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*Lemon Orzo with  
Spinach & Halloumi*

---

**15 Min**  
to Table

**15 Min**  
Hands  
On

**1 Whisk**  
Super  
Easy

---

**Getting Started**

Put a saucepan of  
water onto boil.

---

**From Your Pantry**

You'll need olive oil,  
salt & pepper

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*Orleans Blackened  
Salmon Tacos*

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**20 Min**  
to Table

**20 Min**  
Hands  
On

**1 Whisk**  
Super  
Easy

---

**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



*Bourbon and Bacon  
Steak Sliders*

---

**25 Min**  
to Table

**25 Min**  
Hands  
On

**1 Whisk**  
Super  
Easy

---

**Getting Started**

Preheat oven to 350.

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**From Your Pantry**

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

---

*Sweet Potato and Black Bean Skillet  
with Green Chile Crema*

---

**25 Min**  
to Table

**25 Min**  
Hands  
On

**1 Whisk**  
Super  
Easy

---

**Getting Started**

Heat olive oil in a  
large skillet.

---

**From your Pantry**

You'll need olive oil,  
eggs, salt and  
pepper

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*Ginger-Soy Aioli Rice Bowl*

---

**45 Min**  
to Table

**15 Min**  
Hands  
On

**1 Whisk**  
Super  
Easy

---

**Getting Started**

Put a saucepan of  
water on to boil.

---

**Omnivore Option**

Seared tuna would  
be delicious with this  
meal.

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### *Smoked Gouda Lasagna with Spicy Sausage*

|                           |                              |                                 |
|---------------------------|------------------------------|---------------------------------|
| <b>35 Min</b><br>to Table | <b>20 Min</b><br>Hands<br>On | <b>1 Whisk</b><br>Super<br>Easy |
|---------------------------|------------------------------|---------------------------------|

|                        |                           |
|------------------------|---------------------------|
| <b>Getting Started</b> | Preheat your oven to 425. |
|------------------------|---------------------------|

|                         |                                        |
|-------------------------|----------------------------------------|
| <b>From Your Pantry</b> | You'll need olive oil, salt and pepper |
|-------------------------|----------------------------------------|

### *Honey-Glazed Chicken with Almonds and Cranberries*

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

|                        |                           |
|------------------------|---------------------------|
| <b>Getting Started</b> | Preheat your oven to 400. |
|------------------------|---------------------------|

|                         |                                        |
|-------------------------|----------------------------------------|
| <b>From Your Pantry</b> | You'll need olive oil, salt and pepper |
|-------------------------|----------------------------------------|

|                 |                                                              |
|-----------------|--------------------------------------------------------------|
| <b>Meal Tip</b> | The glaze will come to a boil right away, so lower the heat. |
|-----------------|--------------------------------------------------------------|

### *Spinach & Artichoke Dip Chicken Casserole*

|                           |                              |                                 |
|---------------------------|------------------------------|---------------------------------|
| <b>30 Min</b><br>to Table | <b>20 Min</b><br>Hands<br>On | <b>1 Whisk</b><br>Super<br>Easy |
|---------------------------|------------------------------|---------------------------------|

|                        |                           |
|------------------------|---------------------------|
| <b>Getting Started</b> | Preheat your oven to 400. |
|------------------------|---------------------------|

|                         |                                          |
|-------------------------|------------------------------------------|
| <b>From Your Pantry</b> | You'll need olive oil, salt, and pepper. |
|-------------------------|------------------------------------------|

### *Tikka Masala*

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

|                        |                            |
|------------------------|----------------------------|
| <b>Getting Started</b> | Slice the Halloumi Cheese. |
|------------------------|----------------------------|

|                         |                              |
|-------------------------|------------------------------|
| <b>From Your Pantry</b> | You'll need salt and pepper. |
|-------------------------|------------------------------|

|                 |                                     |
|-----------------|-------------------------------------|
| <b>Meal Tip</b> | Halloumi will not melt when cooked. |
|-----------------|-------------------------------------|

### *Pecan Maple Salmon*

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

|                        |                                                             |
|------------------------|-------------------------------------------------------------|
| <b>Getting Started</b> | Marinate the Salmon and put a saucepan of water on to boil. |
|------------------------|-------------------------------------------------------------|

|                         |                                        |
|-------------------------|----------------------------------------|
| <b>From Your Pantry</b> | You'll need olive oil, salt and pepper |
|-------------------------|----------------------------------------|

### *Crispy Bangkok Shrimp*

|                           |                              |                             |
|---------------------------|------------------------------|-----------------------------|
| <b>30 Min</b><br>to Table | <b>15 Min</b><br>Hands<br>On | <b>3 Whisks</b><br>Moderate |
|---------------------------|------------------------------|-----------------------------|

|                        |                               |
|------------------------|-------------------------------|
| <b>Getting Started</b> | Bring a pot of water to boil. |
|------------------------|-------------------------------|

|                         |                                               |
|-------------------------|-----------------------------------------------|
| <b>From Your Pantry</b> | You'll need eggs, olive oil, salt and pepper. |
|-------------------------|-----------------------------------------------|

|                 |                                                                                      |
|-----------------|--------------------------------------------------------------------------------------|
| <b>Meal Tip</b> | To keep your shrimp crispy, toss them in the sauce right before you're ready to eat. |
|-----------------|--------------------------------------------------------------------------------------|

