

## Sweet Potato Kale and Rice Bowl with Peanut Sauce

<b>40 Min</b> to Table	<b>20 Min</b> Hands On	<b>1 Whisk</b> Easy
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### Getting Started

Preheat your oven to 450 & put a saucepan on to boil.

### Omnivore Option

We like this dish as is.

## Orleans Blackened Salmon Tacos

<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 coleslaw.

### From Your Pantry

You'll need flour, olive oil, salt and pepper

# Quick Tips



## Peruvian Shrimp Causa

<b>30 Min</b> to Table	<b>20 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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### Getting Started

Put a saucepan of water on to boil.

### From your Pantry

You'll need olive oil, salt and pepper.

## Pasta with Spinach Pesto

<b>35 Min</b> to Table	<b>5 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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### Omnivore Option

Pancetta or bacon is delicious in this.

### Getting Started

Preheat oven to 450 & put a pot on to boil.

## Athenian Salmon with Roasted Fingerlings

<b>20 Min</b> to Table	<b>30 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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### Getting Started

Preheat your oven to 400.

### From Your Pantry

You'll need flour, olive oil, salt & pepper

### *Hearty Paella with Crispy Green Beans*

**30 Min**  
to Table

**15 Min**  
Hands  
On

**1 Whisk**  
Super  
Easy

#### **Getting Started**

Preheat your oven to 350.

#### **From Your Pantry**

You'll need olive oil, salt and pepper.

### *Tikka Masala*

**20 Min**  
to Table

**20 Min**  
Hands  
On

**1 Whisk**  
Super  
Easy

#### **Getting Started**

Slice the Halloumi Cheese.

#### **From Your Pantry**

You'll need salt and pepper.

#### **Meal Tip**

Halloumi will not melt when cooked.

### *Bourguignon Steak & Mushroom over Cheesy Polenta*

**30 Min**  
to Table

**30 Min**  
Hands  
On

**1 Whisk**  
Super  
Easy

#### **Getting Started**

Heat olive oil in a large skillet.

#### **From Your Pantry**

You'll need olive oil, flour, butter, salt and pepper

### *Asiago Chicken Creme with Crispy Onions*

**20 Min**  
to Table

**20 Min**  
Hands  
On

**1 Whisks**  
Easy

#### **Getting Started**

Heat olive oil in a large skillet.

#### **From Your Pantry**

You'll need olive oil, salt and pepper

### *Andouille Sausage and Egg Burrito*

**30 Min**  
to Table

**30 Min**  
Hands  
On

**1 Whisk**  
Super  
Easy

#### **Getting Started**

Prep and heat your sausage.

#### **From Your Pantry**

You'll need some olive oil, eggs, salt and pepper.

### *Buttermilk Salad with Nut-Crusted Chicken*

**30 Min**  
to Table

**15 Min**  
Hands  
On

**2 Whisks**  
Super  
Easy

#### **Getting Started**

Preheat your oven to 400.

#### **Leftovers Tip**

This meal is delicious cold!

#### **From your Pantry**

You'll need an egg or two for this meal.

# Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Bourguignon Steak & Mushrooms over Cheesy Polenta	580	38	22	50 CC 30	6	1540	6	16	190% Vitamin K	50% Vitamin A
Sweet Potato, Kale & Rice Bowl with Peanut Sauce	570	28	16	85	11	235		16	753% Vitamin A	127% Vitamin C
Buttermilk Salad with Nut-Crusted Chicken	720	68	31	54	11	200		19	44% Vitamin A	222% Vitamin C
(Half dressing, date mix and nut crust)	500		17					11		
Peruvian Shrimp Causa	510	31	26	43 CC 29	8	390	11	12	61% Vitamin B6	118% Vitamin C
Pasta with Spinach Pesto	620	23	40	51	12	554		19	160% Vitamin C	44% Folate
Athenian Salmon with Roasted Fingerlings	520	41	23	40 CC 33	5	870	6	11	90% Vitamin C	80% Vitamin D
Tikka Masala	745	20	61	37	10	992		26	151% Vitmain A	88% Vitamin C
(Use 2/3 butter and tikka masala sauce)	560		42					18		

# Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Asiago Chicken Crème with Crispy Onions	510	55	21	25	4	510	9	9	35% Calcium	25% Vitamin C
Orleans Blackened Salmon Tacos	730	47	24	86	12	730		17	31% Calcium	77% Vitamin A
(Use 2 of the tortillas, & 2/3 of the coleslaw dressing)	620		20					13		
Hearty Paella with Crispy Green Beans	770	20	48	57 CC 38	28	400	15	24	60% Vitamin C	30% Iron
(use /3 of the chive oil)	660		37					19		
Andouille Sausage and Egg Burrito	980	40	49	95 CC 34	9	1490	11	27	150% Vitmain C	80% Vitamin A
(use 1/2 the tortilla and cheese)	690		37					17		
Add a Protein All-Natural Chicken Breast	220	41	5	0	0	85	0	3	90% Vitamin B6	4% Iron
Add a Pretein Bistro Chateau Steak	220	30	10	0	0	75	0	5	10% Iron	10% Potassium
Add a Protein Norwegian Salmon	220	35	0	0	0	130	0	4	60% Vitamin B6	15% Potassium
Add a Protein Premium Shrimp	120	28	0.5	0	0	170	0	1	8% Potassium	4% iron

# Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
THE Carrot Cake	540	6	34	49	2	440	36	13	6% Vitamin C	6% Calcium
Oreo Mousse Pie	760	8	49	78	3	390	52		6% Calcium	6% Iron
Rockslide Brownie	550	5	35	56	2	230		31	25% Vitamin A	8% Calcium
Peanut Butter Cookies	400	8	22	45	2	330		18	4% Iron	6% 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.*

# *Bourguignon Steak & Mushrooms over Cheesy Polenta*

This dinner brings rich, slow-simmered flavor to a weeknight table—without the wait. Tender steak is folded into a savory mushroom bourguignon with layers of garlic, herbs, and red wine, then served over creamy, cheesy polenta. It's cozy and deeply satisfying, yet surprisingly easy to pull together.

**30** *Minutes to the Table*

**30** *Minutes Hands On*

**1 Whisk** *Super Easy*

## *Getting Organized*

### EQUIPMENT

Large Skillet  
Medium Saucepan

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper  
Flour (1/2 Tbsp/svg.)  
Butter (1 Tbsp/svg.)

### 6 MEEZ CONTAINERS

Steak  
Mushrooms  
Mirepoix Veggies  
Bourguignon Sauce  
Cheesy Polenta  
Chives & Parsley

## *Good to Know*

If you ordered the **Carb Conscious version**, we sent you Cauliflower "rice" instead of polenta, reducing the **carbs per serving to 30g**. Instead of cooking the polenta in Step 3. Heat 1 Tbsp olive oil in a second large skillet over medium-high heat and sauté the cauliflower rice until brown, about 3 to 4 minutes. Use in place of the creamy polenta when serving.

**Health snapshot per serving** – 580 Calories, 22g Fat, 50g Carbs, 38g Protein, and 16 Freestyle Points.

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

INGREDIENTS: Steak, Red Wine, Button Mushrooms, Cremini Mushrooms, Leek, Carrot, Celery, Polenta, Tamar, Parsley, Garlic, Parmesan, Chive, Tomato Paste, Vegetable Stock, White Pepper, Thyme, Kosher Salt, Bay Leaf, Spanish Paprika.

meez meals

### 1. Cook the Steak

Heat 1 Tbsp olive oil in a large skillet over high heat. Pat dry the **Steaks** and season both sides with salt and pepper. When the skillet is hot, add the steaks and cook until the bottoms brown and sides start to color, about 3 to 4 minutes. Flip and continue for 3 additional minutes if you prefer **medium-rare**. (Cook for 4 minutes for **medium** and 5 to 6 for **well done**). Set aside on a cutting board and let rest for 5 minutes then slice into ½" strips. Wipe out the skillet.

### 2. Cook the Vegetables & Sauce

While the steak is resting, heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. When the oil is hot, add the **Mushrooms**. Cook until the mushrooms start to brown, about 5 to 6 minutes. Add the **Mirepoix Veggies** to the mushrooms and cook, stirring occasionally, until the carrots start to soften, an additional 5 to 6 minutes. Add 1 Tbsp of butter to the vegetables and stir until the butter has melted. Then, add 1 Tbsp flour and stir until the vegetables are well coated. Cook until the flour starts to brown, about 1 to 2 minutes.

Add the **Bourguignon Sauce**, stir, and bring to a boil. Reduce the heat to medium and simmer, stirring occasionally, until the sauce has thickened to the consistency of gravy, about 7 to 8 minutes. Turn off the heat and stir in the cooked steak.

### 3. Cook the Creamy Polenta

Bring 1½ cups of water to a boil in a medium saucepan. As soon as the water boils, slowly add the **Cheesy Polenta** while whisking constantly until there are no lumps, about 1 minute. Reduce the heat to medium and stir frequently. Cook until the polenta thickens somewhat, about 1 to 2 minutes. Remove from the heat and add 1 Tbsp of butter. Stir in two-thirds of the **Chives & Parsley**. Cover and set aside until ready to serve.

