Moo Shu Tacos with Chicken and Shrimp

**Quick Tips**

<table>
<thead>
<tr>
<th>Time</th>
<th>Hands On</th>
<th>Whisks</th>
<th>Difficulty</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>30 Min</td>
<td>30 Min</td>
<td>2 Whisks</td>
<td>Easy</td>
<td>to Table</td>
</tr>
</tbody>
</table>

**Getting Started**
Preheat your oven to 350.

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

Poblano Pepper Empanadas

<table>
<thead>
<tr>
<th>Time</th>
<th>Hands On</th>
<th>Whisks</th>
<th>Difficulty</th>
<th>Notes</th>
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<td>30 Min</td>
<td>2 Whisks</td>
<td>Easy</td>
<td>to Table</td>
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**Getting Started**
Preheat your oven to 400.

**From Your Pantry**
You’ll need eggs, olive oil, salt and pepper.

Moroccan Couscous Soup

<table>
<thead>
<tr>
<th>Time</th>
<th>Hands On</th>
<th>Whisks</th>
<th>Difficulty</th>
<th>Notes</th>
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</thead>
<tbody>
<tr>
<td>20 Min</td>
<td>10 Min</td>
<td>1 Whisk</td>
<td>Super Easy</td>
<td>to Table</td>
</tr>
</tbody>
</table>

**Getting Started**
Preheat your oven to 425.

**From Your Pantry**
You’ll need a little olive oil, salt and pepper.

Mish Mosh Chicken Soup

<table>
<thead>
<tr>
<th>Time</th>
<th>Hands On</th>
<th>Whisks</th>
<th>Difficulty</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>40 Min</td>
<td>25 Min</td>
<td>2 Whisks</td>
<td>Super Easy</td>
<td>to Table</td>
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</table>

**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.

Red Curry Salmon with Veggie "Rice"

<table>
<thead>
<tr>
<th>Time</th>
<th>Hands On</th>
<th>Whisks</th>
<th>Difficulty</th>
<th>Notes</th>
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</thead>
<tbody>
<tr>
<td>20 Min</td>
<td>20 Min</td>
<td>1 Whisk</td>
<td>Super Easy</td>
<td>to Table</td>
</tr>
</tbody>
</table>