# Health Snapshot

| Recipe                                                     | Calories | Protein<br>(grams) | Fat<br>(grams) | Carbs<br>(grams) | Fiber<br>(grams) | Sodium<br>(milligrams) | Sugar<br>(grams) | Smart<br>Points | Key Vitamins/Minerals<br>(% of rcmndd daily) |                |
|------------------------------------------------------------|----------|--------------------|----------------|------------------|------------------|------------------------|------------------|-----------------|----------------------------------------------|----------------|
| Sweet Potato and Black Bean Skillet with Green Chile Crema | 570      | 23                 | 22             | 71               | 13               | 1040                   | 13               | 12              | 230% Vitamin C                               | 130% Vitamin A |
| Honey-Glazed Chicken with Almonds & Cranberries            | 550      | 48                 | 24             | 39               | 5                | 430                    | 28               | 14              | 110% Vitamin C                               | 100% Vitamin K |
| 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              |                                              |                |
| Smoked Gouda Lasagna with Spicy Sauvage                    | 880      | 45                 | 45             | 77 CC 35         | 6                | 1890                   | 15               | 25              | 40% Vitamin C                                | 35% Calcium    |
| ((use 1/3 noodles, cheese, & sauce)                        | 700      |                    | 45             |                  |                  |                        |                  | 21              |                                              |                |
| Spinach & Artichoke Dip                                    | 960      | 66                 | 45             | 73               | 7                | 1350                   | 16               | 24              | 46% Calcium                                  | 68% Vitamin A  |
| Chicken Casserole (use 2/3 crackers, shells, and dip mix)  | 730      |                    | 32             |                  |                  |                        |                  | 16              |                                              |                |
| Crispy Bangkok Shrimp                                      | 625      | 34                 | 29             | 63               | 7                | 746                    |                  | 19              | 28% Vitamin C                                | 25% Calcium    |

## Health Snapshot

|                                          | Calories | Protein | Fat     | Carbs    | Fiber   | Sodium       | Sugar   | Smart  | Key Vitamins/Minerals |               |
|------------------------------------------|----------|---------|---------|----------|---------|--------------|---------|--------|-----------------------|---------------|
| Recipe                                   |          | (grams) | (grams) | (grams)  | (grams) | (milligrams) | (grams) | Points | ( % of rcmdnd daily)  |               |
| Tikka Masala                             | 745      | 20      | 61      | 37       | 10      | 992          |         | 26     | 151% Vitmain A        | 88% Vitamin C |
| (Use 2/3 butter and tikka masala sauce)  | 560      |         | 42      |          |         |              |         | 18     |                       |               |
| Bourbon and Bacon Steak Sliders          | 970      | 66      | 46      | 69 CC 24 | 4       | 1600         | 20      | 34     | 40% Calcium           | 25% Vitamin A |
| (use 1/2 the buns, and cheese)           | 700      |         | 34      |          |         |              |         | 23     |                       |               |
| Pecan Maple Salmon                       | 595      | 44      | 32      | 33       | 9       | 67           |         | 18     | 54% Vitamin A         | 3% Vitamin B6 |
| Lemon Orzo with Spinach & Halloumi       | 720      | 42      | 32      | 65 CC 20 | 5       | 920          | 6       | 22     | 42% Vitamin C         | 25% Vitamin A |
| (1/2 the orzo)                           | 590      |         | 32      |          |         |              |         | 18     |                       |               |
| Ginger-Soy Aioli Rice Bowl               | 405      | 14      | 12      | 60       | 10      | 310          |         | 12     | 223% Vitamin A        | 33% Vitamin C |
| Add a Protein All-Natural Chicken Breast | 220      | 41      | 5       | 0        | 0       | 85           | 0       | 3      | 90% Vitamin B6        | 4% Iron       |
| Add a Preotein Bistro Chateau Steak      | 220      | 30      | 10      | 0        | 0       | 75           | 0       | 5      | 10% Iron              | 10% Potassium |
| Add a Protein Norwegian Salmon           | 220      | 35      | 0       | 0        | 0       | 130          | 0       | 4      | 60% Vitamin B6        | 15% Potassium |
| Add a Protein Premium Shrimp             | 120      | 28      | 0.5     | 0        | 0       | 170          | 0       | 1      | 8% Potassium          | 4% iron       |

# Health Snapshot

| Recipe                                    | Calories | Protein<br>(grams) | Fat<br>(grams) | Carbs<br>(grams) | Fiber<br>(grams) | Sodium<br>(milligrams) | Sugar<br>(grams) | Smart<br>Points | Key Vitamins/Minerals<br>(% of recommended daily) |               |
|-------------------------------------------|----------|--------------------|----------------|------------------|------------------|------------------------|------------------|-----------------|---------------------------------------------------|---------------|
| Flourless Chocolate Cake                  | 370      | 5                  | 16             | 32               | 2                | 130                    | 18               | 18              | 20% Iron                                          | 10% Vitamin A |
| Honduran Chocolate Brownies (Gluten-Free) | 340      | 4                  | 18             | 42               | 3                | 140                    | 31               | 16              | 4% Vitamin C                                      | 15% Iron      |
| Turtle Molten Bundt                       | 500      | 6                  | 30             | 53               | 3                | 370                    |                  | 27              | 25% Iron                                          | 6% 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.*

