up.

Quick Tips



Asparagus Rice Bowl with Miso Mustard Vinaigrette

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

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

From your Pantry

You'll need olive oil, salt and pepper.

Chicken Lettuce Wrap with Peanut Sauce

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

Bring a saucepan of water to a boil.

From Your Pantry

You'll need a little Salt and Pepper

Espresso-Rubbed Steak with Au Gratin Sweet Potatoes

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

Preheat your oven to 425.

From Your Pantry

You'll need olive oil, salt and pepper.

Kung Pao Edamame with Udon Noodles

15 Min to Table	15 Min Hands On	1 Whisk Super Easy
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Getting Started	Bring a large pot of water to a boil.
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Omnivore Option	Shrimp is great in this dish.
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Shrimp Toast with Sesame-Miso Salad

15 Min to Table	15 Min Hands On	1 Whisk Super Easy
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Getting Started	Prepare the Sesame-Miso Salad and refrigerate.
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From Your Pantry	You'll need eggs, olive oil, salt and pepper.
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Nashville Hot Tofu Sliders

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

15 Min to Table	15 Min Hands On	1 Whisks Super Easy
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Getting Started	Mix olive oil and simmer sauce in a small bowl.
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From Your Pantry	You'll need olive oil, salt and pepper
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Creole Smothered Chicken & Andouille

20 Min to Table	20 Min Hands On	1 Whisk Easy
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Getting Started	Cut the Andouille Sausage in quarter moons.
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From Your Pantry	You'll need olive oil.
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Tilapia Milanese

20 Min to Table	20 Min Hands On	1 Whisk Super Easy
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Getting Started	Preheat your oven to 375.
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From Your Pantry	You'll need some olive oil, butter, salt and pepper.
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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 rcmnded daily)	
Tilapia Milanese	630	55	10	82	7	1280	9	11	45% Vitmin C	35% Iron
Chicken Lettuce Wrap with Peanut Sauce	550	66	24	26	6	466	8	12	148% Vitamin C	88% Vitamin A
Espresso-Rubbed Steak with Au Gratin Sweet Potatoes	978	45	59	70	7	2071		32	491% Vitamin A	79% Vitamin C
(2/3 of the finished potatoes)	694		35					20		
Kung Pao Edamame with Udon Noodles	465	18	21	49	10	469		14	184% Vitamin C	170% Vitamin A
Nashville Hot Tofu Sliders	980	34	50	104	10	1420	18	27	164% Calcium	59% Iron
(open face sandwich and 1/2 the aioli)	670		33					17		
Shrimp Toast with Sesame- Miso Salad	550	41	22	48	5	715	8	11	100% Vitamin C	64% Vitamin A
Chicken Shawarma	560	18	33	54	7	681	9	17	83% Vitamin A	331% Vitamin C
Southwestern Salmon with Fresh Corn Salsa	390	41	15	25	5	190	5	4	90% Vitamin D	140% Vitamin C
Creole Smothered Chicken & Andouille	650	75	27	32	5	937	6	10	207% Vitamin C	71% Vitamin A
Asparagus Rice Bowl with Miso Mustard Vinaigrette	330	7	11	55 CC38	7	151	26	10	154% Vitmain A	41% 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)	
Cheesy Tomatillo Casserole	330	13	6	60	13	281		10	14% Zinc	20% Iron
Oreo Mousse Pie	760	8	49	78	3	390	52		6% Calcium	6% Iron
Rockslide Brownie	550	5	35	56	2	230		31	25% Vitamin A	8% Calcium
THE Carrot Cake	540	6	34	49	2	440	36	13	6% Vitamin C	6% Calcium
Big Oatmeal Raisin Cookies	180	2	9	22	1	170		9	2% Calcium	4% 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.

Tilapia Milanese

A delicious Milanese dinner with tasty linguine pasta, crispy breaded tilapia, and a lemony buttery herb sauce. Our version is faster than you'd expect for such a restaurant-worthy dinner...ready in 20 minutes!

