

### *Thai Red Curry Soup*

**25 Min**  
to Table

**10 Min**  
Hands  
On

**1 Whisk**  
Easy

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**Getting Started**

Put a saucepan of water on to boil.

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**Omnivore Option**

Shrimp is great with this.

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### *Chicken Parmesan with Basil Aioli Kale Slaw*

**20 Min**  
to Table

**20 Min**  
Hands  
On

**1 Whisk**  
Super  
Easy

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**Getting Started**

Preheat your oven to 400.

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**From Your Pantry**

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

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## *Quick Tips*



### *Buffalo Chicken & Potato Stack*

**20 Min**  
to Table

**20 Min**  
Hands  
On

**1 Whisk**  
Super  
Easy

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**Getting Started**

Prep the hashbrowns and heat the olive oil in a skillet.

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**From Your Pantry**

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

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### *Polish Unstuffed Cabbage with Beef*

**30 Min**  
to Table

**30 Min**  
Hands  
On

**1 Whisk**  
Super  
Easy

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**Getting Started**

Put a saucepan of water on to boil.

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**From Your Pantry**

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

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### *Nashville Hot Tofu Sliders*

**30 Min**  
to Table

**20 Min**  
Hands  
On

**1 Whisk**  
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, flour, butter, eggs, salt and pepper.

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### *Argentinean Black Beans and Rice Bowl*

**40 Min**  
to Table

**20 Min**  
Hands  
On

**1 Whisk**  
Super  
Easy

#### **Getting Started**

Put a saucepan of water onto boil and preheat oven to 400.

#### **Omnivore Option**

Steak is a traditional partner for this dish.

### *Mushroom Rigatoni with Parmesan Goat Cheese*

**15 Min**  
to Table

**15 Min**  
Hands  
On

**1 Whisk**  
Easy

#### **Getting Started**

Bring a large saucepan of water to boil.

#### **Meal Tip**

Lighten it up by using 2/3 of the pasta and sauce.

#### **From your Pantry**

You'll need olive oil, and salt.

### *Truffle-Butter Steak Frites*

**25 Min**  
to Table

**35 Min**  
Hands  
On

**2 Whisks**  
Easy

#### **Getting Started**

Preheat your oven to 450.

#### **From Your Pantry**

You'll need olive oil, salt & pepper

### *New Orleans Shrimp Cakes*

**40 Min**  
to Table

**20 Min**  
Hands  
On

**1 Whisk**  
Super  
Easy

#### **Getting Started**

Put a saucepan of water on to boil.

#### **From Your Pantry**

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

#### **Meal Tip**

Add a little Sriracha, or Tabasco to the Remoulade sauce to kick it up a notch.

### *Steak Florentine*

**25 Min**  
to Table

**25 Min**  
Hands  
On

**1 Whisk**  
Super  
Easy

#### **Getting Started**

Heat the olive oil in a large skillet.

#### **From your Pantry**

You'll need olive oil, salt and pepper.

### *Mediterranean Lemon Chai Salmon with Pearl Couscous*

**20 Min**  
to Table

**20 Min**  
Hands  
On

**1 Whisk**  
Super  
Easy

#### **Leftovers Tip**

Serve leftovers over lettuce

#### **Getting Started**

Put a saucepan of water on to boil.

#### **From Your Pantry**

You'll need about 1/4 cup of flour per serving

# Health Snapshot

| Recipe   | Calories | Protein | Fat     | Carbs    | Fiber   | Sodium       | Smart  | Key Vitamins/Minerals          |                 |                 |
|--|----------|---------|---------|----------|---------|--------------|--------|--------------------------------|-----------------|-----------------|
|  |          | (grams) | (grams) | (grams)  | (grams) | (milligrams) | Points | (percent of recommended daily) |                 |                 |
| Polish Unstuffed Cabbage with Beef<br>(use 1/2 the rice & 1/2 the sour cream and dill)     | 740      | 29      | 42      | 63       | 11      | 2070         | 23     | 105% Vitamin C                 | 47% Vitamin B6  | 63% Vitamin B12 |
|  | 640      |         | 37      |          |         |              | 19     |                                |                 |                 |
| Nashville Hot Tofu Sliders<br>(open face sandwich and 1/2 the aioli)                       | 980      | 34      | 50      | 104      | 10      | 1420         | 27     | 164% Calcium                   | 59% Iron        | 33% Vitamin A   |
|  | 670      |         | 33      |          |         |              | 17     |                                |                 |                 |
| Chicken Parmesan with Basil Aioli Kale Slaw<br>(use 1/2 the breading and basil oil)        | 980      | 77      | 58      | 37       | 4       | 1320         | 24     | 83% Calcium                    | 106% Vitamin B6 | 65% Vitamin B12 |
|  | 780      |         | 42      |          |         |              | 17     |                                |                 |                 |
| Truffle-Butter Steak Frites  | 520      | 38      | 27      | 32 CC 15 | 6       | 310          | 15     | 145% Vitamin C                 | 44% Vitamin A   | 10% Calcium     |
| New Orleans Shrimp Cakes   | 520      | 37      | 15      | 61       | 6       | 480          | 14     | 88% Vitamin A                  | 219% Vitamin C  | 36% Vitamin B12 |
| Argentinean Black Beans & Rice Bowl<br>(½ the salsa)                                       | 660      | 23      | 12      | 120      | 24      | 35           | 18     | 74% Folate                     | 900% Vitamin A  | 103% Vitamin C  |
|  | 605      |         | 7       |          |         |              | 17     |                                |                 |                 |
| Buffalo Chicken & Potato Stack<br>(use ½ the buffalo sauce and ½ the sour cream & veggies) | 850      | 54      | 48      | 51 CC 34 | 5       | 2690         | 24     | 284% Vitamin C                 | 122% Vitamin B6 | 49% Vitamin A   |
|  | 660      |         | 31      |          |         |              | 15     |                                |                 |                 |
| Mushroom Rigatoni with Parmesan Goat Cheese<br>Use 2/3 pasta and pesto sauce               | 930      | 25      | 64      | 67       | 4       | 370          | 31     | 25% Calcium                    | 23% Potassium   | 17% Iron        |
|  | 670      |         | 45      |          |         |              | 22     |                                |                 |                 |