### 4. Put It All Together

Serve the steak, Bourguignon and veggies on top of the polenta and sprinkle with the remaining chives & parsley. 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

## Add Protein Cooking Instructions

**Integrate into recipe:** Prior to step 4, cook the protein (per instructions below) and then slice into strips (*flake the salmon, leave shrimp whole*) and serve on top of the rice bowl in step 5.

**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

**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

**40** Minutes to the Table

**20** Minutes Hands On

**1 Whisk** Super Easy

SCAN QR CODE  
to view YouTube  
cooking video



INGREDIENTS: Sweet Potatoes, Kale, Baked Tofu, Brown Rice, Peanut Butter, Rice Vinegar, Tamari, Brown Sugar, Garlic, Ginger, Spices

meez *meals*

## 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.

*We cook our brown rice like pasta. Make sure the water is boiling and you're good to go. Remember: brown rice has a firmer texture than white rice.*

## 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.

*If you prefer softer kale, cook it for a few extra minutes.*

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!

*We found 2 to 4 Tbsp water is just right.*

Instructions for two servings.

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

# Buttermilk Salad with Nut-Crusted Chicken

How to make a delicious salad into a hearty dinner? Toss together a buttermilk broccoli salad and serve it topped with nut-crusted chicken breast. With walnuts, almonds, pecorino and panko, this crunchy coating makes for a meal that's extra special.

## Getting Organized

### EQUIPMENT

Mixing Bowl  
2 Shallow Bowls  
or Pie Pans  
Baking Sheet

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper  
2 Eggs

### 5 MEEZ CONTAINERS

Chicken Breast  
Nut Crust  
Broccoli  
Dates & Walnuts  
Buttermilk Dressing

## 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.

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

**Health snapshot per serving** – 720 Calories, 31g Fat, 68g Protein, 54g Carbs, 19 Smart Points

**Lightened up snapshot** – 500 Calories, 17g Fat and 11 Smart Points with ½ of the nut crust, buttermilk dressing, and dates and walnuts mix.

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

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**30** Minutes to the Table

**15** Minutes Hands On

**2 Whisks** Easy

INGREDIENTS: Cage-Free Chicken, Broccoli, Dates, Walnuts, Buttermilk, Mayonnaise, Almonds, Panko Breadcrumbs, Pecorino Cheese, Cider Vinegar, Sugar

meez meals

### 1. Getting Organized

Preheat your oven to 400.

### 2. Prep the Chicken and Dredge

Generously season **Chicken Breast** with salt and pepper (we use ¼ tsp salt and ¼ tsp pepper, so use about half per side, or more if you like).

Whisk 1 egg with 2 Tbsp water in a shallow bowl or pie pan. In a second bowl or pie pan, pour out the **Nut Crust**.

### 3. Dredge and Bake the Chicken

Put each piece of chicken into the nut crust, then into the egg mixture and then return to the bowl with the nut crust. Press down to make sure the crust adheres to each chicken breast.

Carefully transfer the chicken to a baking sheet. Drizzle the top of each piece with olive oil (or, if you prefer, you can put ½ Tbsp of butter on each piece). Bake until the crust is brown and the chicken is fully cooked, about 15 to 20 minutes.

### 4. Make the Broccoli Salad

While the chicken is baking, open the **Buttermilk Dressing** and reserve 2 Tbsp for finishing the chicken. Combine the **Broccoli, Dates & Walnuts** and remaining buttermilk dressing in a mixing bowl. Season with salt and pepper to taste.

### 5. Put It All Together

Serve the broccoli salad topped with the baked chicken. Drizzle the reserved buttermilk dressing over the top.

*Keep a baking sheet nearby, so you can quickly transfer the breaded chicken to it.*

*When you put the chicken into the nut crust the first time, much of it won't stick, but the flavors are getting in there.*

*We like the broccoli salad at room temp, but you can chill it if you prefer.*

*Love this recipe? #meezmagic*

Instructions for two servings.

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

# Peruvian Shrimp Causa

New to causas? Think mashed potatoes with a South American flair. We're making ours with Ancho Chili shrimp and citrus-marinated vegetables for a flavor-packed dinner that's easy enough for any night of the week.