**Getting Started**
Heat 2 Tbsp olive oil in skillet over medium heat.

**From Your Pantry**
You’ll need a little olive oil, salt and pepper.

**From Your Pantry**
You’ll need a little olive oil, salt and pepper.
<table>
<thead>
<tr>
<th>Recipe</th>
<th>Time</th>
<th>Hands On</th>
<th>Whisks</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shrimp and Gruyere Mac-n-Cheese</td>
<td>30 Min</td>
<td>20 Min</td>
<td>1 Whisk</td>
<td>Super Easy to Table</td>
</tr>
<tr>
<td>Getting Started</td>
<td>Put a saucepan of water on to boil and pre heat oven to 350.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>From Your Pantry</td>
<td>You’ll need olive oil, butter, milk, salt &amp; pepper</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Red, White and Green Ravioli</td>
<td>25 Min</td>
<td>25 Min</td>
<td>2 Whisks</td>
<td>Easy</td>
</tr>
<tr>
<td>Getting Started</td>
<td>Preheat your oven to 425 and bring a pot of water to boil.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>From your Pantry</td>
<td>You’ll need olive oil, salt and pepper</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Spinach Pancakes with Basil Corn Relish</td>
<td>40 Min</td>
<td>40 Min</td>
<td>2 Whisks</td>
<td>Easy</td>
</tr>
<tr>
<td>Getting Started</td>
<td>Preheat your oven to 375 and heat your griddle or skillet.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>From Your Pantry</td>
<td>You’ll need milk, eggs and butter.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sweet Potato Kale and Rice Bowl with</td>
<td>40 Min</td>
<td>20 Min</td>
<td>1 Whisk</td>
<td>Easy</td>
</tr>
<tr>
<td>Peanut Sauce</td>
<td>Get Hands On Easy to Table</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Getting Started</td>
<td>Preheat your oven to 450 &amp; put a saucepan on to boil.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Omnivore Option</td>
<td>We like this dish as is.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Make Ahead Tip</td>
<td>Prepare the potato salad ahead to save time before dinner.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Indian Butter Chicken</td>
<td>25 Min</td>
<td>25 Min</td>
<td>2 Whisks</td>
<td>Easy</td>
</tr>
<tr>
<td>Getting Started</td>
<td>Preheat oven to 425.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>From your Pantry</td>
<td>You’ll need olive oil, salt and pepper</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Recipe</td>
<td>Calories</td>
<td>Protein (grams)</td>
<td>Fat (grams)</td>
<td>Carbs (grams)</td>
</tr>
<tr>
<td>---------------------------------------------</td>
<td>----------</td>
<td>----------------</td>
<td>-------------</td>
<td>---------------</td>
</tr>
<tr>
<td>Indian Butter Chicken</td>
<td>920</td>
<td>72</td>
<td>60</td>
<td>32</td>
</tr>
<tr>
<td>(½ the butter and ½ the nuts)</td>
<td>735</td>
<td>42</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sweet Potato, Kale &amp; Rice Bowl with Peanut Sauce</td>
<td>570</td>
<td>28</td>
<td>16</td>
<td>85</td>
</tr>
<tr>
<td>Red, White &amp; Green Ravioli</td>
<td>810</td>
<td>26</td>
<td>54</td>
<td>57</td>
</tr>
<tr>
<td>(½ the white sauce and ½ the green sauce)</td>
<td>550</td>
<td>29</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Moo Shu Tacos with Chicken and Shrimp</td>
<td>720</td>
<td>64</td>
<td>13</td>
<td>90</td>
</tr>
<tr>
<td>(½ the tortillas and ½ the sauce)</td>
<td>480</td>
<td>8</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Moroccan Couscous Soup</td>
<td>395</td>
<td>16</td>
<td>6</td>
<td>71</td>
</tr>
<tr>
<td>Steak and Fingerling Potato Salad with Kale and Cranberries</td>
<td>325</td>
<td>37</td>
<td>22</td>
<td>84</td>
</tr>
<tr>
<td>(1/2 the sauce)</td>
<td>520</td>
<td>17</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Spinach Pancakes with Basil Corn Relish</td>
<td>690</td>
<td>29</td>
<td>42</td>
<td>57</td>
</tr>
<tr>
<td>Red Curry Salmon with Veggie &quot;Rice&quot;</td>
<td>460</td>
<td>41</td>
<td>24</td>
<td>20</td>
</tr>
<tr>
<td>Shrimp &amp; Gruyere Mac-n-Cheese</td>
<td>660</td>
<td>55</td>
<td>28</td>
<td>45</td>
</tr>
<tr>
<td>(use 2/3’s of the cheese)</td>
<td>550</td>
<td>19</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Recipe</td>
<td>Calories (grams)</td>
<td>Protein (grams)</td>
<td>Fat (grams)</td>
<td>Carbs (grams)</td>
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<td>--------------------------------</td>
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<td>----------------</td>
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<td>---------------</td>
</tr>
<tr>
<td>Mish Mosh Chicken Soup</td>
<td>570</td>
<td>68</td>
<td>70</td>
<td>63</td>
</tr>
<tr>
<td>Poblano Pepper Empanadas</td>
<td>1065</td>
<td>30</td>
<td>62</td>
<td>103</td>
</tr>
<tr>
<td>(½ pie crust, cheese and sauce)</td>
<td>730</td>
<td>38</td>
<td>38</td>
<td>103</td>
</tr>
<tr>
<td>Rockslide Brownie</td>
<td>550</td>
<td>5</td>
<td>35</td>
<td>56</td>
</tr>
<tr>
<td>Molten Chocolate Cake</td>
<td>520</td>
<td>7</td>
<td>31</td>
<td>54</td>
</tr>
<tr>
<td>THE Carrot Cake</td>
<td>540</td>
<td>6</td>
<td>34</td>
<td>49</td>
</tr>
<tr>
<td>Double Chocolate Cookies</td>
<td>380</td>
<td>4</td>
<td>20</td>
<td>48</td>
</tr>
<tr>
<td>Lemon Blueberry Cookies</td>
<td>360</td>
<td>3</td>
<td>16</td>
<td>51</td>
</tr>
<tr>
<td>Giant Sugar Cookies</td>
<td>630</td>
<td>6</td>
<td>33</td>
<td>75</td>
</tr>
</tbody>
</table>