# Health Snapshot

| Recipe  | Calories | Protein | Fat     | Carbs    | Fiber   | Sodium       | Smart  | Key Vitamins/Minerals          |               |                 |
|---|----------|---------|---------|----------|---------|--------------|--------|--------------------------------|---------------|-----------------|
|   |          | (grams) | (grams) | (grams)  | (grams) | (milligrams) | Points | (percent of recommended daily) |               |                 |
| Steak Florentine                                    | 625      | 38      | 44      | 20       | 6       | 891          | 20     | 286% Vitamin A                 | 84% Vitamin C | 73% Vitamin B12 |
| Mediterranean Lemon Chai Salmon with Pearl Couscous | 790      | 47      | 50      | 45 CC 36 | 6       | 291          | 15     | 262% Vitamin C                 | 54% Vitamin A | 15% Vitamin B-6 |
| Thai Red Curry Soup                                 | 485      | 19      | 19      | 64       | 8       | 1351         | 17     | 207% Vitamin C                 | 123% Calcium  | 264% Vitamin A  |
| Oreo Mousse Pie                                     | 760      | 8       | 49      | 78       | 3       | 390          |        | 6% Calcium                     | 6% Iron       | 2% Vitamin D    |
| Flourless Chocolate Cake                            | 370      | 5       | 16      | 32       | 2       | 130          | 18     | 20% Iron                       | 10% Vitamin A | 4% Calcium      |
| Belgian Chocolate Vegan Brownies                    | 420      | 6       | 20      | 62       | 4       | 300          |        | 10% Iron                       |               |                 |
| Molten Chocolate Cake                               | 520      | 7       | 31      | 54       | 3       | 360          | 28     | 30% Iron                       | 4% Vitamin A  | 6% Calcium      |
| Peanut Butter Cookies                               | 400      | 8       | 22      | 45       | 2       | 330          | 18     | 4% Iron                        | 6% Vitamin A  | 4% Calcium      |
| Kitchen Sink Cookies                                | 380      | 5       | 19      | 49       | 2       | 400          | 17     | 20% Iron                       | 8% Vitamin A  | 4% Calcium      |

**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.*

## Polish Unstuffed Cabbage with Beef

We love the flavors of stuffed cabbage, but we don't have the time to fuss with making the rolls on a busy weeknight. Enter the unstuffed cabbage. We're cooking our beef meatballs with tomato sauce and cabbage over white rice and finishing it with dill crema. With Polish inspired flavors, it's comfort food at its best.

**30** *Minutes to the Table*

**30** *Minutes Hands On*

**1 Whisk** *Super Easy*

### Getting Organized

#### EQUIPMENT

Large Skillet  
Saucepan

#### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

#### 6 MEEZ CONTAINERS

Rice  
Green Cabbage  
Meatballs  
Tomato Sauce  
Dill Crema  
Red Cabbage & Broccoli Slaw

### Good To Know

**Health snapshot per serving** – 740 Calories, 42g Fat, 29g Protein, 63g Carbs, 23 Freestyle Points.

**Lightened-Up Health snapshot per serving** – 640 Calories, 37g Fat, 52g Carbs, 19 Freestyle Points by using ½ of the Rice and ½ of the Dill Crema.

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

INGREDIENTS: Beef Meatballs, Green Cabbage, Tomato, White Rice, Sour Cream, Red Cabbage, Cream, Red Wine, Broccoli, Carrots, Red Wine Vinegar, Sugar, Lemon Juice, Garlic, Dill, Kosher Salt

*meez* meals

### 1. **Get Organized**

Bring a saucepan of water to boil.

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

Add the **Rice** to the boiling water and reduce the heat to medium. Simmer, uncovered until the rice is soft, about 15 to 20 minutes. Drain and return to the saucepan, cover, and set aside.