**30** *Minutes to the Table*

**20** *Minutes Hands On*

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

- Large Saucepan & Lid
- Large Skillet
- Large Mixing Bowl
- Small Bowl

### FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper

### 6 MEEZ CONTAINERS

- Potatoes
- Poblanos & Onions
- Shrimp
- Ancho Chili Mayo
- Cucumber, Tomatoes & Peppers
- Citrus Marinade

## Good to Know

If you ordered the **carb conscious version** we sent you yellow squash instead of the potatoes reducing the **carbs per serving to 29g**. Skip step 1. Prior to step 2. Heat 1 Tbsp olive oil in a large skillet over medium high heat. When the oil is hot, sauté the yellow squash until it starts to char and becomes soft enough to mash, about 4 to 5 minutes. Place in a mixing bowl and mash with a large spoon or potato masher until they are the consistency of lumpy mashed potatoes. Continue with step 2. starting with sauteing the Poblanos & Onions. Use the squash in place of the potatoes at the end of step 2.

**Shrimp is a good source** of selenium, omega-3 fatty acids, vitamin B12 and astaxanthin, a natural and powerful antioxidant.

**Health Snapshot per serving**- 510 Calories, 31g Protein, 26g Fat, 43g Carbs, 12 Freestyle points

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cooking video**



INGREDIENTS: Shrimp, Potatoes, Red Onions, Poblano Peppers, Mayonnaise, Persian Cucumbers, Yellow Peppers, Tomatoes, Lime, Ancho Chili, Maple Syrup, Cilantro, Ginger, Jalapeño.

*meez* meals

### 1. Get Organized

Bring approximately 5 cups of water to a boil in a large saucepan over high heat.

### 2. Make the Mashed Potatoes

Add the **Potatoes** to the boiling water. Reduce the heat to medium high, cover, and cook at a low boil until potatoes are fork tender, about 10 to 12 minutes. Remove from the heat, drain the potatoes and place back into saucepan. Mash with a large spoon or potato masher until they are the consistency of lumpy mashed potatoes.

While the potatoes are cooking, heat 1 Tbsp olive oil in a large skillet over medium heat. When the oil is hot, add the **Poblanos & Onions** with a sprinkle of salt and pepper. Sauté until the onions start to char, about 4 to 5 minutes. Turn off the heat and set aside until the potatoes are mashed. Once the potatoes are mashed, add the cooked poblanos & onions. Mix and set aside, covered, until Step 4.

### 3. Cook the Shrimp

Heat 1 Tbsp olive oil in the now-empty skillet over medium high heat. Pat dry and lightly salt & pepper the **Shrimp**. Cook for a minute on each side until they are opaque and no longer grey in color. Remove the shrimp and transfer to a cutting board. Cut the shrimp in half and mix with the **Ancho Chili Mayo** in a small bowl.

### 4. Make the Citrus Marinated Vegetables

Combine the **Cucumbers, Tomatoes & Peppers** and the **Citrus Marinade** in a large mixing bowl.

### 5. Put It All Together

Serve the ancho chili shrimp over the mashed potatoes and top with the citrus marinated veggies. Enjoy!

Instructions for two servings.

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

# Pasta with Spinach Pesto

Haven't had spinach pesto before? Neither had we, but once we tried it we were hooked. It gives a layer of flavor to the classic basil pesto that we love, to say nothing of the extra vitamin boost. We're making our version with plenty of lemon to keep things bright & mixing it up with roasted cauliflower, toasted pecans and penne pasta. Yum!

**35** Minutes to the Table

**5** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized

### EQUIPMENT

Saucepan  
Rimmed Baking Sheet

### FROM YOUR

### PANTRY

Olive Oil  
Salt & Pepper

### 5 MEEZ CONTAINERS

Cauliflower  
Penne Pasta  
Spinach Pesto  
Pecans  
Parmesan  
Cheese

## Add Protein Cooking Instructions

**Integrate into recipe:** While the pasta is cooking in step 3, cook the protein (per instructions below) and then slice into strips (*flake the salmon, leave shrimp whole*) and stir into the cooked pasta and sauce in step 4.

**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** – 620 Calories, 23g Protein, 12g Fiber, 19 Smart Points

**SCAN QR CODE  
to view YouTube  
cooking video**



INGREDIENTS: Cauliflower, Penne Pasta, Spinach, Pecans, Parmesan Cheese, Vegetable Oil, Lemon, Basil, Garlic, Spices

*meez* meals

### 1. Getting Organized

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

### 2. Roast the Cauliflower

Put the **Cauliflower** on to a rimmed baking sheet, drizzle with olive oil and sprinkle with salt and pepper. Toss well and arrange in a single layer. Bake until the cauliflower is golden brown in places, about 15 to 25 minutes; stir once or twice while it's cooking.