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.
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.

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

Make the Meal Your Own

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

Good to Know

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 – 920 Calories, 72g Protein, 60g Fat, 32g Carbs, 25 Freestyle Points.

Lighten-Up snapshot per serving – 735 Calories, 42g Fat, 27g Carbs, 23 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.

INGREDIENTS: Chicken, Spinach, Cauliflower, Tomato, Cream, Cashew, Butter, Cilantro, Garlic, Ginger, Garam Masala, Cayenne Pepper, Turmeric, Coriander, Lime, Sugar.
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. The spinach is bulky when uncooked but will reduce once wilted so you may need to add it a bit at a time.

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!

Instructions for two servings.
*Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois*
Sweet Potato, Kale & Rice Bowl with Peanut Sauce

This gem is humble and oh-so delicious. It’s all about the Asian peanut butter sauce, which we could eat with a spoon. But since we’re supposed to be grown ups, we’re restraining ourselves. (Mostly.) Instead, we’re tossing it with roasted sweet potatoes, toasted organic tofu, wilted kale and brown rice. The result is crazy good.

Getting Organized

EQUIPMENT
Saucepan
Large Skillet
Rimmed Baking Sheet
Mixing Bowl

FROM YOUR PANTRY
Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS
Baked Tofu
Brown Rice
Kale
Peanut Sauce
Sweet Potatoes

Make The Meal Your Own

Cooking with a picky eater? This peanut sauce makes even the scariest vegetable delicious. Try chopping the kale into small bites so it’s more approachable for cautious eaters.

Love peanuts? Try sprinkling some more on top of the dish for an extra crunch.

Good To Know

Chef’s Note – You’ll see our method for cooking brown rice is a little unusual. It’s faster than the traditional method, and we think the rice ends up fluffier.

Health snapshot per serving – 570 Calories, 28g Protein, 11g Fiber, 16 Smart Points

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

1. Getting Organized
   Preheat your oven to 450 and put a saucepan of water on to boil.

2. Cook the Rice
   Add the Brown Rice to the saucepan of boiling water and simmer uncovered over medium heat for 30 minutes. Drain, then return it to the pot. Cover and let sit 5 minutes.

3. Roast the Sweet Potatoes
   While the rice is cooking, put the Sweet Potatoes on to a rimmed baking sheet and drizzle with olive oil, salt and pepper. Toss well, then arrange in a single layer and bake until tender, about 20 to 25 minutes.

4. Cook the Kale & Tofu
   Heat 2 Tbsp olive oil in a large skillet over medium-high heat. Add the Kale and cook, stirring, until it’s bright green and lightly wilted, about 3 to 5 minutes. Season with salt and pepper and transfer to a bowl.
   
   Heat another 2 Tbsp olive oil in the now-empty skillet over medium-high heat. Add the Baked Tofu to the pan and cook until it crisps in places, about 3 to 5 minutes on each side.

5. Put It All Together
   Put the Peanut Sauce into a mixing bowl and thin with a little water. Serve the rice topped with kale, tofu and sweet potatoes. Drizzle with the peanut sauce and enjoy!