### 3. **Cook the Cabbage**

While the rice is cooking, add 1 Tbsp olive oil to a large skillet over medium-high heat. Add the **Green Cabbage** with a light sprinkle of salt and pepper. Cook, stirring occasionally, until the cabbage starts to soften and turns a light, almost translucent green, about 6 to 7 minutes.

### 4. **Cook the Beef**

Add the **Meatballs** to the cabbage in the skillet and cook until the meatballs start to char, about 2 to 3 minutes. Add the **Tomato Sauce** and 3/4 cup of water and simmer, stirring occasionally, until it thickens to the consistency of pasta sauce, about 10 to 12 minutes.

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

Serve the cabbage and meatballs over the rice. Add a few large dollops of **Dill Crema** and finish with the **Red Cabbage & Broccoli Slaw** on top. Enjoy!

Instructions for two servings.

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

# Nashville Hot Tofu Sliders

Nashville hot chicken is everywhere, so we created a vegetarian-friendly version. With extra-firm tofu in place of chicken and our own mix of spices, we came up with a taste that we love even more than the original. We're making sliders with chive aioli, a soft, tender bun and roasted fingerling potato fries. Even non-vegetarians will love this dish!

**30** *Minutes to the Table*

**20** *Minutes Hands On*

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

- Large Skillet
- Baking Sheet
- Large Mixing Bowl

### FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper
- Flour (1/4 cup)
- Butter (3 Tbsp)
- Eggs (2)

### 6 MEEZ CONTAINERS

- Pickled Veggies
- Fingerling Potatoes
- Tofu
- Slider Buns
- Nashville Hot Spices
- Chive Aioli

## Good To Know

**Health Snapshot Per Serving-** 980 Calories, 34g Protein, 104g Carbs, 50g Fat, 27 Freestyle Points

**Lightened-up Health Snapshot Per Serving-** 670 Calories, 27g Protein, 72g Carbs, 33g Fat, 17 Freestyle Points, by using half of the Chive Aioli and serving the sliders open-faced.

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

INGREDIENTS: Baked Yellow Tofu, Fingerling Potatoes, Slider Buns, Mayonnaise, Zucchini, Yellow Squash, Rice Wine Vinegar, Red Onion, Sugar, Lemon, Chives, Garlic Brown Sugar, Annatto Powder, Onion Powder, Smoked Paprika, Kosher Salt, Dill, Cayenne Pepper, White Pepper

meez *meals*

### 1. Get Started

Preheat your oven to 450 degrees. Drain the liquid from the **Pickled Veggies** and line a plate with paper towels.

### 2. Cook the Roast Fingerling Potato Fries

Slice each **Fingerling Potato** in half the long way, then slice each in half again so you have four long skinny fries per potato. Transfer the fries to a large mixing bowl, drizzle with olive oil, salt and pepper and toss. Arrange the coated fries on a baking sheet in a single layer. Roast until the outside of the potato is golden and slightly crispy, about 25 minutes.

### 3. Cook The Tofu

While the potatoes are roasting, whisk 2 eggs in a small bowl and spread ¼ cup of flour on a plate. Pat dry the **Tofu** and lightly sprinkle with salt and pepper. Place the tofu into the egg, shake off any excess, and then place into the flour and coat well on both sides. Heat 2 Tbsp olive oil in a large skillet over medium high heat. Cook the tofu until the coating browns, about a minute on each side. Place the cooked tofu on the paper-towel-lined plate. Wipe out the skillet.

### 4. Grill the Buns

Add 1 Tbsp of oil to the now empty skillet over medium-high heat. Cook the **Slider Buns**, cut-side down, until they start to brown, about 2 minutes. Remove and set aside. Do not wipe out the skillet.

### 5. Prepare the Nashville Hot Spices

Return the now-empty skillet to the stove over medium low heat and add 3 Tbsp of butter. When the butter melts, add the **Nashville Hot Spices** and stir until they are coated in butter and turn into a paste-like consistency. Turn off the heat and add the cooked tofu to the skillet. Stir until the tofu is well coated.

### 6. Put It All Together

Spread a generous helping of the **Chive Aioli** on the bottom bun and place the Nashville Hot tofu on top followed by the pickled veggies and top bun. Serve with the roasted fingerling potato fries. Enjoy!

Instructions for two servings.

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

# Chicken Parmesan with Basil Aioli Kale Slaw

Chicken Parmesan with a Meez twist. With fresh mozzarella, a cheesy-panko crust, and roasted kale slaw tossed with basil aioli dressing, this dinner is anything but ordinary. It's a favorite with kids and parents alike.

**20** Minutes to the Table

**20** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized

### EQUIPMENT

2 Baking Sheets  
Large Skillet

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 6 MEEZ CONTAINERS

Kale Slaw  
Basil Aioli  
Chicken Breast  
Seasoned Panko  
Breading  
Fresh Mozzarella  
Marinara Sauce

## 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** – 980 Calories, 77g Protein, 58g Fat, 37g Carbs, 24 Freestyle Points.