20 *Minutes to the Table*

20 *Minutes Hands On*

1 Whisks *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet
Saucepan
Large Mixing Bowl

FROM YOUR PANTRY

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

6 MEEZ CONTAINERS

Tomatoes
Linguine
Tilapia
Panko Breading
Garlic & Herbs
Lemon

Good To Know

Health snapshot per serving – 630 Calories, 10g Fat, 55g Protein, 82g Carbs, 11 Smart Points

Have questions? The dinner hotline is standing

INGREDIENTS: Tilapia, Tomatoes, Linguine, Panko, Pecorino Romano, Yellow Onion, Capers, Garlic, Lemon, Basil, Parsley, Paprika, Kosher Salt, Oregano, Black Pepper

meez *meals*

1. Getting Organized

Put a saucepan of water to boil.

2. Cook the Pasta

Add the **Linguini** to the boiling water with a generous sprinkle of salt. Cook until al dente, about 10 to 12 minutes. Drain well and set aside. Wipe out the saucepan.

3. Cook the Tilapia

While the pasta is cooking, pat dry the **Tilapia** and generously season with salt and pepper.

Spread the **Panko Breading** evenly on a large plate and put one piece of tilapia onto the breading. Press down to make sure the as much breading as possible adheres then repeat on the other side and remaining pieces.

Heat 1 Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, add the breaded tilapia to the pan and cook, without moving, until the bottom is brown, about three minutes. Flip and continue cooking until other side is brown as well, about 3 more minutes. Remove from the heat and set aside to rest for 5 minutes. Wipe out the skillet.

4. Cook the Tomatoes

Squish the **Tomatoes** in a zip lock plastic bag. Heat 1 tbsp olive oil in the now-empty skillet and when the oil is hot, add the squished tomatoes. Cook until they start to char, about 5 to 6 minutes. Turn off the heat and add the cooked pasta to the skillet. Set aside.

5. Make the Sauce

Melt 2 Tbsp butter in the saucepan used for the pasta over low heat. Add the **Garlic & Herbs** and cook until the garlic and capers just start to brown, about 1 to 2 minutes. Turn off the heat. Add 2 Tbsp olive oil and mix well. Spread about 2 Tbsp of the mixture on top of the cooked tilapia. Add the rest of the herb and butter mixture to the skillet with the pasta and tomatoes and stir.

6. Put It All Together

Serve the tilapia over the pasta and tomatoes. Squeeze lemon juice over the entire dish. Enjoy!

Instructions for two servings.

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

Chicken Lettuce Wrap with Peanut Sauce

Light and fresh, lettuce wraps make dinner fun. This week's recipe pairs chicken with rice noodles, bell pepper, zucchini and squash with our famous peanut sauce. Wrapped in a romaine lettuce, it's a light twist on dinner the whole family will love.

20 Minutes to the Table

20 Minutes Hands On

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Saucepan
Large Skillet
Mixing Bowl

FROM YOUR PANTRY

Salt & Pepper

6 MEEZ CONTAINERS

Chicken
Glass Noodles
Romaine Lettuce
Peanut Sauce
Fresh Veggies
Green Onions & Basil

Make the Meal Your Own

This dish is a little messy, so we suggest you embrace it and have a little fun. If you prefer, however you can **chop the romaine lettuce and create a salad** by tossing all the ingredients in a large mixing bowl.

Enjoy using your outdoor grill? The chicken in this dish will work perfectly when grilled outdoors to an internal temperature of 165 degrees.

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 – 550 Calories, 66g Protein, 24g Fat, 12 Smart Points.

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

INGREDIENTS: Chicken, Rice Noodles, Romaine Lettuce, Red Pepper, Zucchini, Yellow Squash, Green Onion, Basil, Peanut Butter, Garlic, Ginger, Vinegar, Tamari, Brown Sugar, Cayenne,

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1. Getting Started

Set a saucepan of water to boil.

2. 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 lengthwise into two and then create short strips, about ¼" to ½" wide and set aside.