Love this recipe? #meezmagic

Instructions for two servings.
Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois
Red, White & Green Ravioli

Rich, creamy and oh-so-delicious. This dinner is Italian comfort food made fresh in your own kitchen. We’re serving four cheese ravioli with a trio of classic Italian sauces: tomato-basil marinara, spinach cream and a ricotta and pecorino white sauce. Served over roasted kale, it’s flat out delicious.


Getting Organized

EQUIPMENT
  - Large Saucepan
  - Baking Sheet
  - Large Skillet

FROM YOUR PANTRY
  - Olive Oil
  - Salt & Pepper

5 MEEZ CONTAINERS
  - Kale
  - Pecorino & Ricotta Sauce
  - Four Cheese Ravioli
  - Marinara Sauce
  - Spinach Cream Sauce

Good to Know

Health snapshot per serving – 870 Calories, 29g Protein, 66g Carbs, 55g Fat, 31 Freestyle Points.

Lightened Up Health snapshot per serving – 610 Calories, 30g Fat, 20 Freestyle Points using half the white sauce and half the green sauce.

Family Favorite!

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.
1. Getting Organized
   Preheat oven to 425 degrees. Bring a pot of water to boil over high heat.

2. Roast the Kale
   Arrange the Kale in a single layer on a baking sheet. Drizzle with olive oil, toss, and lightly salt and pepper. Bake until the edges of the kale are brown but still tender in places, about 7 to 8 minutes. (Watch closely near the end so it doesn’t burn.)

   Turn off the heat and mix ¾ of the white Pecorino & Ricotta Sauce with the kale right on the baking sheet. Return the kale and sauce mixture to the still-warm oven until step 5.

3. Cook the Ravioli
   While the kale is cooking, add the Four Cheese Ravioli to the boiling water and cook until they float, about 4 minutes. Drain and set aside until step 5.

4. Heat the Sauces
   While the Ravioli is cooking, bring the red Marinara Sauce to a boil in a large skillet over medium-high heat. Once it boils, stir well for about 15 seconds, remove from the heat and pour directly onto serving plates. Wipe out the skillet.

   Bring the green Spinach Cream Sauce to a boil in the now empty skillet over medium-high heat. Once the sauce is boiling, stir well for about 15 seconds, remove from the heat and set aside.

5. Put It All Together
   Serve the kale on top of the marinara sauce, followed by the cooked ravioli. Drizzle with the remaining white and green sauces and enjoy!
Moo Shu Tacos with Chicken and Shrimp

One of China’s most beloved recipes served up Meez style. We’re cooking chicken and shrimp in sweet, flavorful hoisin sauce, then tossing them with stir-fried Brussels, cabbage, carrots, kale and mushrooms. We’re putting it all inside a flour tortilla for a filling dinner that’s out of this world.

Getting Organized

EQUIPMENT
- Large Skillet
- Baking Sheet
- 2 Mixing Bowls

FROM YOUR PANTRY
- Olive Oil
- Salt & Pepper
- Eggs (1 per serving)

6 MEEZ CONTAINERS
- Hoisin Sauce
- Chicken Breast
- Shrimp
- Veggies
- Shitake Mushrooms
- Tortillas

Make The Meal Your Own

Watching your carbs? This dinner would be just as delicious without the tortilla.

Good To Know

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 – 795 Calories, 73g Protein, 9g Fiber, 15g Fat, 13 Freestyle Points

Lighten Up snapshot per serving – 640 Calories, 12g Fat, 10 Freestyle Points by using half the tortillas and half the egg.

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

INGREDIENTS: Chicken Breast, Shrimp, Shitake Mushrooms, Flour Tortilla, Brussels Sprouts, Red Cabbage, Carrots, Kale, Green Onions, Hoisin, Rice Wine Vinegar, Tamari, Sesame Oil, Garlic, Ginger, Sesame Seeds
1. Getting Organized
Preheat your oven to 350.

