

### *Salmon Cakes with Dill Crema*

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<b>40 Min</b> to Table	<b>40 Min</b> Hands On	<b>2 Whisks</b> Easy
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**Getting Started** Bring a large saucepan of water to boil.

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**From your Pantry** You'll need an egg, flour, olive oil, salt and pepper.

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### *Arugula and Cherry Tomato Pizza*

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<b>40 Min</b> to Table	<b>15 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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**Getting Started** Preheat your oven to 450.

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**From Your Pantry** You'll need olive oil, salt, pepper, and flour.

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# Quick Tips



### *Classic Shawarma*

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<b>10 Min</b> to Table	<b>10 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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**Getting Started** Warm the pita.

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**From Your Pantry** You'll need olive oil, salt & pepper

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### *Feta & Tomato Mediterranean Steak Salad*

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<b>20 Min</b> to Table	<b>20 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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**Getting Started** Heat olive oil in a large skillet.

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**From Your Pantry** You'll need some olive oil, salt and pepper.

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### *Salsa Fresca Fish Tacos*

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<b>20 Min</b> to Table	<b>20 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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**Getting Started** Make the Taco Slaw and refrigerate.

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**From your Pantry** You'll need flour, olive oil, eggs, salt and pepper.

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### *Mango Teriyaki Chicken*

<b>25 Min</b> to Table	<b>25 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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<b>Getting Started</b>	Put a pot of water on to boil.
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<b>From your Pantry</b>	You'll need olive oil, salt and pepper.
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### *Udon Noodles with Spicy Green Beans*

<b>20 Min</b> to Table	<b>20 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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<b>Getting Started</b>	Put a large pot of water on to boil.
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<b>Omnivore Option</b>	Pork is a natural addition to this dish.
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### *Shrimp Ceviche*

<b>10 Min</b> to Table	<b>10 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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<b>Getting Started</b>	Combine the Ceviche Veggies, Black Beans and Citrus Marinade in a large bowl.
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<b>From Your Pantry</b>	You'll need olive oil, salt and pepper
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### *Shells with Basil Cream Sauce*

<b>15 Min</b> to Table	<b>15 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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<b>Getting Started</b>	Bring a saucepan of water to a boil.
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<b>From Your Pantry</b>	You'll need some olive oil, salt, and pepper.
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### *Balsamic Glazed Chicken Caprese Pasta*

<b>20 Min</b> to Table	<b>10 Min</b> Hands On	<b>1 Whisk</b> Easy
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<b>Getting Started</b>	Put a saucepan of water on to boil.
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<b>Meal Tip</b>	This dish is delicious served cold.
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### *Halloumi Crispy Rice Bowl with Ginger-Lime Vinaigrette*

<b>20 Min</b> to Table	<b>30 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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<b>Getting Started</b>	Preheat your oven to 425.
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<b>From Your Pantry</b>	You'll need some olive oil, salt and pepper.
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# Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Halloumi Crispy Rice Bowl with Ginger-Lime Vinaigrette	680	31	42	46 CC 26	5	1080	13	21	50% Vitamin C	10% Calcium
(use 1/2 the rice & 1/2 the vinaigrette)	540		34					16		
Salsa Fresca Fish Tacos	755	58	24	77 CC 42	13	420		16	22% Vitamin C	12% Calcium
(make two tacos instead of 3)	700		22					12		
Balsamic Glazed Chicken Caprese Pasta	615	64	23	40 CC 17	5	249	9	15	67% Vitamin C	25% Vitamin A
Shrimp Ceviche	625	39	9	107	8	1288		13	195% Vitamin C	36% Iron
Classic Shawarma	380	14	18	44 CC 12	3	668		11	34% Vitamin C	18% Iron
Mango Teriyaki Chicken	680	52	10	96	7	1700	31	13	97% Vitamin A	84% Vitamin C
Shells with Basil Pesto	500	19	26	50	8	371		17	70% Vitamin A	42% Folate
Salmon Cakes with Dill Crema	560	44	25	42	6	1090	12	11	95% Vitamin D	56% Vitamin A
Udon Noodles with Spicy Green Beans	580	29	18	84	17	445		17	64% Vitamin A	71% 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)	
Feta & Tomato Mediterranean Steak Salad	590	42	34	29	4	980	14	18	45% Vitamin A	30% Calcium
Arugula and Cherry Tomato Pizza	541	14	25	65	8	446	19	18	61% Vitamin A	55% Vitamin C
Molten Chocolate Cake	520	7	31	54	3	360		28	30% Iron	4% Vitamin A
Flourless Chocolate Cake	370	5	16	32	2	130	18	18	20% Iron	10% Vitamin A
THE Carrot Cake	540	6	34	49	2	440	36	13	6% Vitamin C	6% Calcium
Kitchen Sink Cookies	380	5	19	49	2	400	10	17	20% Iron	8% 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.*

## Halloumi Crispy Rice Bowl with Ginger-Lime Vinaigrette

There are few ingredients we love more than seared halloumi for making dinner special. Paired with crispy jasmine rice, roasted beets and a ginger-lime vinaigrette, it's magic.