**Lighten Up Snapshot per serving** - 780 Calories, 42g Fat, 25g Carbs, 17 Freestyle Points with two-thirds of the Basil Aioli, two-thirds the Seasoned Panko Breading, and two-thirds the sauce.

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

INGREDIENTS: Chicken Breast, Fresh Mozzarella, Tomatoes, Parmesan, Pecorino Romano, Panko Breadcrumbs, Kale, Broccoli, Brussels Sprouts, Green Cabbage, Radicchio Red Onion, Basil, Mayonnaise, Olive Oil, Oregano, Garlic, Paprika, Lemon, Kosher Salt, White Pepper.

meez meals

## 1. Getting Organized

Preheat your oven to 400.

## 2. Roast the Kale Slaw

Arrange the **Kale Slaw** in a single layer on a baking sheet. Drizzle with olive oil, salt & pepper. Bake until the edges start to char, about 10 to 12 minutes. Remove from the oven and mix right away with the **Basil Aioli** right on the baking sheet. Transfer to serving plates. Leave the oven on.

## 3. Prep the Chicken

While the veggies are cooking, very loosely wrap each **Chicken Breast** in saran wrap and place on a cutting board. Pound it until it starts to spread, using a meat tenderizer (mallet) or bottom of a small pot. Flip the chicken over and continue to pound until it is about ¼" thick and has doubled in size. 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).

Spread the **Seasoned Panko Breading** evenly on a large plate and put each piece of chicken onto the breading. Press down to make sure the breading adheres then repeat on the other side.

*Don't be afraid to get your aggression out on the chicken!*

*The chicken will not be fully cooked after its time in the skillet. It will finish cooking in the oven.*

*Only pour the sauce along the middle so the breading stays nice and crisp.*

*Fresh mozzarella doesn't melt completely but will be hot, soft and delicious.*

## 4. Cook the Chicken

Heat 1½ Tbsp olive oil in a large skillet over medium high heat. When the oil is hot, add the chicken and cook, without disturbing, until the sides brown, about 1 minute. Flip and continue cooking until other side is brown as well, about 1 additional minute.

Transfer the chicken to a second baking sheet and top with the **Fresh Mozzarella**, two or three pieces per breast, centered the long-way. Drizzle the **Marina Sauce** down the center of the fresh mozzarella pieces.

Bake until the cheese starts to melt, about 8 to 10 minutes. Remove from the oven and let rest for 5 minutes.

## 5. Put It All Together

Serve the chicken parmesan on top of the basil aioli kale slaw. Enjoy!

Instructions for two servings.

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

# Truffle Butter Steak Frites

Classic French flavors in a single recipe: oven-roasted potatoes coated in truffle-butter and Parmesan cheese, roasted broccoli and a juicy, truffle-buttery steak. It's bistro food cooked in your own kitchen.

**35** *Minutes to the Table*

**25** *Minutes Hands On*

**2 Whisks** *Easy*

## Getting Organized

### EQUIPMENT

- 2 Baking Sheets
- Large Skillet
- Large Mixing Bowl

### FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper

### 5 MEEZ CONTAINERS

- Fingerling Potatoes
- Truffle Butter
- Parmesan Cheese
- Broccoli
- Steak

## Make The Meal Your Own

If you ordered the **Carb Conscious version**, we sent you cauliflower instead of the potatoes reducing the **carbs per serving to 15g**. Use the cauliflower in place of the potatoes and in step 2 and reduce the cooking time to 15 minutes.

**It's important to let the steaks rest** to keep them tender and juicy. Give them at least 5 minutes off the heat before you slice and serve.

**Be sure to generously season your steaks** with salt and pepper before cooking; the salt adds flavor while also keeping the meat tender.

## Good To Know

**Health snapshot per serving** – 520 Calories, 38g Protein, 27g Fat, 32g Carbs, 15 Freestyle Points

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

INGREDIENTS: Steak, Fingerling Potatoes, Broccoli, Parmesan, Parsley, Chives, Truffle Pate, Butter.

*meez* meals

### 1. Getting Organized

Preheat your oven to 450 degrees.

### 2. Make the Frites

Slice each **Fingerling Potato** in half the long way, then slice each half again so you have four long skinny frites (French fries) per potato. Transfer the frites to a large mixing bowl, drizzle with olive oil, salt and pepper and toss. Arrange the coated frites on a baking sheet in a single layer. Roast until the outside of the potato is golden and slightly crispy, about 25 minutes.

Remove from the oven and immediately transfer to the now-empty mixing bowl and add half the **Truffle Butter** and half of the **Parmesan Cheese**. Stir until the butter melts completely and the frites are coated in Parmesan. Transfer directly to serving plates.

### 3. Roast the Broccoli

While the frites are cooking, transfer the **Broccoli** to the now-empty large mixing bowl and drizzle with olive oil, salt and pepper. Toss well and arrange in a single layer on a second baking sheet. After the frites have been cooking for about 10 minutes, place the broccoli in the oven. Roast until it starts to brown and is fork tender, about 15 minutes.