2. Prep the Chicken and Shrimp
Place the Chicken Breast on a cutting board. Using a sharp knife, cut the chicken breast the long way into two halves and then into short strips, about ¼” wide. Cut each Shrimp piece in half. Put the cut chicken and shrimp into bowl and mix with two-thirds of the Hoisin Sauce until the chicken and shrimp are completely covered. Marinate for 5 minutes.

3. Cook the Eggs
While the chicken and shrimp are marinating, heat 1 Tbsp olive oil in a large skillet over medium heat. Mix 2 eggs in a bowl and add to the skillet, cooking until the egg has set-stirring to get bite-sized pieces. Remove from skillet, place in a large mixing bowl & set aside.

4. Cook the Chicken and Shrimp
Wipe out the pan and heat 1 Tbsp olive oil over high heat. When oil is very hot use a fork to place the chicken and shrimp--but not the marinade itself--into the pan and discard the marinade. Cook until chicken starts to brown, 2 to 3 minutes. Remove the chicken and shrimp from the skillet and place into the bowl with the cooked eggs.

5. Cook the Veggies and Combine
Using the same skillet (without wiping it out) heat 1 Tbsp olive oil over high heat. Add the Veggies and Shitake Mushrooms and cook until the cabbage starts to wilt, about 5 to 6 minutes. Lower the heat to medium and add the chicken, shrimp, scrambled eggs, and the remaining Hoisin Sauce. Cook until everything is warm, about 2 additional minutes.

6. Put It All Together
While the veggies are cooking, place the Tortillas on a baking sheet and heat until they are warm, about 2 minutes. Fill the warm tortillas with the Moo Shu chicken, shrimp, and veggies and fold it like a taco. Enjoy!

Instructions for two servings.
Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois
Moroccan Couscous Soup

Fast, easy and delicious. This recipe is classic Meez. We’re cooking up chickpeas, carrots, celery and couscous in a delectable soup seasoned with classic Moroccan spices. Served with Cilantro Yogurt and warm naan bread. Yum!

**Getting Organized**

**EQUIPMENT**
- Large Saucepan with lid

**FROM YOUR PANTRY**
- Olive Oil
- Salt & Pepper

**6 MEEZ CONTAINERS**
- Mixed Veggies
- Broth Starter
- Couscous
- Garbanzo Beans
- Naan
- Cilantro Yogurt Sauce

**Good to Know**

**Health snapshot per serving** – 395 Calories, 16g Protein, 71g Carbs, 6g Fat, 8 Freestyle Points.

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

INGREDIENTS: Couscous, Garbanzo Beans, Naan, Carrot, Celery, Red Onion, Turnip, Greek Yogurt, Cilantro, Mint, Ginger, Turmeric, Cumin, Coriander, Black Pepper, Cayenne Pepper, Cinnamon, Vegetable Broth, Tomato.
1. Getting Organized
   Preheat oven to 425.

2. Cook the Veggies
   Heat 2 Tbsp olive oil in a large saucepan over medium-high heat. When the oil is hot add the Mixed Veggies to the saucepan and cook, stirring continuously, until aromatic, about 2 minutes.

3. Make the Broth
   Add the Broth Starter, Couscous, Garbanzo Beans, and 2 cups of water, cover, and bring to a boil. Once the soup is boiling, reduce heat to medium and simmer, covered for 15 minutes.

4. Toast the Naan
   When the soup is almost ready, brush both sides of the Naan very lightly with olive oil and a little salt and pepper. Heat until warm, about 1 minute.

5. Serve and Enjoy
   Serve the soup topped with the Cilantro Yogurt Sauce and naan on the side. Enjoy!

You'll be using the oven for toasting the Naan bread. You may use a toaster oven if you prefer.
Steak and Fingerling Potato Salad with Kale and Cranberries

Meez’s spin on classic steak and potatoes. We’re starting with fresh fingerling potato salad tossed up with kale and cranberries in our favorite feta dressing. Then we’re topping it with seared steak for a dinner that’s packed with protein. Yum!