*We line our baking sheets with parchment paper to make clean up a breeze.*

### 3. Cook the Pasta

While the cauliflower is roasting, salt the pasta water generously, add the **Penne Pasta** and cook until al dente, 12 to 14 minutes. Reserve 1 cup of pasta water. Drain the pasta and then return to the pan.

*When we say "salt generously," we mean it. Chef Max says it should taste like salt water.*

### 4. Put It All Together

Add the **Spinach Pesto** along with 1 Tbsp of olive oil to the cooked pasta. Mix well, then add some of the reserved pasta water if you'd like the sauce looser.

*Don't skip the olive oil! It brings out the flavors of the pasta.*

Mix in the roasted cauliflower, **Pecans** and salt and pepper to taste. Top with **Parmesan Cheese**.

*Love this recipe? #meezmagic*

Instructions for two servings.

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

# Athenian Salmon with Roasted Fingerlings

We're putting our favorite Greek ingredients together for a recipe that will transport you to the Attican Peninsula. We're pairing feta, yogurt, cucumbers, capers and olives with salmon and potatoes for a dinner that is both easy and delicious.

**30** *Minutes to the Table*

**20** *Minutes Hands On*

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

Large Skillet  
Baking Sheet  
Mixing Bowl

### FROM YOUR PANTRY

Flour (1/4 cup per svg.)  
Olive Oil  
Salt & Pepper

### 6 MEEZ CONTAINERS

Greek Veggie Mix  
Feta Crumbles  
Yogurt Dill Crema  
Fingerling Potatoes  
Salmon  
Lemon

## Make The Meal Your Own

If you ordered the **Carb Conscious** version, we sent you broccoli instead of the potatoes, reducing the **carbs per serving to 33g**. Substitute the broccoli for the potatoes in step 2 and toss with olive oil, salt and pepper. Bake until the broccoli starts to brown, about 16 to 18 minutes.

**Health snapshot per serving** – 570 Calories, 23g Fat, 42g Protein, 50g Carbs, 11 Smart 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: Salmon, Fingerling Potatoes, Lemon, Feta, Cucumber, Yogurt, Cream, Sour Cream, Tomato, Red Bell Pepper, Black Olive, Kalamata Olive, Red Onion, Capers, Dill, Oregano

*meez* meals

### 1. Get Organized

Preheat the oven to 400. Toss the **Greek Veggie Mix**, **Feta Crumbles**, and **Yogurt Dill Crema** in a mixing bowl and place in the fridge.

### 2. Make the Salsa

Toss the **Greek Veggie Mix**, **Feta Crumbles**, and **Yogurt Dill Crema** in a mixing bowl and refrigerate until step 5.

### 3. Roast the Potatoes

Slice the **Fingerling Potatoes** into ½" wide rounds. Put on a baking sheet and drizzle with olive oil, salt, and pepper. Toss and arrange in a single layer. Bake until they brown and begin to crisp, about 20 to 25 minutes. Transfer directly to serving plates.

### 4. Cook the Salmon

While the potatoes are cooking, put ½ cup flour on a large plate with a generous pinch of salt and pepper. Pat dry the **Salmon** with a paper towel and coat with the flour, making sure each fillet is coated on both sides.

Heat 2 Tbsp of olive oil in a large skillet over medium-high heat. When the oil is hot, add the salmon and cook until it colors about halfway up the sides, about 3 minutes. Flip and cook an additional 3 minutes. Remove from the heat to rest for 5 minutes.

### 5. Put It All Together

Serve the salmon over the potatoes with a generous squeeze of **Lemon**. Spoon the salsa on top with additional lemon juice to taste. Enjoy!

*Any kind of flour  
will work here:  
all-purpose, rice  
flour, even  
tapioca flour.  
Use your favorite.*

Instructions for two servings.

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

# Tikka Masala

Creamy, complex, and flat out delicious, tikka masala is one of our favorite Indian recipes. We're making our version this week with seared halloumi cheese, tender chickpeas, and fresh greens. Cooked up in just one pan, it's a twenty-minute dinner we love.

## Getting Organized

### EQUIPMENT

Large Skillet

### FROM YOUR PANTRY

Salt and Pepper

### 5 MEEZ CONTAINERS

Halloumi Cheese

Seasoned Butter

Tikka Masala

Sauce

Chickpeas &

Tomatoes

Arugula &

Spinach

## Add Protein Cooking Instructions

**Integrate into recipe:** Prior to step 1, cook the protein (per instructions below) and then slice into strips (*flake the salmon, leave shrimp whole*) and stir into the sauce in step 3.