# Sweet Potato & Black Bean Skillet with Green Chile Crema

This hearty Southwest-inspired skillet layers comforting flavors and satisfying textures into every bite. Caramelized sweet potatoes, charred peppers, onions, and creamy black beans are topped with smoky Gouda and Monterey Jack, then finished with a cool green chile crema, crispy tortilla strips, and a fried egg. It's a satisfying vegetarian dinner that's equal parts comforting and craveable.

**25** *Minutes to the Table*

**25** *Minutes Hands On*

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

Large Skillet (with a cover)  
Medium Saucepan

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper  
Egg (2)

### 6 MEEZ CONTAINERS

Sweet Potatoes  
Bell Peppers, Onions & Garlic  
Smoked Gouda & Jack  
Cheese  
Spiced Beans  
Green Chile Crema  
Tricolor Tortilla Strips

## Add Protein Instructions

**Integrate into recipe:** Prior to step 1, cook the protein according to the instructions below. Remove from the skillet and slice into 1/2" strips (flake the salmon and leave the shrimp whole). Stir back in with the veggies before adding the cheese.

**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** – 570 Calories, 22g Fat, 71g Carbs, 23g Protein, and 12 Freestyle Points.

INGREDIENTS: Black Beans, Sweet Potato, Green Chile Sauce, Red Onion, Red Bell Pepper, Yellow Bell Pepper, Poblano Peppers, Sour Cream, Tricolor Tortilla Strips, Monterey Jack, Smoked Gouda, Cilantro, Lime, Garlic, Black Pepper, Coriander, Cumin, Crushed Red Pepper.

 **meez** *meals*

### 1. Cook the Sweet Potatoes and Vegetables

Heat 1 Tbsp olive oil in a large skillet over medium heat. When the oil is hot, add the **Sweet Potatoes** with a sprinkle of salt & pepper. Cook until they start to soften and the edges start to brown, about 6 to 7 minutes.

Add 1 Tbsp olive oil to the sweet potatoes and add the **Bell Peppers, Onions & Garlic**. Cook, stirring frequently, until the peppers start to char and the onions soften, an additional 4 to 5 minutes. Spread the mixture into an even layer in the skillet and top with the **Smoked Gouda & Jack Cheese**. Cover and cook until the cheese melts, about 2 minutes. Remove from the skillet and set aside until step 4. Wipe out the skillet.

### 2. Cook the Spiced Beans

While the sweet potatoes are cooking, heat 1 Tbsp olive oil in a medium saucepan over medium-high heat. When the oil is hot, add the **Spiced Beans** and cook until they start to soften, about 3 to 4 minutes. Reduce the heat to low and add ¼ cup water. Use a fork or potato masher to smash the beans until they are mostly smooth but with some chunks. Continue to cook at low heat until the beans thicken further into the consistency typical of refried beans, about 2 to 3 minutes. Remove from the heat and set aside until step 4.

### 3. Fry the Eggs

Heat 1½ Tbsp olive oil in the now-empty skillet over medium-high heat. When the oil is hot, crack two eggs into the skillet and cook until the whites are opaque and the yolks have set, about 1 to 2 minutes. Sprinkle with salt and pepper.

### 4. Put It All Together

Top the beans with the potatoes and veggies and drizzle with the **Green Chile Crema**. Add the fried egg on top and sprinkle the **Tricolor Tortilla Strips** over the entire dish. Enjoy!

Instructions for two servings.

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

# Honey-Glazed Chicken with Almonds & Cranberries

This is one of those dinners where every bite is a delicious surprise. All-natural chicken breast coated in a fragrant honey glaze, served over roasted parmesan broccoli and cauliflower, and topped with toasted almonds and tart cranberries. It's crunchy, sweet, savory, and so satisfying.

**30** *Minutes to the Table*

**30** *Minutes Hands On*

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

Large Skillet  
Baking Sheet

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 5 MEEZ CONTAINERS

Broccoli & Cauliflower  
Parmesan Cheese  
Chicken Breasts  
Honey Glaze  
Toasted Almonds &  
Cranberries

## Good to Know

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

**Health snapshot per serving** – 550 Calories, 24g Fat, 39g Carbs, 48g Protein, and 14 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: Chicken Breast, Broccoli, Cauliflower, Honey, Vegetable Oil, Parmesan, Almonds, Cranberries, White Balsamic Vinegar, Dijon Mustard, Parsley, Thyme, Sage, Rosemary.

  
**meez** *meals*

### 1. Get Organized

Preheat the oven to 400.