3. Prepare the Noodles

Place the **Glass Noodles** in a mixing bowl and pour boiling water over the top. Let the noodles soak until they are soft, about 2 to 3 minutes. Drain well and set aside.

4. Put it all Together!

Spread the **Peanut Sauce** down the center of a **Romaine Lettuce** leaf. Add two or three chicken strips, then the glass noodles, **Fresh Veggies** and top with the **Green Onions & Basil**.

Repeat the process for additional romaine leaves. Enjoy!

You will need to boil enough water to completely submerge the glass noodles

Line everything up in the center of the romaine lettuce leaf. It helps keep everything inside when you take your first bite.

Instructions for two servings.

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

Espresso-Rubbed Steak with Au Gratin Sweet Potatoes

This week we're mixing up something really special with a chili and espresso rub that give the steak a zip that we fell in love with. The star, though, are our au gratin sweet potatoes, made with three cheeses and a breadcrumb crunch. Served with sautéed green beans, it's a restaurant worthy recipe on the table in less than 30 minutes.

25 *Minutes to the Table*

25 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Oven Safe Skillet
Loaf Pan or Casserole
Dish

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Sweet Potatoes
Cream Sauce
Seasoned Cheese
Chile Espresso Rub
Steak
Green Beans

Good To Know

It's important to let the steaks rest to keep them tender and juicy. Give them at least 3 to 5 minutes off the heat before you slice and serve.

Health snapshot per serving – 980 Calories, 59g Fat, 45g Protein, 70g Carbs, 32 Freestyle Points

Lightened-Up Health snapshot per serving – 695 Calories, 35g Fat, 57g Carbs, 20 Freestyle Points with two-thirds of the Sweet Potatoes, Cream Sauce, and Seasoned Cheese.

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, Green Beans, Sweet Potato, Cream, Cheddar, Monterey Jack, Pecorino Romano, Panko Breadcrumbs, Mustard, Chicken Stock, Espresso Rub Spices.

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1. Getting Organized

Preheat your oven to 425 degrees.

2. Make the Au Gratin Sweet Potatoes

Heat 1 Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, add the **Sweet Potatoes** and cook until they start to brown, about 4 minutes.

Add the **Cream Sauce** and bring to a boil, stirring constantly until the sauce thickens enough to coat the back of a spoon, about 3 minutes. Remove from the heat and stir in $\frac{3}{4}$ of the **Seasoned Cheese**.

Transfer the contents of the skillet into a loaf pan or casserole dish and cover with the remaining seasoned cheese. Bake until the seasoned cheese starts to brown, about 10 to 15 minutes. Remove from the oven and set aside to cool.

3. Cook the Steak

While the potatoes are cooking, spread the **Chile Espresso Rub** on a plate. Pat dry the **Steaks** with a paper towel and firmly press one side into the rub until it is well coated. Flip and coat the other side.

Heat 1 Tbsp oil in an oven-safe skillet over high heat. When the oil is very hot, add the steaks. Cook undisturbed until the seasoning starts to darken on the bottom, about 45 seconds. Flip the steaks and continue cooking until the other side has browned, another 45 seconds.

- **If you prefer your steak medium-rare**, transfer the skillet to the oven and cook 4 minutes. Remove to a plate and let rest for 5 minutes.
- **If you prefer your steak medium**, transfer the skillet to the oven and cook 5 to 6 minutes. Remove to a plate and let rest for 5 minutes.
- **If you prefer your steak medium-well or well done**, transfer the skillet to the oven and cook 7 to 8 minutes. Remove to a plate and let rest for 5 minutes.

4. Sauté the Green Beans

While the steaks are resting, wipe out the skillet and return it to the stove with 1 Tbsp olive oil over medium-high heat. Add the **Green Beans** with a sprinkle of salt and pepper and cook until they start to char, about 3 to 4 minutes.

5. Put It All Together

Serve the steak alongside the au gratin sweet potatoes and sautéed green beans. Enjoy!