Remove the broccoli from the oven, sprinkle with the remaining parmesan cheese and transfer directly to serving plates.

### 4. Cook the Steak

While the frites and broccoli are cooking, heat 1 Tbsp oil in large skillet over high heat. When the oil is very hot, add the **Steaks** to the pan. Cook until the bottoms brown and the sides start to color, about 3 minutes. Flip and continue cooking for 3 minutes if you prefer your steak **medium-rare**. (Cook for 4 minutes for **medium**, and 5 to 6 for **well done**). Remove the steaks from the skillet to rest for 5 minutes, then transfer to serving plates. Do not wipe out the skillet.

### 5. Put It All Together

Once the now-empty pan has cooled slightly, add the remaining Truffle Butter and stir until it is melted. Spoon the melted Truffle Butter on top of the steak. Enjoy!.

*You'll be multi-tasking in this recipe. The potatoes, broccoli and steak will all be cooking at the same time, so be sure to read the recipe all the way through before you begin.*

*To test if the oil is hot enough for the beef, hold your hand about 6 inches above the skillet. If you can feel serious heat, it's ready.*

*Letting the pan cool slightly will avoid burning the Truffle Butter.*

Instructions for two servings.

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

## New Orleans Shrimp Cakes

Do we need to say more? Classic Cajun flavored shrimp cakes. A remoulade sauce that Emeril wishes he'd created. A taste of the Big Easy cooked up in your own kitchen. Dinner doesn't get better than that.

**40** *Minutes to the Table*

**20** *Minutes Hands On*

**1 Whisk** *Super Easy*

### Getting Organized

#### EQUIPMENT

Large Skillet  
Large Mixing Bowl  
Small Bowl

#### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper  
Eggs (1 per serving)

#### 6 MEEZ CONTAINERS

Brown Rice  
Shrimp  
Peppers & Onions  
Remoulade Sauce  
Breadcrumbs  
Pickled Veggies

### Make it Your Own

Our Remoulade sauce is only medium spicy. If you want to **kick it up a notch**, mix in Sriracha sauce, Tabasco, or cayenne pepper.

### 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** – 520 Calories, 37g Protein, 15g Fat, 14 Smart Points

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

INGREDIENTS: Shrimp, Red Peppers, Brown Rice, Cauliflower, Broccoli, Breadcrumbs, Garlic, Onion, Green Beans, Carrots, Parsley, Mayonnaise, Vinegar, Ketchup, Lemon, Dijon Mustard, Miso, Sriracha, Black Pepper, Sugar

meez *meals*

### 1. 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.

### 2. Prep the Shrimp Cakes

While the rice is cooking, beat 2 eggs in a large mixing bowl.

Cut the **Shrimp** into quarters and add to the eggs along with the **Peppers & Onions** and 4 Tbsp of the **Remoulade Sauce**. Mix well, then slowly mix in the **Breadcrumbs**.

Shape the mix into 6 patties.

### 3. Cook the Shrimp Cakes

Heat 1½ Tbsp olive oil in a large skillet over medium heat.

When the oil is hot, carefully place the shrimp cake patties in the skillet. (Work it in shifts if you need to. It's better not to crowd them).

Cook until the bottoms begin to brown, about 3 to 4 minutes. Gently flip and cook until the other side browns, another 3 to 4 minutes. Carefully remove the shrimp cakes from the pan and place on a paper towel.

### 4. Put It All Together

Serve the shrimp cakes over the brown rice. Top with remaining Remoulade sauce and enjoy with the **Pickled Veggies** on the side.

*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.*

Instructions for two servings.

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

# Argentinean Black Beans & Rice Bowl

We're updating the classic black beans and rice with a zippy exotic touch: chimichurri! This Argentinean parsley sauce is served with sweet potatoes, queso fresco and black beans over brown rice. It's a simple, hands-free dinner we just love. Yum!

**40** *Minutes to the Table*

**20** *Minutes Hands On*

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

Rimmed Baking  
Sheet  
2 Saucepans  
Mixing Bowl

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 4 MEEZ CONTAINERS

Brown Rice  
Sweet Potatoes  
Chimichurri Salsa  
Black Beans & Onions

## Make The Meal Your Own

**Want to get dinner on the table in a flash?** Cook the rice and sweet potatoes ahead of time. Dinner will be on the table in 15 minutes.

**Kids and picky eaters** love this recipe. If yours aren't a fan of chimichurri, serve theirs with avocado, tomatoes or their favorite salsa.

**Omnivore's Option** – Steak is a traditional partner for chimichurri and is right at home in this bowl.

## Good To Know

**If you're making the vegan version**, we've left the queso fresco out of your chimichurri salsa. If you like your salsa creamier, add 2 Tbsp of your favorite vegan mayo.

