

Quick Tips

Coconut Curry Salmon

30 Min
to Table

30 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, and pepper.

Indian Butter Chicken

25 Min
to Table

25 Min
Hands
On

2 Whisks
Easy

Getting Started

Preheat oven to 425.

From your Pantry

You'll need olive oil, salt and pepper



Mish Mosh Chicken Soup

40 Min
to Table

25 Min
Hands
On

2 Whisks
Super
Easy

Getting Started

Bring 8 cups of water to a boil.

From Your Pantry

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

Smashed Italian Meatball Sliders

20 Min
to Table

20 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Heat olive oil in a saucepan.

From Your Pantry

You'll need olive oil.

Chile Relleno Verde

35 Min
to Table

25 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Preheat your oven to 425.

From Your Pantry

You'll need olive oil, salt and pepper

Caramelized Butternut Squash Rotini

30 Min
to Table

20 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Bring a large pot of water onto boil and preheat oven to 400.

From Your Pantry

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

Brussels Sprouts Unda with Cranberry Aioli

25 Min
to Table

25 Min
Hands
On

2 Whisks
Super
Easy

Getting Started

Preheat your oven to 425.

Omnivore Option

Bacon, prosciutto, and pork loin all work well with this dish.

From your Pantry

You'll need a little olive oil, vegetable oil, eggs, salt and pepper.

Shrimp and Gruyere Mac-n-Cheese

30 Min
to Table

20 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Put a saucepan of water on to boil and pre heat oven to 350.

From Your Pantry

You'll need olive oil, butter, milk, salt & pepper

Herb Roasted Chicken with Fingerling Potatoes

65 Min
to Table

10 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Preheat oven to 425.

From your Pantry

You'll need 1/2 Tbsp of flour per serving.

Meal Tip

Bacon would make this meal even more delicious.

Barbequed Sweet Potato Couscous Gratin

40 Min
to Table

10 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Preheat your oven to 400 and put water on to boil.

Speed Tip

You can cook the couscous ahead, to save time.

Beef Stroganoff with Fresh Spinach

35 Min
to Table

35 Min
Hands
On

2 Whisks
Super
Easy

Meal Tip

Add some egg noodles for a great addition

Getting Started

Heat 1 Tbsp of oil in a skillet over high heat.

From Your Pantry

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

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Smashed Italian Meatball Sliders (Open face and 2/3 of the salad)	960 750	52	51 44	81 CC 34	8	2410	21	34 25	50% Vitamin C	45% Calcium
Indian Butter Chicken (½ the butter and ½ the nuts)	840 670	53	60 43	28	8	560	14	24 17	302% Vitamin A	192% Vitamin C
Shrimp & Gruyere Mac-n-Cheese (use 2/3's of the cheese)	660 550	55	28 19	45	3	802		19 15	212% Vitamin A	92% Calcium
Beef Stroganoff with Fresh Spinach	540	38	38	15	6	450		19	330% Vitamin A	130% Vitamin C
Caramelized Butternut Squash Rotini	590	25	21	80 CC 31	8	520		16	40% Calcium	120% Vitamin A
Herb-Roasted Chicken With Fingerling Potatoes	640	46	13	75 CC 28	8	1284	7	16	125% Vitamin C	2% Vitamin D
Coconut Curry Salmon (use 2/3 the sauce & rice)	780 610	44	35 26	74 CC 26	7	400		27 15	92% Vitamin D	Calcium 49%
Chile Relleno Verde	640	34	15	98	21	1250		11	50% Iron	180% Vitamin C
Barbequed Sweet Potato Couscous Gratin	505	20	11	81	8	777	x	17	909% Vitamin A	130% 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)	
Brussels Sprout Unda with Cranberry Aioli	540	25	29	46	13	450		20	21% Calcium	7% Vitamin A
Mish Mosh Chicken Soup	570	68	7	62	6	3610		12	26% Vitamin A	15% Iron
Tiramisu for Two	290	5	15	35	1	40	29		6% Calcium	2% Iron
THE Carrot Cake	540	6	34	49	2	440	36	13	6% Vitamin C	6% Calcium
Rockslide Brownie	550	5	35	56	2	230		31	25% Vitamin A	8% 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.