Test if the skillet is hot enough by holding 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

Kung Pao Edamame with Udon Noodles

We're hooked on Kung Pao sauce. The spicy sweet flavor just makes stir-fry come to life. We're cooking our version with edamame, carrots and red peppers, then serving it over udon noodles with some peanuts to finish it all off. It's a speedy meal perfect for any night of the week.

Getting Organized

EQUIPMENT

Large Skillet
Saucepan

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

4 MEEZ CONTAINERS

Asian Vegetables
Sesame Soy Sauce
Udon Noodles
Peanuts

Make The Meal Your Own

If you're cooking the **Carb Conscious version**, we sent you zucchini "noodles" instead of udon reducing the **carbs to 34g per serving**. Skip Steps 1 and 2. Heat 1 Tbsp olive oil in a large skillet over high heat. Dry the zucchini noodles with a paper towel. When the oil is very hot, place them in the pan in a single layer. Cook, without stirring, until the zucchini noodles start to char, 2 to 3 minutes. Remove from the skillet and use in place of the noodles in Step 4.

If you're making the gluten-free version, we've given you rice noodles, instead. Cook until tender, about 5 minutes, drain and rinse under cold water.

Want a little extra kick? Add a pinch of crushed red pepper to the final dish.

Good To Know

Health snapshot per serving – 465 Calories,
18g Protein, 10g Fiber, 14 Smart Points

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

15 Minutes to the Table

15 Minutes Hands On

1 Whisk Super Easy

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



INGREDIENTS: Edamame, Udon Noodles, Carrots, Red Peppers, White Wine, Peanuts, Tamari Sauce, Sambal, White Vinegar, Brown Sugar, Sesame Oil, Garlic

meez meals

1. Getting Organized

Bring a large pot of water to a boil.

2. Cook the Udon Noodles

Salt the boiling water and add the **Udon Noodles**. Cook until they are soft, about 5 to 7 minutes, then drain.

3. Cook the Vegetables

As soon as the noodles are cooking, heat 1 Tbsp olive oil in a large skillet over high heat. When the oil is hot, add the **Asian Vegetables** and cook until the edamame is tender, about 5 to 7 minutes. Add the **Sesame Soy Sauce** and cook, stirring, until hot, about 2 to 3 minutes. Season with salt and pepper to taste.

4. Put It All Together

Serve the udon noodles topped with veggies and sauce and finish with a sprinkling of **Peanuts**. Enjoy!

A large pot of water gives the noodles lots of room to cook properly.

Love this recipe? #meezmagic

Instructions for two servings.

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

Nashville Hot Tofu Sliders

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

30 *Minutes to the Table*

20 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

- Large Skillet
- Baking Sheet
- Large Mixing Bowl

FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper
- Flour (1/4 cup)
- Butter (3 Tbsp)
- Eggs (2)

6 MEEZ CONTAINERS

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

Good To Know

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

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

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

meez *meals*

1. Get Started

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

2. Cook the Roast Fingerling Potato Fries

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

3. Cook The Tofu

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

4. Grill the Buns

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

5. Prepare the Nashville Hot Spices

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

6. Put It All Together

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

Instructions for two servings.

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

Shrimp Toast with Sesame-Miso Salad

We adore the crispy puffy triangles from our favorite Dim Sum, but it's hardly a meal. Enter the test the kitchen. When we used panko-crust challah, subbed in seared sesame shrimp for the shrimp paste, and added in a miso salad, we had the delicious crunch and savory deliciousness of the inspiration, but tastier and easier!

25 *Minutes to the Table*

25 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet
Large Mixing Bowl
Cutting Board

FROM YOUR PANTRY

Olive Oil
Salt & Pepper
Eggs (1 per serving)

6 MEEZ CONTAINERS

Salad Veggies
Sesame-Miso Dressing
Shrimp
Bok Choy
Seasoned Panko
Challah Bread

Make The Meal Your Own

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

Good To Know

Health snapshot per serving – 550 Calories, 22g Fat, 41g Protein, 48g Carbs, 11 Freestyle Points.