**30** Minutes to the Table

**20** Minutes Hands On

**1 Whisk** Super Easy

### Getting Organized

#### EQUIPMENT

Medium Saucepan  
Large Skillet  
Small Bowl  
Rimmed Baking Sheet

#### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

#### 6 MEEZ CONTAINERS

Ginger-Lime Vinaigrette  
Jasmine Rice  
Seasoned Onions  
Beets  
Kale  
Halloumi Cheese

### Good to Know

If you're cooking the **Carb Conscious version**, we sent you diced zucchini instead of Jasmine Rice, reducing the **carbs to 26g per serving**. In place of step 2, heat 1 Tbsp olive oil in a large skillet over high heat. When the oil is hot sauté the zucchini until it starts to brown, about 2 to 3 minutes. Then add the Seasoned Onions and continue to cook for another 2 to 3 minutes until the onions are soft. Transfer directly to serving bowls.

**Health snapshot per serving** – 680 Calories, 31g Protein, 42g Fat, 46g carbs, 21 Freestyle Points.

**Lightened Up Health snapshot per serving** – 540 Calories, 31g Carbs, 34g Fat, and 16 Freestyle Points, by using half the Jasmin Rice and half the Ginger-Lime Vinaigrette.

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

INGREDIENTS: Halloumi Cheese, Beets, Jasmine Rice, Kale, Yellow Onion, Vegetable Oil, Rice Wine Vinegar, Lime, Ginger, Cilantro, Miso, Sugar, Turmeric, Paprika, White Pepper

meez meals

### 1. Get Ready

Preheat your oven to 425. Bring a medium saucepan of water to a boil. Combine 1 Tbsp olive oil and the **Ginger Lime Vinaigrette** in a small bowl and set aside until step 6.

### 2. Cook the Rice

Add the **Jasmine Rice** to the boiling water and cook until tender, about 12 to 15 minutes. Drain well and return to the saucepan. Add the **Seasoned Onions**, cover and set aside until step 4.

### 3. Roast the Vegetables

While the rice is cooking, place the **Beets** on a rimmed baking sheet and drizzle with olive oil and lightly season with salt and pepper. Toss and arrange in a single layer on one half of the baking sheet. Repeat the same process with the **Kale** on the other half. Roast until the beets and kale start to crisp and brown, about 15 minutes. Remove from the oven and toss all the veggies together with tongs on the baking sheet and set aside.

### 4. Make the Crispy Rice

Heat 2 Tbsp olive oil in your largest skillet over medium-high heat. When the oil is hot, spread the rice/onions in an even layer and cook until the bottom starts to brown and crisp, about 3 to 4 minutes. Flip the rice and cook on the other side until it starts to brown, an additional 3 to 4 minutes. Transfer directly to serving bowls. Wipe out the skillet.

### 5. Sear the Halloumi

Place the **Halloumi Cheese** on a cutting board and cut in half lengthwise, then slice into rectangles about ¼" thick. You should have about 10 to 12 pieces per serving after slicing.

Heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. When the oil is hot, add the Halloumi and lightly sprinkle with pepper. Cook until one side is golden brown, about 3 minutes, then flip and cook the other side until golden brown, an additional 3 minutes.

### 6. Put It All Together

Top the crispy rice with the kale and beets and then the seared halloumi. Drizzle the entire dish with the Ginger-Lime Vinaigrette. Enjoy!

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

Instructions for two servings.

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

# Salsa Fresca Fish Tacos

The Meez version of classic fish tacos is as delicious as you think. Lightly breaded, crispy tilapia. Cabbage and jicama slaw. Fresh pico de gallo salsa. Tasty pineapple crema. On the table in less than thirty minutes. That's the magic of Meez.