Smashed Italian Meatball Sliders

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

20 Minutes to the Table

20 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Large Skillet with
Cover
Saucepan

FROM YOUR PANTRY

Olive Oil

5 MEEZ CONTAINERS

Onions
Slider Buns
Italian Meatballs
Seasoned Provolone
& Tomatoes
Antipasto Salad

Good to Know

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

Health Snapshot per Serving- 960 Calories, 52g Protein, 81g Carbs, 51g Fat, 34 Freestyle Points

Lightened-up Health Snapshot per Serving- 750 Calories, 41g Protein, 51g Carbs, 44g Fat, 25 Freestyle Points, by eating the sliders open face and using two-thirds of the antipasto salad.

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

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

meez meals

1. Caramelize the Onions

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

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

2. Toast the Buns

While the onions are caramelizing, heat 1 Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, add the **Slider Buns**, cut sides down, and toast until golden brown, about 2 minutes. Transfer to serving plates set aside until step 4.

3. Cook the Meatballs and Seasoned Provolone & Tomatoes

Return the now-empty skillet to the stove over medium-high heat and add the **Italian Meatballs**. Cook until they start to brown, about 4 to 5 minutes. Arrange the meatballs in six groups of 3 meatballs each with their edges touching, then flatten them with a fork or spatula to form one "meatball patty." Add the **Seasoned Provolone & Tomatoes** on top of each patty (group of 3 meatballs) and cover the skillet. Heat until the cheese is completely melted, about 2 minutes.

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

4. Put It All Together

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

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

Instructions for two servings.

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

Indian Butter Chicken

Tender chicken cooked up in a creamy tomato sauce with just the right blend of Indian spices and sweet butter. We're serving this classic recipe with roasted cauliflower.

25 Minutes to the Table

25 Minutes Hands On

2 Whisk Easy

Getting Organized

EQUIPMENT

- 2 Large Skillets
- Sheet Pan

FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper

6 MEEZ CONTAINERS

- Cauliflower
- Chicken
- Tomato Cream Sauce
- Spiced Butter
- Spinach
- Cashew

Good to Know

Butter chicken originated in Delhi, sometime during the 1950s. Today it can be found in all over the world.

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 – 840 Calories, 53g Protein, 60g Fat, 28g Carbs, 24 Freestyle Points.

Lighten-Up snapshot per serving – 670 Calories, 43g Fat, 23g Carbs, 17 Freestyle Points using half the butter and half the nuts.

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

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cooking video**



INGREDIENTS: Chicken, Spinach, Cauliflower, Tomato, Cream, Cashew, Butter, Cilantro, Garlic, Ginger, Garam Masala, Cayenne Pepper, Turmeric, Coriander, Lime, Sugar.

meez meals

1. Roast the Cauliflower

Preheat oven to 425. Spread the **Cauliflower** on a baking sheet in a single layer and drizzle with olive oil, salt and pepper. Cook until it starts to brown, about 15 to 17 minutes. Remove from oven and set aside.

2. Cook the Chicken

While the cauliflower is roasting, dry the **Chicken** with a paper towel and lightly salt and pepper. Heat 1 Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, add the chicken and cook until the bottom is crisp and brown, 3 to 4 minutes. Turn the chicken and cook for another 3 to 4 minutes, until the other side is brown as well.

Remove from the heat and place on a cutting board. Once the chicken has rested for 5 minutes, use a sharp knife to cut the chicken breast evenly into ½" cubes and set aside. Do not wipe out the pan.

3. Make the Indian Butter Sauce

Bring the **Tomato Cream Sauce** to a boil in the now-empty skillet over medium-high heat. Reduce the heat to medium and simmer, uncovered until the sauce thickens slightly, about 5 minutes. Add ¾ of the **Spiced Butter** and stir until melted, then turn off the heat. Add the cubed chicken and stir to coat.

4. Cook the Spinach

While the sauce is cooking, heat 1 Tbsp olive oil in a separate skillet on medium-high heat. When the oil is hot, add the **Spinach** and cook until it wilts, about 3 to 4 minutes. Add the remaining Spiced Butter to the pan and cook until the butter is melted, and the spinach is coated. Remove from the heat and place directly on serving plates.

5. Put It All Together

Top the spinach with the chicken and **Cashews**. Serve the roasted cauliflower along the edges of the plate and drizzle sauce from the pan over top of the entire dish. Enjoy!

The spinach is bulky when uncooked but will reduce once wilted so you may need to add it a bit at a time.

Instructions for two servings.

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

Shrimp & Gruyere Mac-n-Cheese

Definitely not your mother's Mac & Cheese. We've cooked up a recipe that's healthier and more delicious than the American classic. It all starts with a creamy gruyere and white cheddar cheese sauce that's a perfect complement to sautéed shrimp, kale and tri-colored rotini. Topped with crunchy breadcrumbs, it's a speedy dinner that tastes out of this world.