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

INGREDIENTS: Shrimp, Challah Bread, Bok Choy, Broccoli, Zucchini, Radish, Breadcrumbs, Sesame Seeds, Tamari, Miso, Rice Wine Vinegar, Mayonnaise, Garlic, Ginger, Sesame Oil, Brown Sugar, White Pepper,

meez *meals*

1. **Make the Sesame-Miso Salad**

Combine the **Salad Veggies** with two-thirds of the **Sesame-Miso-Dressing** and place in the fridge until step 5.

2. **Cook The Shrimp**

Pat dry the **Shrimp** and heat 1 Tbsp olive oil in a large skillet over medium high heat. When the oil is hot, add shrimp and cook for a minute on each side until they are opaque and no longer grey in color. Transfer the shrimp to a cutting board. When they are cool enough to touch, cut the shrimp into thirds. Toss with the remaining Sesame-Miso Dressing in a small bowl and set aside. Do not wipe out the skillet.

3. **Cook the Bok Choy**

While the shrimp are cooling, return the now-empty skillet to the stove over medium heat. Add the **Bok Choy** with a sprinkle of salt and pepper and cook until it starts to brown, about 4 minutes. Transfer directly to serving plates. Wipe out the skillet.

4. **Make the Toast**

Whisk 2 eggs in a bowl. Spread the **Seasoned Panko** on a plate. Dip a slice of **Challah Bread** into the egg to coat both sides. Let the excess egg drip off and press the bread into the Seasoned Panko to completely coat one side. Flip and coat the second side with panko. Repeat for each bread slice.

Heat 1 Tbsp olive oil in the now empty skillet over medium heat. When the oil is hot, add the coated challah bread and cook until it browns, about 3 minutes. Flip and brown the other side, an additional 3 minutes.

5. **Put It All Together**

Place the challah toast on top of the bok choy and spread the Sesame-Miso coated shrimp on top of the toast, edge-to-edge. Top with Sesame-Miso Salad and enjoy!

Keep a close eye on the breading the entire time so it doesn't burn.

Instructions for two servings.

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

Chicken Shawarma

A Middle Eastern favorite cooked up in a heartbeat. A quick sear and just the right spices turns shredded chicken into this delicious sandwich. We're serving it up with a fresh tzatziki sauce, peppers and cucumbers in a warm pita. Dinner's never been so easy.

15 *Minutes to the Table*

15 *Minutes Hands On*

1 Whisks *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet

FROM YOUR PANTRY

Olive Oil

Salt & Pepper

5 MEEZ CONTAINERS

Shawarma Chicken

Simmer Sauce

Pita

Tzatziki Sauce

Peppers & Cucumbers

Make the Meal Your Own

If you ordered the **Carb Conscious version**, we sent you romaine lettuce instead of the pita, reducing the **carbs per serving to 22g**. In step 2, cut the romaine heads into 1" slices and combine with other ingredients in a large bowl to make a Chicken Shawarma Salad.

Good to Know

Health snapshot per serving – 560 Calories, 18g Protein, 33g Fat, 17 Freestyle Points

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

INGREDIENTS: Shawarma Chicken, Cucumbers, Red Bell Peppers, Pita, Yogurt, Cream, Lemon, Parsley, Apple Cider Vinegar, Tahina, Dill, Garlic, Kosher Salt, Coriander, Sumac, Sumac, Turmeric, Cardamon, Clove, Allspice.

meezmeals

1. Cook the Shawarma Chicken

Mix 2 Tbsp olive oil with the **Simmer Sauce** (the thin, smooth, brownish/orange sauce) in a small bowl.

Combine the simmer sauce and **Shawarma Chicken** in a large skillet over medium-high heat. Cook, stirring occasionally, until the edges are slightly crispy, and sauce has completely evaporated, about 4 to 5 minutes. Remove from heat and set aside.

2. Warm the Pita

Wipe out the skillet and return to stove over medium heat. Heat each **Pita** until warm and soft, about 15 to 25 seconds per side. Cut each pita in half.

3. Put It All Together

Fill each pita half with white **Tzatziki Sauce**, **Peppers & Cucumbers**, and shawarma chicken. Drizzle additional tzatziki sauce on top. Enjoy!

