

Country Stack

30 Minutes to the Table

15 Minutes Hands On

2 Whisks *Easy*

The idea for this dinner came from some roasted root veggie fries Chef Max prepared in the test kitchen. As we were nibbling the roasted parsnips and beets straight from the sheet pan, we started brainstorming ways to turn them into a main course meal. When we hit on serving them over sautéed spinach with sunny-side up eggs and a delectable aioli, we knew we had a winner.

Getting Organized

EQUIPMENT

- 2 Rimmed Baking Sheets
- Large Skillet

FROM YOUR PANTRY

- Olive Oil
- Vegetable Oil
- Salt & Pepper
- 2 Eggs

4 MEEZ CONTAINERS

- Beets & Parsnips
- Cornbread
- Spinach
- Aioli

Make The Meal Your Own

If you'd like to speed up dinner, roast the beets and parsnips ahead of time. Dinner will be on the table in 15 minutes.

Kids and picky eaters might prefer their aioli on the side.

Omnivore's Option – Irish or center cut bacon would add a traditional note. Serve it under the fried egg.

Good To Know

Health snapshot per serving – 410 Calories, 11 Protein, 8g Fiber, 14 Smart Points

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

INGREDIENTS: Spinach, Parsnips, Cornbread, Beets, Mayonnaise, Red Wine Vinegar, Honey, Garlic, Herbs, Spices, Mustard

meezmeals

1. Getting Organized

Preheat your oven to 400.

2. Roast the Beets & Parsnips

Put the **Beets & Parsnips** on to a rimmed baking sheet. Drizzle generously with oil (about 2 Tbsp), plus salt and pepper. Toss, then arrange in a single layer and roast until golden in places, about 15 to 20 minutes. Stir once about halfway through.

3. Toast the Cornbread

While the veggies are cooking, crumble the **Cornbread** and bake it on a rimmed baking sheet until golden and crispy, 7 to 10 minutes.

4. Sauté the Spinach

While the veggies are cooking, heat ½ Tbsp oil a large skillet over high heat. Add the **Spinach** and cook until it wilts, about 2 to 3 minutes. Remove from heat and stir in 1 Tbsp of the **Aioli**. Plate the spinach on top of the cornbread, then top with the roasted beets and parsnips.

5. Fry Your Eggs

Wipe out the spinach pan and return to high heat. Cover the bottom with vegetable oil (about ¼ cup) and heat until it's fragrant.

Crack your eggs into the oil and cook for 90 seconds, then flip carefully and cook for 45 more seconds, then plate immediately on top of the cornbread and vegetables. Finish with a generous dollop of the aioli over everything. Enjoy!

*Don't skimp on the oil.
Use enough so the
vegetables become shiny.
That will help them crisp.*

*Crumble the cornbread into
dime size pieces.*

*You can also serve the
eggs poached. (Don't know
how to poach an egg? Give
us a call!)*

*These times are for a
runny yolk. You can cook
it longer for a firmer egg.*

Love this recipe? #meezmagic

Instructions for two servings.

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