30 Minutes to the Table

20 Minutes Hands On

1 Whisks *Super Easy*

Getting Organized

EQUIPMENT

Large Saucepan
Casserole Dish

FROM YOUR PANTRY

Olive Oil
Salt & Pepper
Butter (½ Tbsp per serving)
Milk (1/8 cup per serving)

5 MEEZ CONTAINERS

Tri-Colored Rotini
Kale
Shrimp
Cheese & Spices
Breadcrumbs

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 – 660 Calories, 55g Protein, 28g Fat, 19 Smart Points

Lighten Up snap shot per serving – 550 Calories, 47g Protein, 19g Fat, 15 Smart Points using 2/3 of the cheese.

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

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INGREDIENTS: Shrimp, Kale, Rotini, Gruyere, Cheddar, Parmesan, Panko Breadcrumbs, Garlic, Onion, Black Pepper, Paprika

meez meals

1. Getting Organized

Pre heat oven to 350 and put a saucepan of water, with a pinch of salt, to boil.

2. Cook the Pasta and Kale

Add the **Tri-Colored Rotini** to the boiling water. Cook for 5 minutes then add the **Kale** to the boiling water and continue cooking until the pasta is al dente, about 3 to 4 additional minutes. When done, drain both the rotini and kale well and set aside.

3. Sauté the Shrimp

Pat the **Shrimp** dry with a paper towel and cut each piece in half. Lightly salt and pepper.

Wipe out the saucepan used to cook the pasta and kale and heat 1 Tbsp olive oil and 1 Tbsp butter over high heat. When the butter has melted add the shrimp and cook for a minute on each side until they are opaque and no longer grey in color. Remove the shrimp from saucepan and set aside with rotini and kale. Don't wipe out the saucepan.

4. Create the Cheese Sauce and Combine

Turn the heat to low and add ¼ cup of milk and half of the **Cheese & Spices** and stir until the cheese melts. Add the cooked rotini, kale, and shrimp and mix well, then remove from the heat.

5. Bake & Serve

Transfer the contents of the saucepan to an oven-safe casserole dish. Top with the remaining cheese and then the **Breadcrumbs**. Bake until the breadcrumbs are just starting to brown, about 8 to 10 minutes, then turn the oven to broil and cook (watching them the entire time so they don't burn) until the top is golden brown, and the breadcrumbs appear crunchy, about 1 to 2 more minutes.

Remove from the oven and let rest for at least 5 minutes. Enjoy!

*After plating
the mac-n-
cheese, spoon
any extra
cheese sauce
at the bottom
of the
casserole dish
on top.*

Instructions for two servings.

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

Beef Stroganoff with Fresh Spinach

Comfort food with a lower carb twist. We're making classic beef stroganoff with plenty of sautéed mushrooms and a rich cream sauce, but we're serving it spinach in place of the traditional carb-heavy noodles. Yum!

35 Minutes to the Table

35 Minutes Hands On

2 Whisks Easy

Getting Organized

EQUIPMENT

Large Skillet

FROM YOUR PANTRY

Olive Oil

Salt & Pepper

Flour (½ Tbsp / serving)

Butter (¾ Tbsp /
serving)

6 MEEZ CONTAINERS

Steak

Onions & Garlic

Mushrooms

Stroganoff Sauce

Spinach

Sour Cream & Parsley

Good To Know

Be sure to generously season your steak with salt and pepper before cooking; the salt adds flavor while also keeping the meat tender. We recommend using ½ tsp of each.

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 – 540 Calories, 38g Fat, 38g Protein, 15g Carbs, 19 Smart Points

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

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INGREDIENTS: Steak, Spinach, Mushrooms, Red Onion, Garlic, Cream, Sour Cream, Chicken Broth, Tomato, Parsley, Miso, Tamari, Brown Sugar, Black Pepper, Dijon Mustard,

meez meals

1. Cook the Steak

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

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

After the steaks have rested, arrange them horizontally and using a sharp knife, cut the steaks into even strips (we aim for ¼ to ½ inch strips).

2. Sauté the Onions & Garlic and Mushrooms

While the steaks are resting, wipe out the skillet used for steak and heat 1 Tbsp of oil over medium-high heat. Add the **Onions & Garlic** and cook until the onions are translucent, 4 to 6 minutes. Add the **Mushrooms** and continue cooking until the mushrooms start to brown and soften, 4 to 6 minutes.