Instructions for two servings.

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

Southwestern Salmon with Fresh Corn Salsa

Get ready for a flavor sensation! Salmon seasoned with zesty Southwestern spices, then topped with a fresh corn and tomato salsa. We're serving it up over cauliflower "rice", for a speedy low carb meal.

20 Minutes to the Table

20 Minutes Hands On

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Shallow Pie Pan or Plate
Large Skillet

FROM YOUR PANTRY

Flour (1 Tbsp)
Olive Oil
Salt & Pepper

4 MEEZ CONTAINERS

Cauliflower
Southwest Seasoning
Salmon
Corn & Tomato Salsa

Make The Meal Your Own

We love using cauliflower as the "rice" in this dish, but if you want to bulk it up, toss the cauliflower with your favorite grain (we like quinoa) and serve it with the salmon and salsa on top.

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 on each 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 a fan of spice? Use just half of the southwest seasoning to coat the salmon.

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

Health snapshot per serving – 390 Calories,
15g Fat, 41g Protein, 25g Carbs,
16 Freestyle Points

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



INGREDIENTS: Responsibly Fished Salmon, Cauliflower, Corn, Grape Tomatoes, Olive Oil, Cilantro, Lime Juice, Apple Cider Vinegar, Spices

meez meals

1. Cook the Cauliflower

Heat 1 Tbsp oil in a large skillet over medium-high heat. Add the **Cauliflower** and cook until well browned, 7 to 10 minutes. Remove to a bowl or serving dish and return the skillet to the stove.

2. Season and Cook the Salmon

Combine the **Southwest Seasoning** with 1 Tbsp of flour on a plate or in a shallow pie pan. Pat the **Salmon** fillets dry with a paper towel and then coat each one with the seasoning mixture, making sure each fillet is completely covered.

Heat 2 Tbsp of oil in your now-empty skillet over high heat. When the oil is hot, add the salmon and cook 4 minutes. Flip, and cook 3 more minutes on the other side. Turn off the heat, cover and let sit for 5 minutes.

3. Put It All Together

Combine the **Corn & Tomato Salsa** with 1 Tbsp olive oil in a small bowl.

Serve the cauliflower topped with salmon and Corn & Tomato Salsa. Enjoy!

Any kind of flour will work here: all-purpose, rice flour, even chickpea. Use your favorite.

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

Love this recipe? #meezmagic

Instructions for two servings.

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

Creole Smothered Chicken & Andouille

New Orleans flavors, cooked up in your own kitchen. With tender chicken breast smothered in flavorful Creole sauce with seared Andouille sausage, diced peppers, carrots and tomatoes, on top of black-eyed-peas, it's a one-pot meal that's on the table in about twenty minutes. That's the magic of Meez

20 *Minutes to the Table*

20 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet

FROM YOUR PANTRY

Olive Oil

5 MEEZ CONTAINERS

Andouille Sausage

Chicken

Black-Eyed-Peas &

Tomatoes

Mirepoix (vegetables)

Creole Sauce

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 – 650 Calories, 27g Fat, 75g Protein, 32g Carbs, 10 Freestyle Points

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

INGREDIENTS: Chicken Breast, Andouille Sausage, Black-Eyed-Peas, Bell Peppers, Yellow Onions, Carrots, Tomato, Cream, Garlic, Ketchup, Green Onions, Dijon Mustard, Lemon, Miso, Parsley, Black Pepper.

meez *meals*

1. Heat the Andouille Sausage

Cut the one **Andouille Sausage** in half longways and then again longways to create 4 long strips. Cut ¼" wide slices so you have quarter-moons. Sauté the andouille in a large skillet over high heat until it starts to brown about 2 minutes. Transfer to a small bowl and set aside until step 4. Do not wipe out the pan.

2. Cook the Chicken

Heat 1½ Tbsp olive oil in the now-empty skillet over medium-high heat. Pat the **Chicken** dry with a paper towel. When the oil is hot, add the chicken and cook until the bottom is crisp and brown, about 4 minutes. Turn the chicken and cook for another 3 to 4 minutes, until the other side is brown as well.