Getting Organized

EQUIPMENT
- Saucepan
- Large Skillet
- Mixing Bowl

FROM YOUR PANTRY
- Olive Oil
- Salt & Pepper

5 MEEZ CONTAINERS
- Steak
- Fingerling Potatoes
- Kale
- Onions and Cranberries
- Feta Dressing

Make The Meal Your Own

If you ordered the carb conscious version, you received cauliflower instead of fingerling potatoes. If you use 2/3rds of the Onions and Cranberry it lowers the carbs per serving to 39g. Simply substitute in the cauliflower for the potatoes in the directions but cook them in the boiling water for 4 to 6 minutes (vs. 10 to 12 for the potatoes) and then add the kale.

Want some extra crisp? Roast the potatoes and kale instead of boiling them, as we did in the main version of this recipe. It will take a few minutes longer but adds a crisp texture and depth of flavor we just love.

Get a jump on dinner by cooking the potato salad ahead.

Good To Know

Health snapshot per serving – 665 Calories, 22g Fat, 37g Protein, 84g Carbs, 25 Smart Point

Lightened up snapshot – 520 Calories, 17g Fat, 33g Protein, 63g Carbs, 19 Smart Point by using half the dressing.

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

1. **Getting Organized**
   Put a large saucepan of water on to boil.

2. **Make the Potato Salad**
   Cut the *Fingerling Potatoes* into quarters. Add the potatoes to the boiling water and boil until fork tender, but not falling apart, about 10 to 12 minutes. Add the *Kale* and cook until bright green and tender, about 2 to 3 minutes. Drain and remove to a large mixing bowl.

   As soon as the potatoes are in the water, heat 1Tbsp oil in a skillet over medium high heat. Add the *Onions and Cranberries* and cook, stirring, until the onions are translucent, about 5 to 6 minutes. Remove to the large mixing bowl with the kale and potatoes from step #2.

   Add ¾ of the *Feta Dressing* to the mixing bowl with the kale, potatoes, onions and cranberries, and mix until everything is evenly coated, and set aside.

3. **Cook the Steak**
   Return the now-empty skillet to the stove and set over high heat. While the skillet is heating, pat the *Steaks* dry with a paper towel and season generously with salt and pepper (we recommend ½ tsp of each). When the skillet is very hot, add the steaks. Cook until the bottoms brown and the sides start to color, about 3 minutes.
   - **If you prefer your steak medium-rare**, flip and continue cooking 3 minutes. Remove from the heat and let rest for 5 minutes.
   - **If you prefer your steak medium**, flip and continue cooking for 4 minutes. Remove from the heat and let rest for 5 minutes.
   - **If you prefer your steak medium-well or well done**, flip and continue cooking for 5 to 6 minutes. Remove from the heat and let rest for 5 minutes.

4. **Put It All Together**
   Put the potato salad on the plate, top with the steak, drizzle with remaining dressing.

   Steak continues to cook as it rests, so remove it from the heat when it’s a little less done than you like to prevent it from overcooking.

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Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois
Spinach Pancakes with Basil Corn Relish

We’re mixing up savory pancakes with spinach and fontina, and then topping them with a citrus cream cheese spread that’s pure magic. We top it all with a simple basil & corn relish, and the result is sophisticated comfort food at its best.