**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 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** – 745 Calories, 20g Protein, 61g Fat, 37g Carbs, 26 Freestyle Points.

**Lightened up health snapshot per serving** – 560 Calories, 42g Fat, 33g Carbs, 18 Freestyle Points using 2/3 of the Butter and 2/3 of the Tikka Masala Sauce.

**20** Minutes to the Table

**20** Minutes Hands On

**1 Whisk** Super-Easy

**SCAN QR CODE  
to view YouTube  
cooking video**



INGREDIENTS: Halloumi, Spinach, Arugula, Chickpeas, Tomato, Butter, Cream, Cilantro, Garlic, Ginger, Garam Masala, Cayenne Pepper, Turmeric, Coriander, Lime, Sugar.

meez *meals*

### 1. Sear the Halloumi

Slice the **Halloumi Cheese** into ½ inch cubes. Add half the **Seasoned Butter** to a large skillet over medium heat. Once the butter is melted, add the cubed Halloumi in a single layer. Lightly sprinkle with pepper and cook, undisturbed, until the bottoms brown, about 3 minutes. Turn the cheese and cook until that side also browns, about 3 additional minutes. Remove the Halloumi from the skillet and set aside. Do not wipe out the skillet.

*We are sending the Halloumi uncut to maintain its freshness and taste.*

### 2. Make the Tikka Masala Sauce

Return the now-empty skillet to the stove over medium-high heat. Add the **Tikka Masala Sauce, Chickpeas & Tomatoes**, and remaining seasoned butter, and bring the entire mixture to a boil. Reduce the heat to medium and simmer until the sauce thickens slightly, about 4 minutes.

*Halloumi will not melt when cooked.*

Add the **Arugula & Spinach** and stir, coating the veggies in the sauce. Work in batches if necessary and cook until the arugula & spinach has wilted. Remove from the heat.

*The Arugula & Spinach is bulky when uncooked but it reduces quickly. Add it to the skillet in batches.*

### 3. Put It All Together

Add the seared Halloumi to the cooked veggies and sauce and mix well. Enjoy!

# Asiago Chicken Creme with Crispy Onions

This dinner is comfort food transformed thanks to our fuss-free Asiago creme. We're topping all-natural chicken breast, green beans and mushrooms with our house-made Italian cheese crema. The result is savory, sophisticated, and simple!

**20** *Minutes to the Table*

**20** *Minutes Hands On*

**1** *Whisk Easy*

## Getting Organized

### EQUIPMENT

2 Large Skillets

### FROM YOUR PANTRY

Olive Oil

Salt & Pepper

### 6 MEEZ CONTAINERS

Chicken Breast

Mushrooms

Onions

Seasoned Flour

Green Beans

Asiago Crema

## 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** – 510 Calories, 21g Fat, 25g Carbs, 55g Protein and 9 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, Green Beans, Yellow Onion, Button Mushroom, Cremini Mushroom, Cream, Sour Cream, Asiago, Flour, Parmesan, Lemon, Chive, Paprika, White Pepper

**meez***meals*

### 1. Cook the Chicken

Generously sprinkle the **Chicken Breasts** with salt and pepper.

Heat 1 Tbsp olive oil in a large skillet over high heat. When the oil is hot, add the chicken and cook until the bottom is browned and each piece begins to color up the side, about 4 to 5 minutes. Flip and continue cooking until the other side is well browned, about 4 more minutes. Remove from the skillet and let rest for 5 minutes. Wipe out the skillet.

### 2. Cook the Mushrooms and Crispy Onions.

While the chicken is cooking, heat 1 Tbsp olive oil in a second large skillet over medium-high heat. Add the **Mushrooms** and cook, stirring occasionally, until they brown, about 7 to 8 minutes. Remove from the skillet and set aside in a small bowl. Do not wipe out the skillet.

Toss the **Onions** and **Seasoned Flour** on a plate or small bowl, until the onions are well-coated. Heat 2 Tbsp olive oil in the now-empty mushroom skillet over high heat. When the oil is hot, add the coated onions and fry, stirring occasionally until they turn brown and slightly crispy, about 3 to 4 minutes. Turn off the heat and add the cooked mushrooms back to the skillet. Stir well and set aside.

### 3. Cook the Green Beans

While the chicken is resting, heat 1 Tbsp olive oil in the now-empty chicken skillet over medium-high heat. When the oil is hot, add the **Green Beans** with a sprinkle of salt and pepper. Cook until bright green and just starting to char, about 5 to 6 minutes.