**20** Minutes to the Table

**20** Minutes Hands On

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

- Large Mixing Bowl
- Large Skillet

### FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper
- Flour (1/8 cup per serving)
- Egg (1 per serving)

### 6 MEEZ CONTAINERS

- Taco Slaw
- Pineapple Crema
- Tilapia
- Tortilla
- Salsa Fresca (pico de gallo)
- Queso Fresco (cheese)

## Good to Know

If you ordered the **Carb Conscious version**, we sent you romaine lettuce instead of the tortillas. If you the romaine to make a fish taco salad, and leave out the eggs and flour, **carbs per serving are reduced to 36g**.

**Tilapia** is rich in minerals, proteins and vitamins which strengthen our bone health and reduce the risk of Osteoporosis. It boosts muscle growth in body and also helps in cellular repair and maintain proper metabolic activity.

**Health snapshot per serving** – 755 Calories, 58g Protein, 24g Fat, 77g Carbs, 16 Freestyle points

**Lightened-Up Health snapshot per serving** – 625 Calories 22g Fat, 54g Carbs, 12 Freestyle points by making two heavily loaded tacos per serving instead of three (not using 1/3 of the tortillas).

**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: Tilapia, Tortilla, Cabbage, Jicama, Red Radish, Queso Fresco Cheese, Tomato, Onion, Cilantro, Pineapple, Lime, Sour Cream, Mayonnaise.

**meez** *meals*

### 1. **Mix the Taco Slaw**

Combine the **Taco Slaw** with half the **Pineapple Crema** in a large mixing bowl and mix well. Refrigerate until you're ready to serve.

### 2. **Prepare the Tilapia**

Mix 2 eggs in a small bowl. Pour ¼ cup flour on a plate, add a generous amount of salt and pepper and mix well. Pat the **Tilapia** dry with a paper towel. Dip the tilapia into the egg, covering both sides. Let the excess egg drip off, then press the tilapia into the flour, flip and repeat to coat both sides. Repeat for each piece of fish.

### 3. **Cook the Tilapia**

Heat 2 Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, shake any excess flour off the tilapia and cook until it is light brown on the bottom and the edges start to brown, about 3 to 4 minutes. Flip and cook until the other side browns, another 3 to 4 minutes. Remove the tilapia from the skillet and set aside to rest for 5 minutes. Wipe out the pan.

Once the tilapia has rested, cut each filet into 3 long strips.

### 4. **Warm the Tortillas**

While the tilapia is resting, return the now empty skillet to the stove over medium heat. When the pan is hot, heat the **Tortillas** until they are soft and warm, about 20 to 30 seconds per side.

### 5. **Put It All Together**

Fill each tortilla with a generous helping of the taco slaw and place the tilapia strips on top. Cover the fish with the **Salsa Fresca**, the rest of the Pineapple Crema, and sprinkle with the **Queso Fresco** (cheese). Enjoy!

Instructions for two servings.

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



# Balsamic Glazed Chicken Caprese Pasta

This deliciously quick-to-the-table dish is sure to be a new family favorite. With organic chicken breast, fresh mozzarella, sweet grape tomatoes and a balsamic glaze, it's the perfect partner for penne pasta. NOM NOM!

**20** Minutes to the Table

**10** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized

### EQUIPMENT

Saucepan  
Deep Skillet or Large  
Saucepan with Lid

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 6 MEEZ CONTAINERS

Chicken Breast  
Penne Pasta  
Fresh Mozzarella  
Pesto  
Grape Tomatoes  
Balsamic Glaze

## Make The Meal Your Own

If you ordered the **Carb Conscious version**, we sent you zucchini "noodles" instead of the pasta, reducing the **carbs per serving to 17g**. Skip step 1. In step 2, pat dry the zucchini noodles, add 1 TBSP oil to skillet. Cook on medium-high heat until they start to brown, about 3 minutes. Add the fresh mozzarella and pesto and follow rest of the directions.

**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

**Be sure to generously season your chicken** with salt and pepper before cooking. Chef Max recommends using ¼ tsp of each.

**If you're making the gluten-free version**, we've given you gluten-free penne.

**Health snapshot per serving** – 615 Calories, 23g Fat, 40g Carbs, 64g Protein, 15 Smart Points

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

INGREDIENTS: Cage-Free Chicken Breast, Grape Tomatoes, Penne Pasta Fresh Mozzarella Cheese, Balsamic Vinegar, Brown Sugar, Olive Oil, Basil, Almonds, Parmesan, Lemon Juice, Garlic, Spices

### 1. Getting Organized

Put a saucepan of water on to boil.

### 2. Cook the Pasta

Add the **Penne Pasta** to the boiling water. Cook until al dente, about 12 to 14 minutes, and then drain and return to the now-empty saucepan.