INGREDIENTS:
- Corn
- Spinach
- Flour
- Onion
- Fontina Cheese
- Cream Cheese
- Apple Cider Vinegar
- Orange Juice
- Olive Oil
- Basil
- Garlic
- Baking Powder

Getting Organized

EQUIPMENT
- Mixing Bowl
- Baking Sheet
- Griddle or Skillet

FROM YOUR PANTRY
- Salt & Pepper
- Milk
- 2 Eggs & Butter

5 MEEZ CONTAINERS
- Basil Corn Relish
- Citrus Cream Cheese
- Fontina & Flour
- Onion & Garlic
- Spinach

Make The Meal Your Own

The size of the pancakes is up to you. Jen thinks smaller ones are easier to turn, so she makes four small pancakes at a time. Chef Max likes the look of bigger pancakes for dinner so he makes one big one at a time. They are great as waffles too!

Kid’s Tip – If your kids are old enough, put them in charge of making the pancakes. The pancakes may not all be the same size, but your kids will get a kick out of eating their creation.

Good To Know

Health snapshot per serving – 690 Calories, 29g Protein, 42g Fat, 25 Smart Points

Lightened up snapshot – 520 Calories, 25g Protein, 30g Fat and 16 Smart Points when you use half of the citrus cream cheese and corn salsa.

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.
1. **Getting Organized**
   Preheat your oven to 375 and heat your griddle or skillet.

2. **Mix the Pancake Batter**
   Melt 2 Tbsp butter in the microwave or on the stove, then pour into a large mixing bowl. Drain all the water from the **Spinach** and add the spinach to the butter in the large bowl. Separate the whites from the yolks of 2 eggs, putting the yolks with the spinach and butter and the whites in a separate bowl. (Need help with this? Give us a call!)

   Add the **Fontina & Flour, Onion & Garlic**, 1 tsp salt and ¾ cup milk to the spinach mix and mix well. This should make a thick batter. If it’s too stiff, add a little more milk. Beat the egg whites into soft peaks using an electric mixer or whisk, then gently fold into the batter.

3. **Cook the Pancakes**
   Melt 1 to 2 Tbsp butter on your griddle or skillet over medium high heat. Ladle the batter on to the griddle and cook the pancakes until golden, 2 to 3 minutes per side. Transfer the cooked pancakes to a baking sheet and bake until the pancakes bounce back when you touch the middle, about 7 to 10 minutes.

4. **Put It All Together**
   Serve topped with the **Citrus Cream Cheese** and **Basil Corn Relish**. Enjoy!

   Chef Max’s pancake secret is to beat the egg whites separately. It lightens up the batter and makes the pancakes extra delicious.

   Don’t have an electric mixer? Beat the whites by hand with a whisk or, if your arm gets tired, mix the eggs in without beating. The texture will be a little different but they’ll still be delicious.

   Love this recipe? #meezmagic
Red Curry Salmon with Veggie “Rice”

This dish is all about the red curry sauce. Creamy and flavorful, it has just the right balance of spices. We’re serving it over our premium salmon and carb-friendly cauliflower and broccoli “rice” for a super delicious, low carb dinner that’s on the table in just 20 minutes.

Getting Organized

EQUIPMENT
Large Skillet

FROM YOUR PANTRY
Olive Oil
Salt & Pepper

4 MEEZ CONTAINERS
Cauliflower & Broccoli “Rice”
Salmon
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.

Health snapshot per serving – 460 Calories, 24g Fat, 20g Carbs, 41g Protein and 5 Freestyle Points

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

1. **Cook the Cauliflower & Broccoli “Rice”**
   Heat 2 Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot add the *Cauliflower & Broccoli “Rice”* and sauté until the vegetables are soft and start to brown, about 5 to 6 minutes. Remove from the heat and place directly in serving bowls. Wipe out the pan.

2. **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).

   Return the skillet to the stove over medium-high heat with 2 Tbsp olive oil. When the oil is hot, add the salmon and cook until it is brown on one side, about 3 minutes. Flip and cook until the other side browns, an additional 3 minutes. Remove from heat and place salmon filet on top of the vegetables in the serving bowls. Wipe out the pan.

3. **Warm the Sauce**
   Return the skillet to the stove over medium-high heat. Add the *Red Curry Sauce* and bring to a boil. Reduce the heat to medium and simmer until the sauce reduces a bit and thickens enough to coat the back of a spoon, about 5 minutes. Remove from the heat.