3. Create the Sauce

Add 1 Tbsp flour and 1½ Tbsp butter and stir continuously until the butter is melted, the flour is beginning to brown, and both are well mixed in with the veggies and mushrooms without any flour clumps, about 2 minutes.

Add the **Stroganoff Sauce** and stir, scrapping the browned bits off the bottom of the pan. Cook until the sauce is the consistency of gravy and has turned a golden brown, about 2 to 3 minutes. Once the sauce has thickened, add the **Spinach** and stir continuously until all the spinach has softened and is bright green, about 2 to 3 minutes. Remove from the heat and stir in the **Sour Cream & Parsley**

4. Put It All Together

Top the spinach & mushrooms with the sliced steak & drizzle remaining sauce on top. 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.

Ensure heat is high enough so the sauce is bubbling as it thickens during this step.

Add the spinach a little at a time if your pan gets too full. It will soften and cook down as you stir it in.

Instructions for two servings.

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

Caramelized Butternut Squash Rotini

30 Minutes to the Table

20 Minutes Hands On

1 Whisk Super Easy

We challenged the test kitchen for an evolution of winter comfort food, and they produced this gem. Cozy roasted and caramelized butternut squash and tricolor rotini make it cozy, and arugula and chives keep it light. Topped with Parmesan, it's flat out delicious.

Getting Organized

EQUIPMENT

Baking Sheet
Large Saucepan
Large Skillet

FROM YOUR PANTRY

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

6 MEEZ CONTAINERS

Butternut Squash
Tricolor Rotini
Zucchini, Carrots &
Onions
Arugula
Parmesan & Chives
Lemon

Add Protein Cooking Instructions

CHICKEN - While the pasta is cooking in Step 3, heat 1 Tbsp of olive oil in a large skillet on medium-high heat. Salt and 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 and slice into strips. Stir into the pasta and veggies in Step 4.

STEAK - While the pasta is cooking in Step 3, 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 and slice into strips. Stir into the pasta and veggies in Step 4.

SHRIMP -While the pasta is cooking in Step 3, heat 1 Tbsp of olive oil in a large skillet on medium-high heat. Salt and pepper the Shrimp and, when the oil is hot, cook until they are opaque and no longer grey in color, about 1 minute on each side. Stir into the pasta and veggies in Step 4.

Good To Know

If you ordered the Carb Conscious version, we sent you zucchini "noodles" instead of the rotini, reducing the **carbs per serving to 31g**. Skip the boiling water in step 1. Prior to step 4, heat 1 Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, cook the zucchini until it starts to char, about 4 to 5 minutes. Use in place of the rotini noodles at the end of step 4.

Health snapshot per serving – 590 Calories, 25g Protein, 21g Fat, 80g Carb, 16 Freestyle Points.

INGREDIENTS: Butternut Squash, Tricolor Rotini, Zucchini, Lemon, Arugula, Yellow Onion, Carrot, Parmesan, Garlic, Chive, Black Pepper, Savory

meez meals

1. **Get Organized**

Bring a large saucepan of water to a boil with a pinch of salt. Preheat the oven to 400.

2. **Roast the Squash**

Add the **Butternut Squash** to a baking sheet and drizzle with olive oil, salt and pepper. Toss and arrange single layer. Bake until the squash just starts to brown, about 12 to 14 minutes.

3. **Cook the Pasta**

While the squash is roasting, add the **Tricolor Rotini** to the boiling water and cook until al dente, 10 to 12 minutes. Drain and set aside.

4. **Make the Brown Butter Veggies**

When the squash is out of the oven, melt 2 tbsp butter in a large skillet over medium heat. Add the **Zucchini, Carrots & Onions** and the roasted squash, and sauté stirring occasionally, until the veggies start to caramelize about 8 to 10 minutes. Turn off the heat and immediately add 1 Tbsp of olive oil and the **Arugula**. Stir until the arugula wilts, then add the cooked pasta and two-thirds of the **Parmesan & Chives**. Mix all the ingredients together.

5. **Putting it All together**

Serve the pasta topped with the remaining cheese and finish with a squeeze of **Lemon**. Enjoy!

Instructions for two servings.

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

Herb-Roasted Chicken with Fingerling Potatoes

We're putting a fresh spin on classic roast chicken this week. With fingerling potatoes, cremini mushrooms, fresh herb rub and hands-free white wine sauce, it's a sophisticated one-pan dinner we just love. (Did we mention it's just 10 minutes hands on?)