Add the **Fresh Mozzarella** and **Pesto**. Mix well, then set aside.

### 3. Prep and Cook the Chicken and Tomatoes

Place the **Chicken Breast** on a cutting board. Using a sharp knife, slice the chicken into even strips. (We aim for approximately ¼" - ½" slices). Once the chicken is sliced, generously sprinkle with salt and pepper (we use ¼ tsp salt and ¼ tsp pepper, so use about half per side, or more if you like).

While the pasta is cooking, heat 1 ½ Tbsp olive oil in a deep skillet (or large saucepan) over medium-high heat. When the oil is hot, add the chicken breast and **Grape Tomatoes** and cover. Cook until the chicken is browned on one side, about 6 minutes, and then flip. Continue cooking, uncovered, until the chicken is fully cooked, about 4 more minutes.

*Add the tomatoes and chicken gently; the oil will be extremely hot and you want to avoid splashes.*

Add the **Balsamic Glaze** and cook, stirring continuously, until chicken and tomatoes are coated, about 2 minutes. Season with salt and pepper to taste.

### 4. Put It All Together

Serve the pesto pasta topped with the chicken and tomatoes. Drizzle any extra glaze from the pan over the top to taste. Enjoy!

*Love this recipe? #meezmagic*

Instructions for two servings.

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

## Shrimp Ceviche

Quite possibly our speediest, and most fun, dinner. We're making a simple ceviche with shrimp, cucumbers, tomatoes, bell peppers, cilantro and lime, served up with fresh blue-corn tortilla chips and warm flour tortillas. It's fresh and delicious and just what we've been craving.

**10** *Minutes to the Table*

**10** *Minutes Hands On*

**1 Whisks** *Super Easy*

### Getting Organized

#### EQUIPMENT

- Large Skillet
- Large Mixing Bowl

#### FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper

#### 5 MEEZ CONTAINERS

- Ceviche Veggies
- Black Beans
- Citrus Marinade
- Shrimp
- Tortillas

### 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, 39g Protein, 107g carbs, 9g Fat, 13 Freestyle Points

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

INGREDIENTS: Shrimp, Flour Tortilla, Cucumber, Tomato, Bell Pepper, Black Beans, Red Onion, Jalapeño, Cilantro, Ginger, Lime Juice, Organic Maple Syrup.

meez *meals*

### 1. Prepare the Ceviche

Combine the **Ceviche Veggies**, **Black Beans**, and **Citrus Marinade** in a large mixing bowl with a sprinkle of salt and pepper. Place in the fridge until step 5.

### 2. Make the Blue Corn Tortilla Chips

Heat a large skillet over medium-high heat and separate the blue corn **Tortillas** from the white flour tortillas. Spray or lightly brush the blue corn tortillas (save the white flour tortillas for step 4) with oil, sprinkle with salt and pepper, and cook one or two at a time until crisp on one side, about 3 minutes, then flip and cook until fully crisped, about 2 minutes more. Repeat for the other blue corn tortillas and set aside.

*Set aside the  
white flour  
tortillas for step  
4.*

### 3. Cook the Shrimp

Pat dry the **Shrimp** with a paper towel and heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. When the oil is hot, 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 the skillet and place on a cutting board to cool, then cut into thirds and set aside to cool.

### 4. Warm the White Flour Tortillas Wraps

While the shrimp is cooling, wipe out the pan and return to the stove over medium-high heat. Warm tortillas one or two at a time for about 30 seconds per side. Flip and warm the other side.

### 5. Put It All Together

Stir the cut shrimp into the ceviche veggies and you're ready to eat. Fill the flour tortillas to create wraps and break up the blue corn tortillas as chips for scooping. Enjoy!

Instructions for two servings.

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

## Classic Shawarma

Possibly our fastest Meez Meal yet. One pot, ten minutes to the table, low in calories and high in flavor, this dinner is a crowd pleaser. Our special simmer sauce gives the gyros style sliced beef and lamb shawarma an authentic flavor. Served in a warm pita with a zesty Mediterranean dressing and fresh veggies.

**10** Minutes to the Table

**10** Minutes Hands On

**1 Whisks** *Super Easy*

### Getting Organized

#### EQUIPMENT

Large Skillet

#### FROM YOUR PANTRY

Olive Oil

Salt & Pepper

#### 5 MEEZ CONTAINERS

Pita

Simmer Sauce

Beef & Lamb Shawarma

Mediterranean Dressing

Veggies

### Make the Meal Your Own

If you ordered the **Carb Conscious version**, we sent you an arcadian lettuce blend instead of the pita, reducing the **carbs per serving to 12g**. Toss the lettuce with the other ingredients for a shawarma salad.