### 2. Roast the Veggies

Add the **Broccoli & Cauliflower** to a baking sheet with a drizzle of olive oil, salt and pepper. Toss and then arrange in a single layer. Bake until the veggies start to brown and are fork tender, about 20 minutes. Remove from the oven and immediately toss with the **Parmesan Cheese** right on the baking sheet. Transfer directly to serving plates.

### 3. Cook the Chicken

While the veggies are roasting, pat dry and generously salt and pepper the **Chicken Breasts** on both sides. Heat 1 Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, add the chicken breasts and cook until they are brown on one side, about 4 to 5 minutes. Flip, then cook until brown on the second side, about 4 additional minutes. Transfer the chicken to a cutting board and let rest for 5 minutes, then slice into ½ inch strips. Wipe out the skillet.

### 4. Create the Glaze

Return the now-empty skillet to the stove over medium-high heat. Add the **Honey Glaze** and bring to a boil, then reduce the heat to low and simmer, stirring continuously, until the glaze has thickened enough to coat the back of a spoon, about 1 minute. Turn off the heat, add back the sliced chicken and stir until it is well coated.

### 5. Put It All Together

Place the honey-glazed chicken on top of the parmesan broccoli & cauliflower and sprinkle with the **Toasted Almonds & Cranberries**. Enjoy!

*The glaze will likely come to a boil immediately in the hot skillet. Make sure to turn the heat to low right away.*

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

Flour (2 teaspoons)  
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 2 teaspoons 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**

# Smoked Gouda Lasagna with Spicy Sausage

All the comfort of classic lasagna, but better. We're swapping in pappardelle noodles to speed up cooking, adding smoky gouda, and tossing in spicy sausage for a kick. Baked until bubbly with roasted peppers and squash, it's cheesy, rich, and totally craveable.

**35** Minutes to the Table

**20** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized

### EQUIPMENT

Large Skillet  
Medium Saucepan  
Casserole Dish

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 5 MEEZ CONTAINERS

Spicy Sausage  
Pappardelle Noodles  
Peppers, Squash &  
Onions  
Marinara Sauce  
Smoked Gouda &  
Mozzarella

## Good to Know

If you ordered the **Carb Conscious version**, we sent you Cauliflower "Rice" instead of noodles, reducing the **carbs per serving to 35g**. Prior to step 2, heat 1 Tbsp olive oil in the large skillet over medium-high heat. When the oil is hot, add the cauliflower and sauté until tender and browning, about 4 to 5 minutes. Remove from the skillet and use in place of the noodles.

**Health snapshot per serving** – 880 Calories, 45g Fat, 77g Carbs, 45g Protein, and 25 Freestyle Points.

**Lightened-up health snapshot per serving** – 700 Calories, 39g Fat, 55g Carbs, and 21g Freestyle Points, by using one-third of the noodles, cheese and sauce.

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

INGREDIENTS: Sausage, Pappardelle Noodles, Tomato, Smoked Gouda, Yellow Onion, Butternut Squash, Zucchini, Poblano Peppers, Mozzarella, Basil, Garlic, Olive Oil, Sugar, Kosher Salt, Black Pepper

 meez meals

## 1. Get Organized

Preheat the oven to 425. Spray or lightly brush a casserole dish with oil. Set a large saucepan of water to boil.

## 2. Cook the Sausage

While the water is still coming to a boil, heat a large skillet over medium-high heat. When the skillet is hot, add the **Spicy Sausage** and break it up with a wooden spoon or spatula. Cook until it starts to brown, continuing to break the pieces apart until they are the consistency of ground beef, about 4 to 5 minutes. Use a slotted spoon to transfer the cooked sausage to a bowl, leaving the oil in the pan. Do not wipe out the skillet.

## 3. Cook the Pasta

While the sausage is cooking, add the **Pappardelle Noodles** to the boiling water with a sprinkle of salt and cook until al dente, about 6 to 8. Drain well and return the noodles to the saucepan, cover, and set aside.

## 4. Layer the Lasagna

Add 1 Tbsp olive oil to sausage oil in the skillet and heat on medium-high heat. When the oil is hot, add the **Peppers, Squash & Onions** and sauté until the peppers start to brown, about 4 to 5 minutes. Add the **Marinara Sauce** and cook until heated through, about 3 minutes. Stir in the cooked sausage and remove from the heat.

## 5. Build and Bake the Lasagna

Layer half of the cooked noodles on the bottom of the oiled casserole dish, followed by half of the skillet contents, and finally half of the **Smoked Gouda & Mozzarella**. Repeat to create a second layer on top. Bake until the cheese is brown and bubbly, about 10 to 15 minutes.

Remove from the oven and let cool for at least 5 minutes. Serve and enjoy!

*We recommend  
8x8 or similar  
sized casserole  
dish.*

*The oil from the  
sausage will  
greatly enhance  
the flavor of the  
Marinara sauce  
when cooked in it  
as part of step 4..*

Instructions for two servings.

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

# Spinach & Artichoke Dip Chicken Casserole

We've made a few recipes inspired by the classic American spinach and artichoke dip, and this is one of our favorites. We're combining its creamy deliciousness with pasta shells, arugula and peppers, and sautéed chicken. Baked up with a Ritz cracker topping, it's comfort food just right for a chilly night.