65 *Minutes to the Table*

10 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Deep Casserole Dish or
Roasting Pan

FROM YOUR PANTRY

1 Tbsp Flour
Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Chicken Thighs
Fingerling Potatoes
Mushrooms
Red Onion
Herbs & Garlic
White Wine Sauce

Make The Meal Your Own

If you ordered the **Carb Conscious version**, we sent you cauliflower instead of the potatoes, reducing the **carbs to 28g per serving**. You can cook the cauliflower just like the potatoes but don't need to cut them in half.

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 – 640 Calories, 13g Fat, 46g Protein, 75g Carbs, 16 Freestyle Points.

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

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to view YouTube
cooking video**



INGREDIENTS: Cage-Free Chicken Thighs, Fingerling Potatoes, Cremini Mushrooms, White Wine, Red Onion, Capers, Heavy Cream, Garlic, Miso, Herbs and Spices

meez meals

1. Getting Organized

Preheat your oven to 425 degrees.

2. Prep the Chicken and Potatoes

Pat the **Chicken Thighs** dry with a towel. If the chicken skin has bunched in places, pull it evenly over the chicken thighs so that it lays flat.

This step ensures that the chicken skin gets nice and crispy.

Cut the **Fingerling Potatoes** in half lengthwise.

3. Roast the Chicken

In a roasting pan or deep casserole dish, toss the chicken thighs, potatoes, **Mushrooms, Red Onion** and **Herbs & Garlic** with 2 Tbsp olive oil, ½ tsp salt and ¼ tsp pepper. Arrange the vegetables on the bottom of the pan and set the chicken thighs on top. Roast until the chicken skin is beginning to brown and crisp, about 40 to 45 minutes.

4. Finish the Sauce

Remove from the oven and sprinkle 1 Tbsp flour over everything. Return to the oven for 5 minutes. Remove again, toss well and add the **White Wine Sauce** to the pan. Stir well to incorporate.

When you stir the sauce, mix in any dry pockets of flour.

Return the pan to the oven and cook until the chicken is brown and crispy and the sauce is thick and bubbling, about 8 to 10 minutes.

Love this recipe? #meezmagic

Instructions for two servings.

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

Coconut Curry Salmon

This dish is all about the coconut red curry sauce. It's creamy and flavorful, and mildly spicy. We're serving it over seared salmon, green beans, and red and brown rice. It's fresh and light and on the table faster than you can order take out.

30 Minutes to the Table

30 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Large Skillet
Saucepan

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Red & Brown Rice
Green Beans
Salmon
Lime
Coconut Red Curry Sauce
Sesame Seeds

Good To Know

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

If you ordered the **carb conscious version**, we sent you cauliflower "rice" instead of rice, reducing the carbs to **26g per serving**. Skip steps 1 and 2 and prior to step 3, heat 1 Tbsp of olive oil in the large skillet over high heat. When the oil is hot, add the cauliflower and sauté until it starts to brown, about 3 to 4 minutes. Remove from the skillet and use in place of the rice.

Health snapshot per serving – 780 Calories, 35g Fat, 74g Carbs, 44g Protein and 21 Freestyle Points

Lightened up health snapshot per serving – 560 calories, 26g fat, 53g carbs, and 15 freestyle points by using two-thirds of the rice and sauce.

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

INGREDIENTS: Salmon, Green Beans, Lime, Coconut Milk, Red Rice, Brown Rice, Sesame Seeds, Curry Paste, Ginger, Basil, Miso, Garlic.

meez *meals*

1. Get Organized

Bring a saucepan of water to a boil.

2. Cook the Rice

Add the **Red & Brown Rice** to the boiling water and cook until the rice is tender, about 20 to 25 minutes. Drain the rice well and transfer directly to serving plates.

3. Cook the Green Beans

While the rice is cooking, heat 1 tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, add the **Green Beans** with a sprinkle of salt and pepper. Cook until they are bright green and slightly seared, about 5 to 6 minutes. Remove from the skillet and place on top of the rice. Wipe out the skillet.

4. Prepare the Salmon

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 olive oil in the now-empty skillet over medium-high heat. When the oil is hot, add the salmon and cook until it is brown on one side, about 3 minutes. Slice the **Lime** in half and add to the skillet, cut-side-down and then flip the salmon. Cook until the other side browns, about 3 additional minutes. Set the limes aside and transfer the salmon to the serving plates on top of the green beans.

5. Warm the Sauce

When the rice is finished cooking, add the **Coconut Red Curry Sauce** to the now-empty saucepan and bring to a boil over high heat. Reduce the heat to medium and simmer until the sauce thickens enough to coat the back of a spoon, about 5 minutes. Remove from the heat.

6. Put It All Together

Pour the Red Curry Sauce over the salmon. Sprinkle the entire dish with **Sesame Seeds** and a squeeze of the seared lime. Enjoy!

Chile Relleno Verde

We love Chile Rellenos, but the classic version is battered and fried - too much for a busy weeknight dinner. We've discovered a streamlined casserole that eliminates that messy step. With rice, black beans, and a flavorful verde sauce, it's comfort food simple enough for the busiest of nights.

35 *Minutes to the Table*

25 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Casserole Dish
Saucepan

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Poblano Peppers
Rice
Spiced Corn & Beans
Chihuahua &
Mozzarella
Verde Sauce

Add Protein Cooking Instructions

CHICKEN - While the rice is cooking in Step 3, heat 1 Tbsp of olive oil in a large skillet on medium-high heat. Salt and 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. Shred and stir into the rice and bean mix before adding to the casserole in Step 5.

If you added steak, we recommend serving it separately with salt & pepper. Cook in a skillet with 1 Tbsp oil over high heat to internal temperature of 145 (for medium doneness).

If you added shrimp, we recommend serving it separately with salt & pepper. Cook in a skillet with 1 Tbsp oil over medium-high heat to an internal temperature of 145 degrees.

Good To Know

Health snapshot per serving – 640 Calories, 15g Fat, 34g Protein, 98g Carbs, 11 Smart Points

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

INGREDIENTS: Poblano Peppers, Black Beans, White Rice, Green Enchilada Sauce, Corn, Yellow Onion, Chihuahua Cheese, Mozzarella, Carrot, Orange Juice, Sour Cream, Tomato, Garlic, Vegetable Stock, Ancho Chili, Sugar, Lime Juice, Cilantro, Paprika, Coriander, Oregano, Cumin, Kosher Salt, Black Pepper

meez *meals*

1. Get Started

Preheat the oven to 425. Bring a saucepan of water to a boil.

2. Roast the Poblano Peppers

Spray or lightly brush the **Poblano Peppers** with olive oil and arrange them, skin-side-up in a single layer in a casserole dish. Roast until the peppers soften and the skin starts to blister, about 15 minutes. Remove the dish from the oven, flip the peppers and rearrange into a single layer. Set aside until step 5.

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

3. Cook the Rice

As soon as the poblanos are roasting, add the **Rice** to the boiling water and cook until soft, about 15 minutes. Drain and set aside in a colander.

4. Make the Rice, Corn and Beans

Add 1 Tbsp olive oil to the now-empty saucepan over medium-high heat. When the oil is hot, add the **Spiced Corn & Beans** and 3 Tbsp water. Cook, stirring frequently, until the onions and carrots soften, about 3 to 5 minutes. Turn off the heat and add back the cooked rice. Stir well, cover, and set aside.

5. Bake the Casserole and Serve

Top the poblano peppers with an even layer of the rice mix, then sprinkle with the **Chihuahua & Mozzarella**. Bake until the cheese is melted and starting to brown, about 8 to 10 minutes. Remove and from the oven let cool for 5 minutes.

Drizzle with the **Verde Sauce** and enjoy!

Instructions for two servings.

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

Barbequed Sweet Potato Couscous Gratin

We're turning the whole idea of an au gratin on its head this week. Forget the heavy, cream-based staples of classic French cooking. Instead, we're layering pearl couscous and broiled sweet potatoes with smoky barbeque sauce and mozzarella. Then we top it off with crispy kale for a vitamin-packed twist.

40 Minutes to the Table

10 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Oven-Safe
Saucepan
Rimmed Baking
Sheet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Sweet Potatoes
Pearl Couscous
Barbeque Sauce
Mozzarella &
Cherries
Kale

Add Protein Cooking Instructions

CHICKEN - While the Gratin and Kale are baking, heat 1 Tbsp of olive oil in a large skillet on medium-high heat. Salt & pepper the Chicken Breasts, when the oil is hot, cook until crisp and brown, about 4 to 5 minutes on each side. Let rest for 5 minutes. Serve alongside the gratin.

STEAK - While the Gratin and Kale are baking, heat 1 Tbsp olive oil in a large skillet over high heat. Salt & Pepper the steaks, 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. Serve alongside the gratin.

SHRIMP - While the Gratin and Kale are baking, heat 1 Tbsp of olive oil in a large skillet on medium-high heat. Salt and pepper the Shrimp and, when the oil is hot, cook until they are opaque and no longer grey in color, about 1 minute on each side. Serve alongside the gratin. ant this meal in a flash? Prepare the sweet potatoes and couscous in advance. When it's time for dinner, assemble the casserole and sauté the kale. You'll be eating in 15 minutes.

Good To Know

If you're making the gluten-free version, we've given you quinoa. Bring $3\frac{3}{4}$ cups of water to a boil, add the quinoa and a dash of salt. Cover and lower the heat to a simmer. Cook for 12 to 15 minutes, until the grain looks spiraled. Fluff it and let it sit covered for 5 minutes.

Health snapshot per serving – 505 Calories, 20g Protein, 8g Fiber, 17 Smart Point

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



INGREDIENTS: Sweet Potatoes, Kale, Pearl Couscous, Barbeque Sauce, Mozzarella Cheese, Parmesan Cheese, Cherries, Garlic

meez meals

1. Getting Organized

Preheat your oven to 400 degrees and put a saucepan of water on to boil.

2. Roast the Sweet Potatoes

Put the **Sweet Potatoes** on a rimmed baking sheet. Drizzle with olive oil, salt and pepper and bake until the edges are crispy, about 15 to 25 minutes.

3. Cook the Couscous

Once the sweet potatoes are cooking, start the couscous. Salt the boiling water generously, add the **Pearl Couscous** and cook for 5 minutes. Drain and set aside.

The couscous won't be done cooking in this first step. We're just par-cooking it.

4. Assemble the Casserole

Turn the oven down to 300 degrees and put the couscous back into the saucepan or, if it's not oven-safe, into a casserole dish. Add the cooked sweet potatoes, **Barbeque Sauce** and ¼ cup water and mix well. Top with **Mozzarella & Cherries** and bake until the top is lightly browned and the cheese is melted, about 12 to 15 minutes.

5. Bake the Kale

Once the gratin gets into the oven, arrange the **Kale** on your rimmed baking sheet. Drizzle with olive oil, salt and pepper, and bake until softened and crisp on the edges, about 15 minutes. Serve the gratin topped with the kale.

Love this recipe? #meezmagic

Instructions for two servings.

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

Brussels Sprout Unda with Cranberry Aioli

Haven't heard of Unda? It's part omelet, part taco and one of our favorite ways to fill a tortilla. It starts with an egg that gets cooked right onto a corn tortilla. Then we're stuffing it with roasted Brussels sprouts, sautéed apples and finishing it with a cranberry aioli. It's offbeat and crazy good.

25 Minutes to the Table

25 Minutes Hands On

2 Whisk *Easy*

Getting Organized

EQUIPMENT

- Rimmed Baking Sheet
- 2 Large Skillets

FROM YOUR PANTRY

- Olive Oil
- Vegetable Oil
- Salt & Pepper
- Eggs (2 per serving)

5 MEEZ CONTAINERS

- Apple
- Brussels Sprouts
- Corn Tortillas
- Cranberry Aioli
- Pecan & Fontina Mix

Add Protein Cooking Instructions

CHICKEN - While the brussels sprouts are roasting in Step 2, heat 1 Tbsp of olive oil in a large skillet on medium-high heat. Salt and 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. Shred and add to the undas in Step 4.

If you added steak, we recommend serving it separately with salt & pepper. Cook in a skillet with 1 Tbsp oil over high heat to internal temperature of 145 (for medium doneness).

If you added shrimp, we recommend serving it separately with salt & pepper. Cook in a skillet with 1 Tbsp oil over medium-high heat to an internal temperature of 145 degrees.

Good to Know

Cooking with a picky eater? The undas are great simply topped with cheese

Health snapshot per serving – 540 Calories, 25g Protein, 13g Fiber.

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



INGREDIENTS: Brussels Sprouts, Corn Tortillas, Apple, Mayonnaise, Fontina Cheese, Pecans, Cranberries

meez meals

1. Get Organized

Preheat your oven to 425

2. Roast the Brussels Sprouts

Put the **Brussels Sprouts** onto a rimmed baking sheet and drizzle with olive oil, salt, and pepper. Cook until crispy on the edges, about 12 to 20 minutes.