**Health snapshot per serving** – 660 Calories, 23g Protein, 24g Fiber, 35 mg Sodium, 18 Smart Points.

**Lighten Up per serving** – 605 Calories, 22g Protein, 34 mg Sodium, 17 Smart Points with half the salsa.

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

INGREDIENTS: Sweet Potatoes, Black Beans, Brown Rice, Onion, Queso Fresco, Red Wine Vinegar, Lime Juice, Parsley, Olive Oil, Garlic, 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, and then return to the saucepan. Cover and let sit 5 minutes.

*We cook our brown rice like pasta. If the water is boiling, you're good to go.*

### 3. Roast the Sweet Potatoes

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

### 4. Make the Chimichurri Salsa

While the sweet potatoes are cooking, mix the **Chimichurri Salsa** in a bowl with 3 Tbsp of olive oil. Season with salt to taste and set aside.

*The Queso Fresco cheese may look a bit pink since the Chimichurri Salsa contains red wine vinegar.*

### 5. Cook the Black Beans

Heat 1 Tbsp olive oil in a saucepan over medium-high heat. Add the **Black Beans & Onions** and cook for 2 to 3 minutes. Add ¼ cup water and turn the heat down to a simmer. Cook for 10 to 15 minutes, mashing the beans with a fork.

Serve the rice topped with the beans, sweet potatoes and chimichurri salsa. Enjoy!

**Love this recipe? #meezmagic**

Instructions for two servings.

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

# Buffalo Chicken & Potato Stack

The ultimate fork and knife buffalo chicken dinner with our own spicy buffalo sauce on all-natural chicken breast with layers of crispy hash brown potatoes, sautéed bell peppers and onions, melty cheese, and sour cream with crisp veggies. It's comfort food through and through.

20 Minutes to the Table

20 Minutes Hands On

1 Whisk *Super Easy*

## Getting Organized

### EQUIPMENT

2 Large Skillets (One with a Lid)

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 6 MEEZ CONTAINERS

Hash Brown Potatoes  
Onions & Bell Peppers  
Cheese & Green Onion  
Chicken Breast  
Buffalo Sauce  
Sour Cream & Veggies

## Good to Know

If you ordered the **Carb Conscious version**, we sent you cauliflower crumbles instead of the potatoes reducing the **carbs per serving to 34g**. Skip step 1 and prior to step 2, heat 1½ Tbsp olive oil in a large skillet over high heat. When the oil is hot, add the cauliflower with the Onions & Bell Pepper and sauté until it starts to brown, about 3 to 4 minutes. Top with the Cheese & Green Onion and cover until step 4.

**Health snapshot per serving** – 850 Calories, 54g Protein, 48g Fat, 51g Carbs 24 Freestyle Point.

**Lightened up health snapshot per serving**- 660 Calories, 31g Fat, 41g Carbs by using half of the buffalo sauce and half of the Sour Cream & Veggies.

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

INGREDIENTS: Chicken Breast, Potatoes, Buffalo Sauce, Bell Peppers, Sour Cream, Zucchini, Mayonnaise, Yellow Onions, Red Onions, Monterey Jack, Chihuahua, Brown Sugar, Cream, Lemon Juice, Green Onions, Cilantro, Parsley

*meez* meals

### 1. Cook the Hash Browns

Pat the **Hash Brown Potatoes** dry with a paper towel to remove as much moisture as possible. Heat 2 Tbsp of olive oil in a large skillet over medium high heat. When the oil is very hot, add the hash browns and half of the **Onions & Bell Peppers** to the skillet. Mix well and then arrange in a single layer with a sprinkle of salt and pepper. Cook undisturbed until the bottom is a deep golden brown and crispy, about 5 to 7 minutes. Flip the hash browns over and cook undisturbed again until crisp, an additional 5 to 7 minutes. When the hashbrowns are done, remove from the heat, sprinkle the **Cheese & Green Onion** on top, cover and set aside.

### 2. Cook the Chicken

While the potatoes are cooking, heat 1 Tbsp olive oil in a second large skillet over medium high heat. Pat dry and generously salt and pepper the **Chicken Breasts** on both sides and cook until crisp and brown, about 4 to 5 minutes. Flip, then cook until brown on the second side, about 4 additional minutes. Transfer the chicken to a cutting board and let rest for 5 minutes. Do not wipe out the pan. Once the chicken has rested, slice into 1/2" strips.

### 3. Warm the Sauce

Return the now-empty skillet to the stove over low heat. Add the **Buffalo Sauce** and heat until warm, about 1 to 2 minutes. Remove from the heat. Add the chicken strips and stir until the chicken is well coated.

### 4. Put It All Together

Build your buffalo chicken stack: hash browns, then buffalo chicken strips, **Sour Cream & Veggies** and the remaining onions & bell peppers on top. Enjoy!

Instructions for two servings.

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

## Mushroom Rigatoni with Parmesan Goat Cheese

This speed meal is a mushroom-lovers dream. We're using a flavorful Parmesan and basil goat cheese, sautéed cremini mushrooms and splash of cream to add an indulgent richness that we just love. Tossed with arugula and rigatoni, it's simple and sophisticated and on the table in a flash.