**30** *Minutes to the Table*

**20** *Minutes Hands On*

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

Large Saucepan (with cover)  
Large Skillet  
Casserole Dish

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 6 MEEZ CONTAINERS

Pasta Shells  
Cheese & Sour Cream  
Chicken Breast  
Artichokes & Bell Peppers  
Spinach & Arugula  
Ritz Crackers

## Good to Know

**Health Snapshot Per Serving-** 810 Calories, 61g Protein, 37g Fat, 58g Carbs, 19 Freestyle Points

**Lightened-up Health Snapshot Per Serving-** 660 Calories, 30g Fat, 44g Carbs, 15 Freestyle Points by using two-thirds of the Ritz crackers, pasta shells, and cheese & sour cream.

**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, Artichoke, Red Bell Peppers, Mayonnaise, Sour Cream, Shell Pasta, Ritz Crackers, Cream, Mozzarella, Spinach, Parmesan, Arugula, Chive, Lemon, Garlic, Black Pepper

**meez** *meals*

### 1. Get Organized

Preheat the oven to 400 degrees and set a large saucepan of water to boil. Spray or brush a casserole dish with oil.

### 2. Cook the Pasta

Add the **Pasta Shells** to the boiling water with a generous pinch of salt. Cook until slightly harder than al dente, about 8 to 10 minutes. Drain the pasta and return it to the empty saucepan. Immediately add the **Cheese & Sour Cream** to the cooked pasta and stir well. Cover and set aside until step 4.

### 3. Cook the Chicken

While the pasta is cooking, heat 1½ Tbsp olive oil a large skillet over medium-high heat. Pat dry and generously salt and pepper the **Chicken Breasts** on both sides. Cook until crisp and brown on one side, about 4 to 5 minutes. Flip, then cook until brown on the second side, about 4 additional minutes. Transfer the chicken to a cutting board to rest for 5 minutes. Wipe out the skillet. Once the chicken has rested, slice into ½" strips. Add the chicken to the saucepan with the pasta and cheese & sour cream.

### 4. Cook the Veggies

Heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. When the oil is hot, add the **Artichokes & Bell Peppers**. Sauté until the vegetables start to char, about 3 to 4 minutes. Add the **Spinach & Arugula** and stir until it begins to wilt, about 1 to 2 minutes. Transfer the veggies to the saucepan with the other ingredients and stir well.

### 5. Finish the Casserole

Transfer the contents of the saucepan to the oiled casserole dish. Break the **Ritz Crackers** in the bag into small pieces and sprinkle the crumbs across the top of the casserole. Bake until the cracker crumbs start to brown, about 10 to 12 minutes. Remove from the oven to rest for at least 5 minutes. Enjoy!

*We recommend  
8"x8" or  
similar sized  
casserole dish.*

*The pasta will  
soften up to al  
dente texture  
when baked in  
step 4.*

Instructions for two servings.

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

## Crispy Bangkok Shrimp

Get ready to amaze yourself. This gem is a restaurant-worthy dinner made right in your own kitchen. Crispy, pan-fried shrimp gets served up over stir-fried snow peas and bamboo shoots in an outrageously delicious creamy Thai sauce. It's a little bit spicy, a little bit Asian and totally delicious.

**30** *Minutes to the Table*

**15** *Minutes Hands On*

**3 Whisk** *A little more involved*

### Getting Organized

#### EQUIPMENT

Medium Sauce Pan  
Skillet  
2 Mixing Bowls

#### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper  
Eggs (1 per serving)

#### 6 MEEZ CONTAINERS

Brown Rice  
Shrimp  
Snow Peas and  
Bamboo Shoots  
Thai Sauce  
Cornstarch  
Toasted Walnuts

### Good To Know

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

**Health snapshot per serving** – 625 Calories, 29g Fat, 746mg Sodium, 7g Fiber, 63g Carbs, 34g Protein and 19 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: Brown Rice, Shrimp, Snow Peas, Bamboo Shoots, Mayonnaise, Mae Ploy, Sriracha, Peanut Butter, Garlic Powder, Walnuts

**meez***meals*

### 1. Getting Organized

Bring a pot of water to a boil.

Add the **Brown Rice** to the boiling water with a pinch of salt. Cook until tender, about 25 to 30 minutes. Drain the rice, fluff with fork and cover and let it steam for a few minutes, then transfer to a serving platter or individual bowls just before cooking the vegetables in step 3.

### 2. Prepare the Shrimp

While the rice is cooking, whisk 2 eggs in a small bowl and place the **Cornstarch** in a large zip-lock bag. Heat 2 tablespoons of oil in a skillet over medium-high heat. Dry and place all **Shrimp** into the zip-lock bag with the Cornstarch and shake until **Shrimp** are coated. Dip each **Shrimp** into the egg and place on a plate. When all shrimp have been coated carefully place into the hot oil. Cook for a minute on each side and remove to a paper-towel-lined-plate.