4. **Putting It All Together**
   Pour the Red Curry Sauce over the salmon and sprinkle with the *Sesame Seeds*. Enjoy!

   *Love this recipe? #meezmagic*

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.

**Getting Organized**

**EQUIPMENT**
- Large Saucepan
- Casserole Dish

**FROM YOUR PANTRY**
- Olive Oil
- Salt & Pepper
- Butter (¼ 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 snapshot 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.

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

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.

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

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.

meez meals
1. **Cook the Matzo Balls**  
   Bring 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** 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. 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.

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.

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.

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!

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Instructions for two servings.  
Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois
**Poblano Pepper Empanadas**

Empanadas are Spain’s version of hand pies. Flaky pie crust on the outside, delicious spiced filling on the inside. This week we’re filling them with seared poblano peppers, corn and tomato salsa, and just enough sweet potatoes to make them really filling. Served up with a three-bean salad, it’s a fun dinner you’ll fall in love with.

**Getting Organized**

**EQUIPMENT**
- Baking Sheet
- Large Mixing Bowl

**FROM YOUR PANTRY**
- Olive Oil
- Salt & Pepper
- Egg (one)

**6 MEEZ CONTAINERS**
- Empanada Crust
- Corn & Tomato Salsa
- Mexican Cheese
- Poblanos & Sweet Potatoes
- Three-Bean Salad
- Lime

**Make the Meal Your Own**

**Meez Family Favorite!**

**Good to Know**

**Health snapshot per serving** – 1,065 Calories, 30g Protein, 62g Fat, 36 Smart Points.

**Lighten Up snapshot per serving** – 730 Calories, 25g Protein, 38g Fat, 25 Smart Points

With half the pie crust. Use half the crusts simply as a wrapper to cook the ingredients (per instructions below) but discard half the crust after cooking.

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

**INGREDIENTS:** Empanada Crust, Poblano Peppers, Sweet Potatoes, Black, Kidney and Great Northern Beans, Monterey Jack, Chihuahua, Celery, Onion, Corn, Enchilada sauce, Tomato, Lime, Cilantro, Garlic, Cumin, Coriander, Oregano.
1. Getting Organized
   Preheat your oven to 400 and coat a baking sheet with cooking spray or line with parchment paper. Take the Empanada Crust out of the fridge to warm up (it will be easier to work with).

2. Cook the Empanada Filling
   Combine the Corn & Tomato Salsa and Mexican Cheese in a large mixing bowl.
   Heat 1 Tbsp olive oil in a large skillet over high heat. When the pan is hot add the Poblanos & Sweet Potatoes and cook until the peppers start to brown, 3 to 4 minutes. Remove the vegetables from the heat & stir into the mixing bowl with the corn & tomato salsa/Mexican cheese mix.

3. Make the Empanadas
   Place one empanada crust on a flat surface so that it looks like a diamond with points at the top and the bottom. Spoon one-fourth of the empanada filling on the bottom half of the first crust, leaving about ½ inch along the edges. Repeat for each empanada crust until you have used all the filling. For each crust, fold the top point over the filling to the bottom point, encasing the ingredients (should look like a triangle now). You can very gently stretch the crust to cover all the filling. Use a fork to crimp together the edges of the crust and transfer to your prepared baking sheet.
   Beat 1 egg in a small bowl, then brush the top of each closed empanada with the egg and transfer each to a baking sheet. Cook until the crust is golden brown, about 20 minutes. Remove from the oven and let cool for at least 5 minutes.

4. Putting It All Together
   Place the Three-Bean Salad in a bowl and mix in 2 Tbsp olive oil. Squeeze Lime on top and add salt and pepper to taste.
   Serve the empanadas on a plate alongside the bean salad and enjoy!

Instructions for two servings.
Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois