

Bangkok Basil Crunch Salad

A Thai-inspired basil crunch gives Asian veggies and organic tofu a flair we can't resist. It's a toss & serve meal made with plenty of fresh basil, ginger and ground peanuts that's unusual and totally delicious. Thinking about bringing it to the office? No cooking is required, so it's a great choice for home or on the go.

5 Minutes to the Table

5 Minutes Hands On

1 Whisks *Super Easy*

Getting Organized

EQUIPMENT

Large Mixing Bowl

FROM YOUR PANTRY

Salt & Pepper

4 MEEZ CONTAINERS

Asian Veggies

Organic Tofu

Bangkok Basil

Dressing

Peanuts

Add Protein Cooking Instructions

Integrate into recipe: Prior to tossing the salad in Step 1, cook the protein (per instructions below) and then slice into strips (flake the salmon, leave shrimp whole) and toss with the salad.

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 – 510 Calories, 33g Protein, 29g Carbs, 31g Fat, 8 Freestyle Points.

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6 339.

SCAN QR CODE
to view YouTube
cooking video



INGREDIENTS: Organic Tofu, Cabbage, Carrots, Sugar Snap Peas, Peanuts, Vegetable Oil, Rice Wine Vinegar, Tamari, Brown Sugar, Basil, Ginger, Sesame Oil, Garlic.

meez *meals*

1. Put It All Together

Put the **Asian Veggies** into a large mixing bowl with the **Organic Tofu** and **Bangkok Basil Dressing**. Add salt and pepper to taste. Serve topped with the **Peanuts**.

2. Enjoy

Instructions for two servings.

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