3. Sauté the Apple

While the sprouts are cooking, slice each **Apple** into quarters, then dice each quarter.

Heat 1 Tbsp olive oil in a large skillet over high heat. Add the apples and cook until they are just tender, about 3 minutes. Set aside until the brussels sprouts are done cooking, then add the apples to the brussels and mix together, then set aside.

4. Make the Unda

While the apples are cooking, break 1 egg into a bowl and add a pinch of salt. Give it a good whisk, then pour it into a second skillet. Let it set for 10 to 15 seconds, then put a **Corn Tortilla** on top of the egg. Cook the pair for 30 more seconds, until the egg seems like it has set completely.

Flip the egg & tortilla combination and cook until the tortilla is golden. Set aside and repeat until you've cooked all of your tortillas.

5. Put It All Together

Fill each unda with the roasted sprouts and apples and top with the **Pecan and Fontina Mix** and the **Cranberry Aioli**. Enjoy!

To dice our apples, we cut each quarter into 3 slices, and then cut each of those slices into 4 pieces. But don't worry too much about the match!

The tortilla will stick to the egg because the egg is soft and runny, which is what we want.

Instructions for two servings.

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

Mish Mosh Chicken Soup

For the uninitiated, Mish Mosh soup is a combination of some of the best items soup has to offer all in one bowl. Of course we are doing it up Meez style, with cage-free chicken breast, freshly cooked matzo balls, egg noodles, wild rice and barley in a classic chicken broth. It is a hearty dinner for all appetites.

40 *Minutes to the Table*

25 *Minutes Hands On*

2 Whisks *Easy*

Getting Organized

EQUIPMENT

- 2 Large Saucepans ,
both with covers
- Large Mixing Bowl

FROM YOUR PANTRY

- Vegetable Oil
- Olive Oil
- Salt & Pepper
- 1 Egg

6 MEEZ CONTAINERS

- Matzo Ball Mix
- Dill
- Chicken Broth Starter
- Egg Noodles
- Chicken
- 5-Grain Blend

Good to Know

Health snapshot per serving – 570 Calories, 68g Protein, 70g Fat, 63g Carbs, 9 Freestyle Points.

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

INGREDIENTS: Chicken, Barley, Wheat Berry, Wild Rice, Red Quinoa, White Quinoa, Egg Noodle, Chicken Broth, Carrot, Onion, Celery, Matzo Mix, Vegetable Oil, Egg, Dill.

meez meals

1. Cook the Matzo Balls

Set 8 cups of water to a boil in a large saucepan over high heat.

Crack one egg into a large mixing bowl. Add 1 Tbsp vegetable oil and blend. Then add the **Matzo Mix** (consistency similar to flour and in a plastic container) and **Dill** and mix until blended. Pat about ¼ of the mix into a golf-ball-sized ball using a gentle hand. Repeat for the rest of the mix so you have 4 matzo balls total. Place into the freezer for 5 minutes to set. Gently transfer the matzo balls into the pot of boiling water, cover and reduce heat to medium-high. Cook 25 minutes, then turn off the heat but leave the matzo balls in the covered pot until step 4.

The pot should be large enough for the matzo balls to have plenty of room to expand.

2. Cook the Broth and Noodles

In a second large saucepan, combine 4 cups of water and the **Chicken Broth Starter**. Bring to a boil over high heat. When the broth is boiling, stir in the **Egg Noodles**, cover, and reduce heat to medium-high. Keep at a low boil until the vegetables are soft, about 15 to 20 minutes.

Don't over-mix the raw matzo balls. Once the ingredients are all combined quickly get into the freezer to set.

3. Sear the Chicken

As soon as the broth is boiling, dry and generously sprinkle the **Chicken** with salt and pepper (we use ¼ tsp salt and ¼ tsp pepper, so use about half per side, or more if you like). Heat 1 Tbsp olive oil in a skillet over high heat. When the oil is very hot, add the chicken and cook until it starts to brown, about 2 minutes. Flip and cook other side for 2 minutes. Remove from heat and place on a cutting board. When it is cool enough to handle, dice into ¼" squares.

The chicken will not be fully cooked at this point but will finish cooking in the boiling broth in step 4.

4. Put It All Together

When the broth is finished cooking, add the **5-Grain Blend**, diced chicken, and cooked matzo balls to the soup. Cover and let everything cook on a low boil for 2 minutes. Remove from the heat and ladle into serving bowls. Enjoy!

Instructions for two servings.

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