### 3. Cook the Veggies

Place **Snow Peas and Bamboo Shoots** in the still hot skillet pan and cook until the snow peas are bright green and tender, 3-5 minutes. Remove veggies from the pan and place on top of the **Brown Rice**. Turn off heat but leave the pan on the stove.

### 4. Combine Sauce, Shrimp, and Walnuts

Add the **Thai Sauce** to the hot skillet until it's warm, then add the cooked shrimp and **Walnuts**. Toss it to coat, then serve them over the rice and vegetables. Enjoy!

*The oil for the shrimp should be hot, but not too hot. Use a shrimp as your test. If it turns golden after 60 seconds, your temperature is right on. If it gets dark too fast or takes longer to cook, adjust and try another*

*Salt and pepper the shrimp right as it comes out of the pan. The hot coating will ensure the seasoning sticks to the shrimp.*

*Wait to toss the shrimp and walnuts in the sauce until right before you are going to eat so the shrimp stays crispy.*

Love this recipe? #meezmagic

Instructions for two servings  
**Meez Meals \* 1459 N. Elmwood Avenue \* Evanston \* Illinois**

# Tikka Masala

Creamy, complex, and flat out delicious, tikka masala is one of our favorite Indian recipes. We're making our version this week with seared halloumi cheese, tender chickpeas, and fresh greens. Cooked up in just one pan, it's a twenty-minute dinner we love.

## Getting Organized

### EQUIPMENT

Large Skillet

### FROM YOUR PANTRY

Salt and Pepper

### 5 MEEZ CONTAINERS

Halloumi Cheese

Seasoned Butter

Tikka Masala

Sauce

Chickpeas &

Tomatoes

Arugula &

Spinach

## Add Protein Cooking Instructions

**Integrate into recipe:** Prior to step 1, cook the protein (per instructions below) and then slice into strips (*flake the salmon, leave shrimp whole*) and stir into the sauce 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** – 745 Calories, 20g Protein, 61g Fat, 37g Carbs, 26 Freestyle Points.

**Lightened up health snapshot per serving** – 560 Calories, 42g Fat, 33g Carbs, 18 Freestyle Points using 2/3 of the Butter and 2/3 of the Tikka Masala Sauce.

**20** *Minutes to the Table*

**20** *Minutes Hands On*

**1 Whisk** *Super-Easy*

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



INGREDIENTS: Halloumi, Spinach, Arugula, Chickpeas, Tomato, Butter, Cream, Cilantro, Garlic, Ginger, Garam Masala, Cayenne Pepper, Turmeric, Coriander, Lime, Sugar.

*meez* meals

### 1. Sear the Halloumi

Slice the **Halloumi Cheese** into ½ inch cubes. Add half the **Seasoned Butter** to a large skillet over medium heat. Once the butter is melted, add the cubed Halloumi in a single layer. Lightly sprinkle with pepper and cook, undisturbed, until the bottoms brown, about 3 minutes. Turn the cheese and cook until that side also browns, about 3 additional minutes. Remove the Halloumi from the skillet and set aside. Do not wipe out the skillet.

*We are sending the Halloumi uncut to maintain its freshness and taste.*

### 2. Make the Tikka Masala Sauce

Return the now-empty skillet to the stove over medium-high heat. Add the **Tikka Masala Sauce, Chickpeas & Tomatoes**, and remaining seasoned butter, and bring the entire mixture to a boil. Reduce the heat to medium and simmer until the sauce thickens slightly, about 4 minutes.

*Halloumi will not melt when cooked.*

Add the **Arugula & Spinach** and stir, coating the veggies in the sauce. Work in batches if necessary and cook until the arugula & spinach has wilted. Remove from the heat.

*The Arugula & Spinach is bulky when uncooked but it reduces quickly. Add it to the skillet in batches.*

### 3. Put It All Together

Add the seared Halloumi to the cooked veggies and sauce and mix well. Enjoy!

Instructions for two servings.

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

# Bourbon & Bacon Steak Sliders

Bourbon and apple cider add a depth of flavor to sauces that's uniquely American. Paired with bacon and grilled onions, and our sliced bistro chateau steak, then smothered with melted cheese, it makes a slider that's a down-home favorite.

**25** *Minutes to the Table*

**25** *Minutes Hands On*

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

Large Skillet  
Baking Sheet

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper  
Butter (½ Tbsp per svg)

### 6 MEEZ CONTAINERS

Steak  
Slider Buns  
Gouda & Cheddar  
Bacon & Onions  
Bourbon & Cider  
Arugula

## Good to Know

If you ordered the **Carb Conscious version**, we sent you red bell peppers instead of the slider buns, reducing the **carbs per serving to 24g**. After step 2, sauté the peppers in the large skillet until charred, about 5 to 6 minutes. Remove and place directly on your serving plates and top with the cheese. Serve the steak, sauce, and arugula on top of the cheesy peppers.

**Health snapshot per serving** – 970 Calories, 46g Fat, 69g Carbs, 66g Protein, and 34 Freestyle Points.

**Lightened-up health snapshot per serving** – 700 Calories, 34g Fat, 41g Carbs, and 23g Freestyle Points, by using half of the buns and half of the cheese and eating the sliders open face.

