

Upside-Down Asparagus & Gruyere Tart

This flaky tart tastes like summer. With a puff pastry crust, fresh asparagus, and green beans, and just the right amount of gruyere cheese, it's perfect with our strawberry vinaigrette.

Getting Organized

EQUIPMENT

Baking Sheet
Large Mixing Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Puff Pastry
Herbs & Sesame Seeds
Asparagus & Green Beans
Gruyere & Mozzarella Cheese
Arugula
Strawberry Vinaigrette

Add Protein Cooking Instructions

Integrate into recipe: When there is about 15 minutes left on the jambalaya, cook the protein and serve alongside the tart.

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 –850 Calories, 67g Fat, 23g Protein, 43g Carbs, 33 Freestyle Points.

Lightened up health snapshot per serving – 690 Calories, 53g Fat, 41g Carbs, 26 Freestyle Points by using two-thirds of the cheese and dressing.

30 Minutes to the Table

20 Minutes Hands On

1 Whisk Super Easy

INGREDIENTS: Asparagus, Green Beans, Puff Pastry, Vegetable Oil, Arugula, Gruyere, Mozzarella, White Wine Vinegar, Lemon Juice, Strawberry, Miso, Dijon Mustard, Sugar, Garlic, Black and White Sesame Seeds, Savory, Black Pepper.

meez meals

1. Get Started

Preheat the oven to 425.

2. Prep the Puff Pastry

Spray or brush a baking sheet with oil. Place the **Puff Pastry** on one side of the baking sheet, leaving the other half for veggies, which will come in the next step. Brush the top with olive oil. Sprinkle the **Herbs & Sesame Seeds** on the top, edge-to-edge, pressing down so they stick. Place in the oven to bake for 5 minutes.

3. Cook the Veggies and Puff Pastry

While the puff pastry is baking, toss the **Asparagus & Green Beans** with olive oil, salt and pepper in a large mixing bowl. Once the pastry has been baking for 5 minutes, add the asparagus and green beans to the puff pastry baking sheet in a single layer.

Once the vegetables have been cooking for about 10 minutes (and the pastry has been cooking for 15 minutes), add the **Gruyere & Mozzarella Cheese**, **Arugula**, and half of the **Strawberry Vinaigrette** to the veggies and toss right on the baking sheet.

Form the veggie mixture into two squares, each about the size of the puff pastry pieces. Place one puff pastry on top of each of the squares and cook for an additional 5 minutes, then remove from the oven and let rest for 5 minutes before serving.

4. Put It All Together

Drizzle the remaining Strawberry Vinaigrette over top the puff pastry and enjoy!

Instructions for two servings.

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