### Good to Know

**Health snapshot per serving** 380 Calories, 14g Protein, 18g Fat, 44g Carbs, 11 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: Beef & Lamb Shawarma, Pita, Bell Pepper, Radish, Yellow Squash, Zucchini, Red Onion, Great Northern Beans, Tahina, Olive Oil, Parsley, White Wine Vinegar, Shawarma Spices, Lemon, Kosher Salt, White Pepper.

meez meals

### 1. Warm the Pita

Heat a large skillet over medium heat. Cook the Pita until warm, about 30 seconds per side. Cut each pita in half and wrap in aluminum foil or cover with a towel.

### 2. Heat the Shawarma

Mix 2 Tbsp olive oil with the **Simmer Sauce** (the thin, smooth, orange sauce) in a small bowl.

Combine the simmer sauce and **Beef & Lamb Shawarma** in a large skillet over medium-high heat. Cook, stirring occasionally, until the edges are slightly crispy, and meat is warm, about 2 to 3 minutes. Remove from heat and set aside.

### 3. Put It All Together

Fill each pita half with beef & lamb shawarma, a layer of **Mediterranean Dressing**, **Veggies** and an additional drizzle of dressing on top. Enjoy!

*The Beef and Lamb is already fully cooked, so you are just adding flavor and warming it in this step.*

Instructions for two servings.

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

# Mango Teriyaki Chicken

We love the sweet and salty combination of a classic teriyaki, and we're giving it a tropical note this week with juicy Mango. Paired with seared veggies, jasmine rice and tender chicken, it's a dinner that's super simple and super delicious.

**25** Minutes to the Table

**25** Minutes Hands On

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

Saucepan  
Large Skillet

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 5 MEEZ CONTAINERS

Jasmine Rice  
Chicken Breast  
Asian Veggies  
Mango Teriyaki  
Sauce  
Cilantro & Mango

## 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** – 630 Calories, 51g Protein, 9g Fat, 86g Carbs, and 13 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, Bok Choy, Green Beans, Carrots, Jasmine Rice, Mango, Cilantro, Tamari, Garlic, Ginger, Sesame Oil, Brown Sugar.

*meez* meals

### 1. **Get Organized**

Bring a pot of water to boil.

### 2. **Cook the Rice**

Add the **Jasmine Rice** to the boiling water with a pinch of salt and cook, uncovered, until just tender, about 12 to 15 minutes. Drain, then return the rice to the saucepan. Cover and set aside.

### 3. **Cook the Chicken**

While the rice is cooking, pat dry the **Chicken Breasts** 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 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, about 4 minutes. Turn the chicken and cook for another 4 minutes, until the other side is brown as well. Do not wipe out pan.

Transfer the chicken to a cutting board to rest for 5 minutes, then slice into ½" strips.

### 4. **Sauté the Veggies**

Return the now-empty skillet to the stove over high heat. Add the **Asian Veggies** and cook, stirring occasionally, until they start to char, about 4 to 5 minutes. Remove from the skillet and add to the rice in the saucepan. Stir well and set aside.

### 5. **Heat the Sauce**

Wipe out the now-empty skillet, then return to the stove over high heat. Add the **Mango Teriyaki Sauce** and bring to a boil. Cook until the sauce is thick enough to coat the back of a spoon, about 3 to 4 minutes.

Reduce the heat to medium and add the sliced chicken. Mix until it is well coated with sauce and cook for an additional minute.

### 6. **Put It All Together**

Serve the coated chicken over the rice and veggies and drizzle with a few spoonful's of sauce. Top with the **Cilantro & Mango** and enjoy!

Instructions for two servings.

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



## Shells with Basil Pesto

Crazy simple, crazy delicious. This recipe is a test kitchen favorite. We're tossing sautéed asparagus and green beans with a tasty basil pesto and serving it over shells. The dinner is on the table in 15 minutes and surprisingly low in calories. That's the magic of Meez.

**15** *Minutes to the Table*

**15** *Minutes Hands On*

**1 Whisk** *Super Easy*

### Getting Organized

#### EQUIPMENT

Medium Saucepan  
Large Skillet

#### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

#### 4 MEEZ CONTAINERS

Shells  
Basil Pesto  
Veggies  
Parmesan

### Good to Know

If you ordered the **Carb Conscious version**, we sent you zucchini "noodles" instead of the shells, reducing the **carbs per serving to 21g**. Skip step 1. Include the zucchini "noodles" as part of the veggies to be cooked in step 2.