### 4. Put It All Together

Serve the chicken with the **Asiago Crema** on top, then the mushrooms and crispy onions over that and the green beans on the side. Enjoy!

*Use the larger of your two large skillets needed for the chicken.*

# Orleans Blackened Salmon Tacos

Omega-3 rich salmon is coated with our Cajun seasonings then paired with creamy pineapple coleslaw, corn and cheese, and wrapped in warm tortilla. Fast, fantastic and full of flavor.

**20** Minutes to the Table

**20** Minutes Hands On

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

Mixing Bowl  
Large Skillet

### FROM YOUR PANTRY

Flour (2 teaspoons)  
Olive Oil  
Salt & Pepper

### 6 MEEZ CONTAINERS

Cabbage & Carrots  
Coleslaw Dressing  
Cajun Seasoning  
Salmon  
Tortillas  
Cheese & Corn

## 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** – 730 Calories, 24g Fat, 47g Protein, 86g Carbs, 17 Freestyle Points.

**Lightened-up health snapshot per serving** – 620 Calories, 21g Fat, 67g Carbs, 13 Freestyle points by using 2 tortillas per serving and two-thirds of the coleslaw dressing.

**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:** Salmon, Corn Tortillas, Carrots, Green Cabbage, Red Cabbage, Corn, Mayonnaise, Brown Sugar, Cajun Seasoning, Cotija, White Wine Vinegar, Pineapple, Lemon Juice, Cilantro, Garlic, Black Pepper

*meez* meals

### 1. Make the Coleslaw

Combine the **Cabbage & Carrots** and **Coleslaw Dressing** in a large mixing bowl and toss. Place in the refrigerator until ready to eat.

### 2. Season and Cook the Salmon

Combine **Cajun Seasoning** with 2 teaspoons of flour on a plate. Coat the **Salmon** on all sides with the seasoning and then let it sit in the flour/seasoning mix for 2 minutes. Give the salmon a second coat.

Heat 2 Tbsp of olive oil in a large skillet over medium-high heat. When the oil is hot, add the salmon and cook until the seasoning is blackened and slightly crispy, about 4 minutes. Flip, and the other side until it is also blackened, about 4 additional minutes. Remove from the heat and let rest for 5 minutes. Wipe out the skillet.

### 3. Heat the Tortillas and Serve

While the salmon is resting, heat the **Tortillas** in the now-empty skillet over medium-high heat, about 30 seconds per side.

Use a fork to flake the salmon into bite-sized pieces. Fill the warm tortillas with the flaked salmon and top with the coleslaw and **Cheese & Corn**. Enjoy!

*The fish absorbs the seasoning as it sits, which adds tons of flavor.*

*The seasoning gets very dark as it cooks, so don't worry if it starts to blacken, it's supposed to be that way.*

Instructions for two servings.

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# Hearty Paella with Crispy Green Beans

A savory paella of summer squash, zucchini and tomatoes with a pinch of parmesan to boost the flavor. Finished with a chive oil and crispy green bean topper, it's even better than the Valencia inspiration.

**30** Minutes to the Table

**15** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized

### EQUIPMENT

Oven-Safe Skillet  
and Lid  
Large Skillet

### FROM YOUR

### PANTRY

Olive Oil  
Salt/Pepper

### 5 MEEZ CONTAINERS

Squash & Other  
Veggies  
Basmati Rice  
Tomato Broth  
Green Beans  
Chive Oil

## Add Protein Cooking Instructions

**Integrate into recipe:** Prior to Step 3, cook the protein (per instructions below) and then slice into strips (flake the salmon, leave shrimp whole) and serve on top of the paella rice before drizzling with the chive oil in Step 4.

**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

If you ordered the **Carb Conscious version**, we sent you cauliflower "rice" instead of the Basmati rice, reducing the **carb per serving to 38g**. In step 2, use the cauliflower with only ¼ cup water.

**Health snapshot per serving** – 620 Calories, 39g Fat, 57g Carbs, 13g Protein, 24 Freestyle Points

INGREDIENTS: Coconut Milk, Green Beans, Basmati Rice, Tomato, Yellow Squash, Zucchini, Celery, Vegetable Oil, Carrot, Sun Dried Tomatoes, Chives, Vegetable Broth, Garlic, Parmesan, Dijon Mustard, Lemon, Old Bay, Thyme

meez meals

### 1. Get Organized

Preheat your oven to 350.