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

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



INGREDIENTS: Steak, Slider Buns, Apple Cider, Yellow Onion, Gouda, White Cheddar, Bacon, Arugula, Dijon Mustard, Bourbon, Brown Sugar, Apple Cider Vinegar, Black Pepper

  
**meez** *meals*

### 1. Get Organized

Preheat your oven to 350.

### 2. Cook the Steaks

Heat 1 Tbsp of olive oil in a large skillet over high heat. Pat the **Steaks** dry with a towel and season generously with salt and pepper. When the oil is very hot, add the steaks and cook until the bottoms brown and sides start to color, about 3 minutes. If you prefer your steak **medium-rare**, flip and continue cooking 3 minutes (**medium** 4 minutes, **well done** 5 to 6 minutes).

Set aside to rest for 5 minutes, then place horizontally on a cutting board and cut into ½" strips. Wipe out the skillet.

### 3. Toast the Buns

While the steaks are resting, place each set of **Slider Buns** cut-side up on a baking sheet. Spread an even layer of **Gouda & Cheddar** over the buns, edge to edge. Bake until the cheese is melted, about 5 minutes.

### 4. Create the Bourbon Bacon Sauce

While the buns are toasting, heat the now-empty skillet over medium-high heat. Add the **Bacon & Onions** and cook until the bacon is crispy, about 4 minutes. Remove from the skillet and set aside. Do not wipe out the skillet.

Add the **Bourbon & Cider** to the skillet and bring to a boil. Lower the heat to medium and simmer until it thickens enough to coat the back of a spoon, about 3 to 4 minutes. Remove from the heat and add 1 Tbsp butter and the cooked bacon and onions. Stir well.

### 5. Put It All Together

Place sliced steak on the bottom slider buns, then top with the bourbon bacon sauce, **Arugula**, and top bun. Enjoy!

Instructions for two servings.

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

## Pecan Maple Salmon

Simplicity at its best. Our maple apple glaze gives salmon a rich, caramelized flavor that we just love. Paired with pecans and roasted brussels sprouts, and you've got a restaurant-worthy dinner that's on the table in just 25 minutes.

**25** *Minutes to the Table*

**20** *Minutes Hands On*

**1 Whisk** *Super Easy*

### Getting Organized

#### EQUIPMENT

Large Skillet  
Baking Sheet

#### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

#### 4 MEEZ CONTAINERS

Salmon  
Pecan  
Brussels Sprouts  
Maple Apple Glaze

### 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** –595 Calories, 32g Fat, 44g Protein, 33g Carbs, 18 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: Salmon, Brussels Sprouts, Pecans, Apple Cider, Apple Cider Vinegar, Maple Syrup, Brown Sugar, Cinnamon, Cayenne.

*meez* meals

### 1. **Getting Started**

Preheat oven to 400.

### 2. **Roast the Brussels**

Place **Brussels Sprouts** cut side down on a baking sheet and sprinkle with olive oil, salt, and pepper. Cook until Brussels are soft and start to brown, 16 to 18 minutes. Remove from oven and set aside.

### 3. **Cook the Salmon**

While the Brussels are roasting, dry the **Salmon** and place in a ziplock bag or small bowl. Pour the **Maple Apple Glaze** into the ziplock bag and let marinate for at least 5 minutes.

When the salmon is ready to cook, heat 1½ Tbsp olive oil in a large skillet over high heat. When the oil is very hot place the salmon – not the marinade - in the skillet. Save the marinade.

Cook the salmon until the bottom has a golden sear, about 4 minutes. Flip the salmon and add all the Maple Apple Glaze to the pan. Cook for 3 minutes, frequently spooning the glaze over the top of the salmon as it boils.

Turn off the heat and remove the salmon from the skillet – leaving the glaze - and set aside. Mix the **Pecans** and glaze in the skillet until the pecans are well coated.

### 4. **Put It All Together**

Serve the salmon on top of the Brussels Sprouts and top with the glaze and pecans. Enjoy!

Instructions for two servings.

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

# Lemon Orzo with Spinach & Halloumi

We're taking our inspiration from sunny Greece, where spinach, lemon and seared halloumi cheese are staples. This week we're pairing them with grape tomatoes and tender orzo pasta for a 15-minute dinner that's bright and fresh.

**15** Minutes to the Table

**15** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized

### EQUIPMENT

Large Skillet  
Large Saucepan

### FROM YOUR

### PANTRY

Olive Oil  
Salt & Pepper

### 6 MEEZ

### CONTAINERS

Orzo Pasta  
Spinach  
Grape Tomatoes  
Seasoned  
Onions  
Halloumi Cheese  
Lemon

## Add Protein Cooking Instructions

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

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

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

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

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

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

## Good To Know

If you ordered the **Carb Conscious version** we sent you cauliflower "rice" instead of orzo, reducing the **carbs per serving to 20g**. Skip step 1 and prior to step 3, heat 1 Tbsp oil in a large skillet over high heat. Add the cauliflower and sauté until it starts to brown, about 3 to 4 minutes. Add the spinach and stir until it starts to wilt, about a minute longer and transfer to a mixing bowl. Combine with the cooked, seasoned onions at the completion of step 3. If you're cooking the **gluten-free version**, we sent you white rice instead of orzo. Follow the instructions in step 2 but cook the rice for 15 to 20 minutes.

**Health snapshot per serving** – 720 Calories, 42g Protein, 32g Fat, 65g Carbs, and 22 Freestyle Points. **Lightened-Up Health snapshot per serving** – 590 Calories, 32g Fat, 39g Carbs, and 19 Freestyle Points using half the orzo.

SCAN QR CODE  
to view YouTube  
cooking video



INGREDIENTS: Halloumi Cheese, Spinach, Onion, Tomato, Orzo, Garlic, Parsley, Dill, Lemon Pepper, Black Pepper, Oregano, Lemon.

meez *meals*

### 1. Get Organized

Set a large saucepan of water to boil.

### 2. Cook the Orzo

Add the **Orzo Pasta** to the boiling water with a pinch of salt. Cook until al dente, about 10 to 12 minutes. Remove from the heat and drain. Return the cooked orzo to the empty saucepan along with the **Spinach** and stir well. Cover and set aside.

### 3. Make the Sauce

While the orzo is cooking, transfer the **Grape Tomatoes** to a zip lock bag and squish each one.

Heat 1 Tbsp olive oil in a large skillet over medium heat. When the oil is hot, add the **Seasoned Onions** and contents of the zip lock bag. Sauté until the onions and tomatoes become soft, about 4 minutes. Transfer the contents of the skillet to the saucepan with the orzo and spinach and mix well. Wipe out the skillet.

### 4. Grill the Halloumi

Place the **Halloumi Cheese** on a cutting board and slice into ½" cubes (they don't need to be perfect). Slice the **Lemon** in half.

Heat 1 Tbsp olive oil in the now-empty skillet over medium heat. When the oil is hot, add the cubed halloumi and the lemon halves, cut side down. Cook undisturbed until bottom of halloumi is golden brown, about 2 to 3 minutes. Flip and cook until another side is golden brown, about 2 additional minutes. Remove from the heat.

### 5. Put It All Together

Serve the seared Halloumi on top of the orzo with a generous squeeze of lemon. Enjoy!

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

Instructions for two servings.

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

# Ginger-Soy Aioli Rice Bowl

We're cooking up edamame, carrots and snow peas, and then tossing them with Himalayan red rice and our famous Ginger-Soy Aioli. It's a Japanese-style rice bowl your family will love.

**45** Minutes to the Table

**15** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized

### EQUIPMENT

Large Skillet  
Saucepan

### FROM YOUR

### PANTRY

Olive Oil  
Salt & Pepper

### 5 MEEZ

### CONTAINERS

Himalayan  
Red Rice  
Edamame  
Mixed Sesame  
Seeds  
Vegetable Mix  
Ginger-Soy  
Aioli

## Add Protein Cooking Instructions

**Integrate** into recipe: Prior to step 2, cook the protein (per instructions below) and then slice into strips (flake the salmon, leave shrimp whole) and stir into the vegetables and rice 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 rice, reducing the **carbs per serving to 29g**. Skip steps 1 & 2. Prior to step 3, heat 1 Tbsp olive oil in a skillet over medium-high heat. When the oil is hot, add the zucchini and yellow squash and cook until the edges are brown, about 2 to 3 minutes. Remove from the skillet and set aside. Do not wipe out pan. In step 3, add the cooked veggies instead of rice.

**Health snapshot per serving** – 740 Calories, 41g Fat, 77g Carbs, 17g Protein, 20 Smart Points

**Lightened up health snapshot per serving** – 600 Calories, 33g Fat, 62g Carbs, and 15 Smart Points by using two-thirds of the rice AND the aioli.

SCAN QR CODE  
to view  
YouTube  
cooking video



INGREDIENTS: Edamame, Himalayan Red Rice, Carrots, Snow Peas, Mayonnaise, Bok Choy, Green Onions, Tamari, Sesame Seeds, Brown Sugar, Ginger, Garlic

*meez* meals

**1. Getting Organized**

Put a saucepan of water on to boil.

**2. Cook the Rice**

Add a generous pinch of salt to the boiling water and add the **Himalayan Red Rice**. Cook until the rice is fluffy, about 20 to 25 minutes, then drain and return to the pot. Cover and set aside for 5 minutes.

*We set the rice aside  
for 5 minutes after  
draining so the rice  
will steam.*

**3. Stir Fry the Vegetables**

While the rice is cooking, heat 1 Tbsp of olive oil in a large skillet over high heat. Add the **Edamame** and cook for 5 minutes, then add the **Vegetable Mix** and cook until the snow peas are bright green, 5 to 7 minutes.

Add the cooked rice to the pan and mix well, then remove from the heat. Add the **Ginger-Soy Aioli** and mix well. Serve topped with **Mixed Sesame Seeds** and enjoy!

*Love this recipe? #meezmagic*

Instructions for two servings.

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