#### **Meez Family Favorite!**

**Health snapshot per serving** – 500 Calories, 19g Protein, 26g Fat, 17 Freestyle Point.

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

INGREDIENTS: Pasta Shells, Asparagus, Green Beans, Parmesan Cheese, Cream, Basil, Chive, Balsamic Vinegar, Vegetable Stock, Garlic, Black Pepper.

meez *meals*

### 1. Cook the Shells

Bring a pot of water to boil over high heat with a pinch of salt. When the water is boiling add the **Shells** and cook until al dente, about 7 to 9 minutes. Drain and set aside until step 3.

### 2. Sauté the Veggies

While the shells are cooking, heat 1 Tbsp olive oil in a large skillet over high heat. When the oil is very hot, add the **Veggies** and cook until everything turns bright green and starts to blister, about 2 to 3 minutes. Lower the heat to medium.

### 3. Put It All Together

Add the **Basil Pesto** and half the **Parmesan** to the veggies and mix until the sauce is warm, about 2 minutes. Remove from the heat and stir in the cooked pasta shells.

Top with **Parmesan**. Enjoy!

Instructions for two servings.

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

# Salmon Cakes with Dill Crema

Get ready for fine dining at home. We're mixing up tender salmon with mashed potatoes and sautéed veggies for a sophisticated cake worthy of your favorite white-tablecloth restaurant. Served over fresh greens with a rich Dill Crema sauce, it's an elegant dinner we can't get enough of.

**40** Minutes to the Table

**40** Minutes Hands On

**2 Whisks** *Easy*

## Getting Organized

### EQUIPMENT

- Large Skillet
- Large Saucepan
- 2 Large Mixing Bowls

### FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper
- Flour (2 Tbsp)
- Egg (1)

### 6 MEEZ CONTAINERS

- Potatoes
- Dill Crema
- Salmon
- Lemon
- Green Onion, Carrots & Celery
- Spinach, Arugula & Radicchio

## Good To Know

**Make ahead:** You can get a jump on dinner by mixing the salmon cakes through step 4 the night before. Then just shape the cakes and pick up on step #5 when you're ready to eat. Dinner will be on the table in just five minutes.

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

**Health snapshot per serving** – 560 Calories, 25g Fat, 42g Carbs, 44g Protein and 11 Freestyle Points

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

INGREDIENTS: Salmon, Potatoes, Spinach, Arugula, Radicchio, Carrot, Celery, Sweet Relish, Dill, Green Onion, Sour Cream, Cream, Capers, Lemon, White Pepper, Curry Powder, Kosher Salt.

*meez*meals

### 1. Cook the Potatoes

Bring a large saucepan of water to boil with a pinch of salt. Add the **Potatoes** to the boiling water and cook until they are fork tender, about 12 to 15 minutes. Drain well and transfer to a large mixing bowl with 2 Tbsp of the **Dill Crema**. Use a potato masher or slotted spoon to mash the potatoes. (Lumps are completely fine.) Set aside until step 4.

### 2. Prepare the Salmon

While the potatoes are cooking, heat 2 Tbsp olive oil in a large skillet over medium-high heat. 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). When the oil is hot, add the salmon and cook until it starts to brown, about 2 minutes. Flip and cook the other side until it is also slightly brown, an additional 2 minutes. (The salmon will not be fully cooked at this point but will finish cooking in step 5.) Transfer the salmon to a cutting board to rest for 5 minutes. Do not wipe out the skillet. Once the salmon has rested, cut it into roughly ½" pieces and transfer to the large mixing bowl with the potatoes.

### 3. Char the Lemon and Sauté the Veggies

Heat 2 Tbsp olive oil in the now-empty skillet over medium heat. Slice the **Lemon** in half. When the oil is hot, add the **Green Onion, Carrots & Celery**, and lemon, cut side down to the skillet. Cook the lemon undisturbed and sauté the veggies until the onions appear translucent, about 4 to 5 minutes. Set the lemon aside and transfer the veggies to the large mixing bowl. Wipe out the pan.

### 4. Make the Cakes

Whisk 1 egg and 2 Tbsp flour in a small bowl and add to the large mixing bowl (which should now contain the mashed potatoes, salmon, sautéed veggies, and egg/flour mixture). Stir well and place in the freezer to cool for about 5 minutes. Form the cakes into 3 balls per serving and flatten into disks about 2½ inches in diameter and about ½ to ¾ inches thick.