### 2. Create the Paella

Heat 1 Tbsp olive oil in a large oven-safe skillet over medium-high heat. Add the **Squash & Other Veggies** and cook until the squash starts to char, about 3 to 4 minutes. Add the **Basmati Rice**, and cook until lightly toasted, about 1 minute. Add the **Tomato Broth** and ½ cup of water. Stir well and bring to a boil. Remove from the stove, cover and transfer to the oven. Bake until the liquid has been absorbed and the rice has a slightly crunchy texture, around the edges, about 20 to 25 minutes. Remove from the oven and let rest for at least 5 minutes.

### 3. Sear the Green Beans

While the paella is resting, heat 1 Tbsp olive oil in a second large skillet over medium-high heat. When the oil is hot, add the **Green Beans** with a sprinkle of salt and pepper. Cook until they are seared but still bright green, about 5 to 6 minutes. Turn off the heat and set aside.

### 4. Put It All Together

Serve the paella topped with the seared green beans and drizzle the entire dish with the **Chive Oil**. Enjoy!

# Andouille Sausage and Egg Burrito

We're making an all-American burrito with potatoes, butternut squash and bell peppers, andouille sausage and white cheddar. With scrambled eggs and a creamy Avocado Ranch dressing, this is a new favorite.

**30** *Minutes to the Table*

**30** *Minutes Hands On*

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

- Large Skillet
- Large Mixing Bow
- Small Bowl

### FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper
- Eggs (3)

### 6 MEEZ CONTAINERS

- Andouille Sausage
- Potatoes, Squash & Onion
- Cheddar & Gouda
- Spinach Tortilla
- Tomatoes & Peppers
- Avocado Ranch

## Good to Know

If you ordered the **Carb Conscious version**, we sent you spinach instead of the tortillas, lowering the **carbs to 34g per serving**. Wilt the spinach with the veggies in step 2 and combine all of the ingredients into a hash. Top everything with the Avocado Ranch.

**Health snapshot per serving** – 980 Calories, 49g Fat, 40g Protein, 95g Carbs, 27 Freestyle Points

**Lightened-up health snapshot per serving** –690 Calories, 37g Fat, 63g Carbs, and 17 Freestyle Points using half of the tortilla and half of the cheese.

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

INGREDIENTS: Andouille Sausage, Spinach Herb Tortillas, Butternut Squash, Yukon Potatoes, Yellow Onion, Tomato, Red Bell Pepper, Mayonnaise, White Cheddar, Gouda, Avocado, Lemon, Sour Cream, Buttermilk, White Vinegar, Garlic, Chive, Miso, Black Pepper, Onion Powder, Parsley

meezmeals

### 1. Brown the Andouille

Cut each **Andouille Sausage** in half lengthwise and then into ½" half-moons. Add the sliced andouille to a large skillet over medium-high heat. Cook, stirring occasionally, until they start to brown and crisp on the edges, about 3 to 4 minutes. Transfer to a large mixing bowl and set aside. Do not wipe out the skillet.

### 2. Finish the Burrito Filling

Add the **Potatoes, Squash & Onion** to the now-empty skillet. Cook until the potatoes start to brown and are fork tender, about 8 to 10 minutes. Transfer the contents of the skillet to the mixing bowl with the sausage, then immediately add the **Cheddar & Gouda** to the bowl and mix. Do not wipe out the skillet.

Whisk 3 eggs in a small bowl and cook in the now-empty skillet over medium heat as you would scrambled eggs (folding the eggs over for about 2 to 3 minutes until no longer runny). Transfer the scrambled eggs to the mixing bowl and give a gentle stir. Wipe out the skillet.

### 3. Assemble the Burritos

Add half the contents of the mixing bowl to the center of the **Spinach Tortilla** and top with half the raw **Tomatoes & Peppers**. Join the front and bottom flaps and lift the tortilla in the air, open-faced. Pull the left and right flaps toward the center so they fold over about 1 to 2 inches and hold them in place with your fingers. Using your thumbs roll the wrap away from your body, keeping the left and right flaps underneath using the weight of the wrap to keep it closed. Press down gently on the top to hold everything in place. Repeat for each tortilla.

### 4. Finish the Burritos

Place each wrapped burrito, seam side down, in the now-empty skillet over high heat. Cook until the tortilla starts to char, about 1 to 2 minutes. Flip and repeat with the other side. Cut the burrito in half at an angle for easy dipping into the **Avocado Ranch**. Enjoy!

*The Andouille Sausage is already fully cooked. This step is just about browning it.*

*Add the cheese right away to ensure it melts.*

Instructions for two servings.

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