**15** *Minutes to the Table*

**15** *Minutes Hands On*

**1 Whisk** *Super-Easy*

### Getting Organized

#### EQUIPMENT

Large Saucepan  
Large Skillet

#### FROM YOUR PANTRY

Olive Oil  
Salt

#### 5 MEEZ CONTAINERS

Rigatoni  
Cremini Mushrooms  
Arugula  
Mushroom Sauce  
Parmesan Goat Cheese

### Good to Know

**Health snapshot per serving** – 930 Calories, 25g Protein, 64g Fat, 67g Carbs.

**Lightened Up Health snapshot per serving** – 670 Calories, 45g Fat, 47g Carbs, using two-thirds of the pasta and sauce.

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

INGREDIENTS: Mushrooms, Rigatoni, Arugula, Goat Cheese, Parmesan, Asiago, Cream, Olive Oil, Basil, Garlic, Black Pepper, Kosher Salt.

meez *meals*

### 1. Get Organized

Bring a large saucepan of water to boil.

### 2. Cook the Rigatoni

Add the **Rigatoni** to the boiling water with a pinch of salt and cook until al dente, about 8 to 12 minutes. Drain well and follow the instructions in Step 4.

### 3. Sauté the Mushrooms and Arugula

As soon as the pasta is cooking, heat 1 Tbsp olive oil in a large skillet over medium high heat. When the oil is hot, add the **Cremini Mushrooms** and cook until they begin to soften, about 3 minutes. Add the **Arugula** and cook until it wilts, about 2 additional minutes. Turn off the heat.

### 4. Put It All Together

Add the cooked and drained rigatoni, **Mushroom Sauce** and  $\frac{3}{4}$  of the **Parmesan Goat Cheese** to skillet with the cooked mushrooms and arugula and turn the heat to low. Stir well until the goat cheese melts and everything is combined and warm, about a minute.

Transfer to serving bowls and top with dollops of the remaining cheese. Enjoy!

Instructions for two servings.

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

## Steak Florentine

Caper butter steak on a bed of sautéed spinach and Italian white beans. And a made-from-scratch Rosemary sauce. Yep, this is a dinner worthy of your favorite Italian restaurant that you can make from scratch without hiring a sitter. Get ready to fall in love.

**25** *Minutes to the Table*

**25** *Minutes Hands On*

**1 Whisk** *Super Easy*

### Getting Organized

#### EQUIPMENT

Large Skillet

#### FROM YOUR PANTRY

Olive Oil

Salt & Pepper

#### 6 MEEZ CONTAINERS

Steak

Lemon

Caper Butter

Spinach

Rosemary Sauce

White Beans

### Good To Know

The sauce has a wine base, but alcohol cooks off as it cooks, leaving just the great wine flavor.

**Be sure to generously season your steak** with salt and pepper before cooking; the salt adds flavor while also keeping the meat tender. We recommend using ½ tsp of each.

**Health snapshot per serving** – 625 Calories, 38g Protein, 44g Fat, 20g Carbs, 20 Freestyle Points

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

INGREDIENTS: Steak, Spinach, White Wine, Great Northern Beans, Lemon, Garlic, Rosemary, Parsley, Black Pepper, Capers, Butter, Cream, Vegetable Stock, Onion.

meez *meals*

### 1. Cook the Steak and Lemon

Heat 1 Tbsp oil in a large skillet over high heat. Pat dry the **Steak** and lightly salt and pepper. When the oil is very hot, add the steaks (spiced side up) and **Lemon** (sliced in half with peel side up) right next to the steaks.

Cook Lemon until it is well browned on the bottom, about 1 to 2 minutes. Continue cooking steak until the bottoms brown & sides start to color, about 3 minutes total. Flip and continue cooking for another 3 minutes if you prefer your steak **medium rare**. (Cook for 4 minutes for **medium**, and 5 to 6 for **well done**).

Remove the steaks from the heat (but do not wipe out the skillet) and immediately top with the **Caper Butter** and set aside to rest.

### 2. Create Sauce and Cook Spinach

While the steaks are resting, return the skillet to the stove over medium-high heat. Add the **Spinach** and sauté until it wilts, about 4 to 5 minutes. Stir in the **Rosemary Sauce** and cook until it thickens, about 3 to 4 minutes. Add the **White Beans** and cook until they are warm, about 1 minute.

Remove the spinach and beans from skillet and place directly on serving plates.

### 3. Put it All Together

Place the steak on the bed of spinach and beans and squeeze some lemon juice over top of the dish. Enjoy!

*To test if the skillet is hot enough for the beef, hold your hand about 6 inches above the skillet. If you can feel serious heat, it's ready.*

*Beef 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.*

Instructions for two servings.

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

# Thai Red Curry Soup

This gem is a fresh take on the Thai classic. We're cooking up our version of red curry soup with glass noodles, carrots, red peppers, mushrooms and tofu in a red curry and coconut milk base. It's rich and flavorful, and practically hands-free, not to mention an all-time member favorite.