### 5. Cook the Cakes

Heat 2 Tbsp olive oil in the now-empty skillet over medium heat. When the oil is hot, add the cakes and cook until the bottoms are golden brown, about 2 minutes. Flip and cook until the other sides are also golden, an additional 2 minutes. (You may have to work in batches and add more oil to the skillet for subsequent batches.)

### 6. Put It All Together

While the cakes are cooking, put the **Spinach, Arugula & Radicchio** in a second large mixing bowl and toss with a drizzle of olive oil, a sprinkle of salt and pepper, and a squeeze of half of the charred lemon. Serve the salmon cakes on top of the salad greens. Add a generous dollop of the Dill Crema to each cake and squeeze the other half of the lemon over top. Enjoy!

# Udon Noodles with Spicy Green Beans

We're mixing up a sweet and spicy Asian sauce this week with almonds, chili peppers, agave and tamari. The flavors are addictive, and perfect with green beans, organic tofu and udon noodles. The result is a sophisticated dinner that's on the table in 20 minutes. That's our type of meal!

**20** Minutes to the Table

**20** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized

### EQUIPMENT

Saucepan  
Large Skillet

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 5 MEEZ CONTAINERS

Green Beans  
Udon Noodles  
Spicy Sweet Asian Sauce  
Tofu  
Bok Choy

## Make the Meal Your Own

If you ordered the **Carb Conscious version**, we sent you zucchini "noodles" instead of the udon, reducing the **carbs per serving to 40g**. Skip step 1. Prior to step 4., pat dry the zucchini noodles, add 1 Tbsp oil to a large skillet. Cook on medium-high heat until they start to brown, about 3 minutes. Remove from the skillet and set aside. Do not wipe out the skillet and continue on with step 4.

**If you're making the gluten-free version**, we've sent you rice noodles instead. Cook until tender, about 5 minutes, drain and then rinse under cold water.

## Good to Know

**Health snapshot per serving** – 550 Calories, 19g Fat, 28g Protein, 17 Freestyle Points

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

INGREDIENTS: Green Beans, Udon Noodles, Tofu, Bok Choy, Tamari, Almonds, Red Onion, Agave Nectar, Rice Wine Vinegar, Crushed Red Pepper, Garlic

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### 1. Get Organized

Put a large pot of water on to boil.

### 2. Blanch the Green Beans

Add the **Green Beans** to the boiling water and cook until they are bright green and just barely tender, about 2 minutes. (Don't overcook them. Soggy green beans are what give this tasty vegetable a bad reputation!)

Use a slotted spoon to remove the beans from the pot and rinse under very cold water (this stops them from overcooking). Once the beans are cold to the touch, drain well and set aside.

*Be sure to put the green beans into very cold water as soon as you drain them- run the water a few minutes in advance to get it good and cold.*

### 3. Cook the Udon

Return the pot of water to a boil over medium-high heat. Add the **Udon Noodles** and cook until tender, about 10 to 12 minutes. Drain and set aside.

### 4. Put It All Together

Heat 1Tbsp olive oil in a large skillet over medium heat. Add  $\frac{3}{4}$  of the **Spicy Sweet Asian Sauce**. Cook for one minute, add the **Organic Tofu**, **Bok Choy** and green beans and cook an additional 2 minutes until everything is heated through. Toss the veggies with the udon and the remaining sauce.

*Add a tablespoon or two of water if you'd like the sauce a little thinner.*

*Love this recipe? #meezmagic*

Instructions for two servings.

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

## Feta & Tomato Mediterranean Steak Salad

Feta adds a zing to dinner that we can't resist. We're cooking it up with grape tomatoes and Greek spices to create a steak that is something extraordinary. Served on a bed of arcadian lettuce with a Creamy Garlic Yogurt Dressing, it's a delicious salad perfect for a warm night.