Transfer the chicken to a cutting board to rest. Do not wipe out the pan.

3. Warm the Black-Eyed-Peas and Tomatoes

Add the **Black-Eyed-Peas & Tomatoes** to the now empty skillet over medium-high heat. Cook until warm, about 2 to 3 minutes. Transfer directly to serving plates. Do not wipe out the pan.

4. Sauté the Mirepoix Vegetables and Heat the Sauce

Add the **Mirepoix** to the now-empty skillet over medium-high heat and cook until the veggies start to brown, about 2 minutes. Reduce the heat to low and add the **Creole Sauce**, scraping the bottom of the pan to get all the tasty bits and make sure all the vegetables are mixed-in. Cover and simmer until the veggies are soft, about 5 to 7 minutes.

5. Put It All Together

Turn off the heat and stir-in the Andouille sausage and any liquid from the bowl.

Top the black-eyed-peas & tomatoes with the cooked chicken and pour the Andouille Creole Sauce over top. Enjoy!

Instructions for two servings.

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

Asparagus Rice Bowl with Miso Mustard Vinaigrette

A perfect Spring and Summer cozy bowl you'll just love. With Himalayan red and brown rice, seared asparagus, glazed carrots and hazelnuts, and an amazing miso mustard vinaigrette, it's crazy delicious.

35 Minutes to the Table

20 Minutes Hands On

1 Whisks Super Easy

Getting Organized

EQUIPMENT

- Saucepan with cover
- Large Skillet

FROM YOUR

PANTRY

- Olive Oil
- Salt & Pepper

6 MEEZ CONTAINERS

- Himalayan Red & Brown Rice
- Asparagus
- Carrots
- Hazelnuts
- Miso Mustard Vinaigrette
- Maple Glaze

Add Protein Cooking Instructions

CHICKEN Prior to Step 2, heat 1 Tbsp oil in a large skillet on medium-high heat. Salt & pepper the Chicken Breasts and, when the oil is hot, cook until crisp and brown, about 4 to 5 minutes on each side. Let rest for 5 minutes. Cut into strips & add to rice bowl prior to adding the carrots and sauce in Step 4.

STEAK - Prior to Step 2, heat 1 Tbsp olive oil in a large skillet over high heat. Salt and Pepper the steaks and when the skillet is very hot, add the Steaks to the pan. Cook until the bottoms brown and the sides start to color, about 4 minutes each side for medium (3 min med-rare and 5-6 min for well done). Let rest for 5 minutes. Wipe out the skillet. Once rested cut into strips and add to rice bowl prior to adding the carrots and sauce in Step 4.

SHRIMP - Prior to Step 2, heat 1 Tbsp of olive oil in a large skillet on medium high heat. Salt & pepper the Shrimp and, when the oil is hot, cook until they are opaque and no longer grey in color, about 1 min. on each side. Wipe out skillet. Add to rice bowl prior to adding the carrots and sauce in Step 4.

Good to Know

If you ordered the **Carb Conscious version**, we sent you Zucchini & Summer Squash, reducing the **carbs per serving to 38g**. Skip step 1 and prior to step 2, pat dry the Zucchini & Summer Squash, salt & pepper and cook over medium-high heat with 1 Tbsp olive oil until they start to char, about 3 minutes.

Health snapshot per serving – 330 Calories, 7g Protein, 55g Carbs, 11g Fat, 10 Freestyle Points.

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



INGREDIENTS: Asparagus, Himalayan Red Rice, Brown, Rice, Green Onions, Carrots, Hazelnuts, Olive Oil, Rice Wine Vinegar, Garlic, Dijon Mustard, Lemon, Tamari, Miso, Maple Syrup, Black Pepper, Thyme.

meez meals

It doesn't matter how much water you use in the pot as long as there is enough to keep the rice entirely submerged during cooking.

1. Cook the Rice

Bring a large pot of water to boil over high heat.

Add the **Himalayan Red & Brown Rice** to the boiling water with a pinch of salt. Cook, uncovered, until tender, about 25 to 30 minutes. Drain in a colander and return to the pot, fluff with a fork, cover and let steam for five minutes.

2. Cook the Asparagus

While rice is cooking, heat 1 Tbsp olive oil in a large skillet over medium high heat.

Add the **Asparagus** and sauté until it is bright green and just starts to brown, about 5 to 7 minutes. Remove from pan and set aside. Do not wipe out pan.

3. Create the Maple Glazed Carrots

Return the now empty skillet to the stove over medium heat. Add the **Carrots, Hazelnuts**, and 2 tbsp of the **Miso Mustard Vinaigrette**. Mix well and sauté until the carrots start to soften slightly, about 3 to 4 minutes. Add the **Maple Glaze** and continue to cook until the glaze thickens and the carrots and nuts are well coated, an additional 2 minutes.

4. Put It All Together

Add the cooked asparagus and half of the remaining Miso Mustard Vinaigrette to the pot with the cooked rice and stir well. Transfer to serving bowls and top with the carrots and nut glaze. Drizzle additional Miso Mustard Vinaigrette to taste and enjoy!

Cheesy Tomatillo Casserole

Simply said, this Mexican casserole is a cheesy bit of heaven. We're toasting up tortillas to form a crunchy base, then topping them with poblanos, beans, pepper jack cheese and a fresh tomatillo salsa. Easy and delicious - that's our kind of dinner!

35 Minutes to the Table

15 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Baking Sheet
Large Skillet
Loaf Pan

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Corn Tortillas
Poblano Peppers
Corn & Beans
Creamy Tomatillo
Salsa
Pepper Jack Cheese

Make The Meal Your Own

Omnivore's Option – Chorizo is right at home in this dish. Cook it up separately and add it with the corn mix.

Make ahead tip – Cook the casserole up through the first half of step 4. After you add the pepper jack, refrigerate the casserole. When you're ready to eat, bake for a final 20 minutes.

This dish has a kick from the poblanos and pepper jack cheese. If you'd like a mellower version, you can serve the corn and beans on the tortillas as tacos or tostadas.

Good To Know

Chef Max recommends building your casserole in a loaf pan. If you don't have one, use a 9x9 casserole dish.

Health snapshot per serving – 330 Calories, 13g Protein, 13g Fiber, 10 Smart Points.

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

INGREDIENTS: Poblano Peppers, Tomatillos, Corn Tortillas, Black Beans, Corn, Pepper Jack Cheese, Cream Cheese, Sundried Tomatoes, Lime, Garlic, Cilantro, Spices

meez meals

1. Getting Organized

Preheat your oven to 450.

2. Bake the Corn Tortillas

Lay the **Corn Tortillas** on a baking sheet and brush with olive oil on each side. Bake until crisp, about 5 to 10 minutes.

3. Cook the Vegetables

Heat 1 Tbsp olive oil in a large skillet over high heat. Add the **Poblano Peppers** and sauté until browned, about 5 to 7 minutes.

Turn the heat down to medium-high and add the **Corn & Beans**. Cook until hot, about 2 minutes. Season with salt and pepper and set aside.

4. Assemble the Casserole

Turn your oven down to 375 and lay 2 of the corn tortillas on the bottom of your pan, breaking them into pieces to make them fit. Top with half of the cooked vegetables and half of the **Creamy Tomatillo Salsa**.

Add 1 more tortilla (break it up a bit so it resembles large chips) and the rest of the vegetables and salsa. Break the remaining tortilla into dime-size pieces, sprinkle on top and finish with the **Pepper Jack Cheese**. Bake until the cheese begins to bubble, about 15 minutes. If you'd like a crispier topping, cook under the broiler for an additional 5 minutes until the top is golden brown. Enjoy!

Not sure which dish or pan to use? See our note on the other side about choosing the perfect size pan.

Love this recipe? #meezmagic

Instructions for two servings.
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