**20** *Minutes to the Table*

**20** *Minutes Hands On*

**1 Whisk** *Super Easy*

### Getting Organized

#### EQUIPMENT

Large Skillet  
Mixing Bowl

#### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

#### 6 MEEZ CONTAINERS

Grape Tomatoes  
Pita Chips  
Steak  
Arcadian Lettuce  
Seasoned Feta  
Creamy Garlic Yogurt Dressing

### Good To Know

**Health snapshot per serving** 590 Calories, 42g Protein, 29g Carbs, 34g Fat, 18 Freestyle Points

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

INGREDIENTS: Steak, Tomatoes, Arcadian Lettuce Blend, Yogurt, Cream, Feta, Pita Chips, Dill, Garlic, Lemon, Kosher Salt, Lemon Pepper, Oregano

**meez***meals*

### 1. **Cook the Steak**

Heat 1 Tbsp olive oil in a large skillet over high heat. Pat the **Steak** dry with a towel and season generously with salt and pepper (we recommend ½ tsp of each). When the oil is hot, add the steaks. Cook until the bottoms brown & sides start to color, about 3 minutes. Flip and continue cooking for 3 minutes if you like your steak **medium-rare**. (Cook for 4 minutes for **medium**, and 5 to 6 for **well done**). Set aside to rest for 5 minutes, then slice into ½" strips, then put in a large mixing bowl. Wipe out the skillet.

### 2. **Make the Feta-Tomato Coating**

While the steaks are resting, Crumble the **Pita Chips** in their bag until all the pieces are under one inch. Put the **Grape Tomatoes** in a ziplock bag and squish well.

Heat 1 Tbsp olive oil in the now-empty skillet over medium high heat. When the oil is hot, add the squished tomatoes and the **Seasoned Feta**. Cook until the tomatoes start to char and the feta is melted, about 5 minutes.

Add to the mixing bowl with the steak and toss.

### 3. **Put It All Together**

Serve the Feta-Tomato coated steak over the **Arcadian Lettuce** and top with several generous dollops of the **Creamy Garlic Yogurt Dressing**. Sprinkle with the crumbled pita chips and enjoy!

Instructions for two servings.

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



# Arugula and Cherry Tomato Pizza

Sophisticated comfort food cooked up in your own kitchen. With a ricotta and pecorino cream sauce, roasted fennel and leeks, cherry tomatoes, fresh arugula, and a pomegranate glaze, it's heaven on a plate.

**40** *Minutes to the Table*

**15** *Minutes Hands On*

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

- 2 Rimmed Baking Sheets
- Zip lock bag

### FROM YOUR PANTRY

- Flour
- Olive Oil
- Salt & Pepper

### 6 MEEZ CONTAINERS

- Pizza Dough
- Tomatoes
- Leeks & Fennel
- Pecorino & Ricotta Sauce
- Arugula
- Pomegranate Glaze

## Make The Meal Your Own

**As soon as you think about dinner** – Take the pizza dough out of the refrigerator so it can warm up.

## Good To Know

**Health snapshot per serving** – 540 Calories, 26g Fat, 65g Carbs, 14g Protein, 18 Freestyle Points

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

INGREDIENTS: Pizza dough, Tomatoes, Baby Arugula, Leeks, Fennel, Cream, Ricotta, Pecorino Romano, Basil, Pomegranate, Lime, Brown Sugar.

meez *meals*

### 1. Getting Organized

Preheat your oven to 450 and take the **Pizza Dough** out of the refrigerator.

### 2. Roast the Veggies

Place the **Tomatoes** in a zip lock bag and, using your hands, squish until each tomato has burst. Arrange the tomatoes in a single layer on one half of a rimmed baking sheet.

Add the **Leeks & Fennel** (the vegetables with white pieces in addition to green) to the other half of the baking sheet, keeping them separate from the tomatoes.

Drizzle everything with olive oil, sprinkle with salt and pepper, and bake until the leeks and fennel just begin to crisp around the edges, about 8 to 10 minutes, stirring once about halfway through cooking (but continue to keep the tomatoes separate).

### 3. Assemble the Pizza

While the veggies are cooking, shape the dough. Sprinkle your counter with a little flour and stretch the dough until it's about ¼" thick. Transfer the dough to a second baking sheet sprayed or coated with oil.

Spread the **Pecorino & Ricotta Sauce** over the dough leaving about ½" along the edges. Top with the tomatoes and then the roasted Leeks & Fennel.

### 4. Bake and Finish

Place the pizza in the oven for 15 minutes. While it is baking, add ½ Tbsp olive oil and a sprinkle of salt and pepper to the bag containing the **Arugula** (the one with the leafy greens only) and toss well. After the pizza has been baking for 15 minutes, top with the arugula and continue cooking until the crust is golden, about an additional 5 to 7 minutes. Let the pizza cool for at least 5 minutes.

Drizzle with the **Pomegranate Glaze** and enjoy!

*Warmer dough is much easier to work with.*

*Don't let the veggies get too crispy when you first roast them. They'll be cooking on the flatbread too.*

*We usually make two-person pizzas and ours are about 8" wide and 14" long.*

Instructions for two servings.

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