**25** *Minutes to the Table*

**10** *Minutes Hands On*

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

- 2 Saucepans
- Large Bowl

### FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper

### 6 MEEZ CONTAINERS

- Mushrooms
- Red Peppers & Carrots
- Red Curry
- Tofu
- Ginger-Coconut Broth
- Glass Noodles

## Make The Meal Your Own

If you're cooking the **carb conscious version**, we sent you zucchini "noodles" instead of glass noodles, reducing the **carbs per serving to 30g**. Skip Steps 1 and 2 and dry the zucchini with a paper towel. Add 1 Tbsp olive oil to a large skillet. When the oil is very hot, place the zucchini in the pan in a single layer spread evenly across the entire skillet. Cook, without stirring, until the zucchini noodles are slightly charred, 2 to 3 minutes. Remove from the pan and put directly in bowl.

**Want to get a jumpstart on dinner?** Make the soup ahead, but keep the tofu and noodles separate until you're ready to eat.

**Don't love spice?** Go easy on the red curry paste and let everyone add to taste. (If it's still too spicy, you can mellow the soup by adding extra coconut milk.)

## Good To Know

**Health snapshot per serving** – 485 Calories, 19g Protein, 19g Fat, 64g Carbs, 17 Smart Points

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

INGREDIENTS: Coconut Milk, Tofu, Glass Noodles, Carrots, Peppers, Mushrooms, Lime Juice, Soy Sauce, Brown Sugar, Red Curry Paste, Lemongrass, Garlic, Basil, Concentrated Vegetable Base, Ginger

*meez* meals

### 1. Getting Organized

Put a saucepan of water on to boil.

### 2. Soak the Glass Noodles

Put the **Glass Noodles** into a bowl and pour the boiling water over top. Let the noodles soak until they are soft, about 2 to 5 minutes. Drain and set aside.

*It's important to let the glass noodles soak. If you don't, they can get clumpy and hard to manage.*

### 3. Cook the Thai Vegetables

In a separate saucepan, heat 1 Tbsp olive oil over medium-high heat. Add the **Mushrooms** and **Thai Peppers & Carrots** and cook for 3 to 5 minutes. Add the **Red Curry** and cook until fragrant, about 1 minute. Add 1 ½ cups of water and bring to a boil. Reduce to a simmer and cook uncovered for 10 minutes.

*The red curry has a kick. We use all of it, but if you don't love spice, you should start with just a touch.*

### 4. Finish the Soup

Turn the heat back up to medium-high. Add the **Tofu** and **Ginger-Coconut Broth** to the vegetables and season with salt and pepper to taste. If you'd like a thinner soup, add more water. Cook until the vegetables are tender, about 2 to 5 minutes.

Put the noodles into each diner's bowl. Serve the soup over the noodles.

*Love this recipe? #meezmagic*

Instructions for two servings.

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

## Mediterranean Lemon Chai Salmon with Pearl Couscous

Back by popular demand, Meez's signature lemon chai dressing brings a sunny flavor to seared salmon. Served up with grape tomatoes, broccoli and pearl couscous, it's an easy dinner the whole family will love.

**20** *Minutes to the Table*

**20** *Minutes Hands On*

**1 Whisk** *Super Easy*

### Getting Organized

#### EQUIPMENT

Saucepan  
Shallow Pie Dish or Plate  
Large Skillet

#### FROM YOUR PANTRY

½ Cup of Flour  
Olive Oil  
Salt & Pepper

#### 5 MEEZ CONTAINERS

Couscous  
Salmon  
Broccoli  
Lemon Chai Sauce  
Feta Cheese

### Make The Meal Your Own

If you're making the **carb conscious version** (lowering carbs/serving to 36g) or the **gluten-free version**, we've sent you quinoa. Bring 2 ½ cups of water to a boil, and then add the quinoa and a dash of salt. Cover and lower the heat to a simmer. Cook for 12 to 15 minutes, until the grain looks spiraled. Fluff and let sit covered for 5 minutes.

**Leftovers Tip** – Serve your leftovers over lettuce for a light next-day lunch.

### Good To Know

**If you want to test the doneness of the salmon**, use a thermometer. You want the internal temperature to be at least 140 degrees. If you don't have a thermometer, you can cut the fish in half to check the doneness.

**Health snapshot per serving** – 790 Calories, 50g Fat, 47g Protein, 45g Carbs, 15 Freestyle Points

**Lightened up snapshot** - 635 Calories, 34g Fat, 41g Carbs, 10 Smart Points by using ½ the sauce.

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

INGREDIENTS: Broccoli, Salmon, Couscous, Grape Tomatoes, Feta Cheese, Olive Oil, Lemon Juice, Green Onion, Brown Sugar, Garlic, Herbs and Spices

*meez* meals

### 1. Getting Organized

Put a saucepan of water on to boil.

### 2. Cook the Couscous

Salt the boiling water and add the **Couscous**. Cook 7 to 8 minutes until al dente. Drain and set aside.

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

### 3. Dredge and Cook the Salmon

While the couscous is cooking, pour ½ cup flour in a shallow pie pan or on a plate and add a generous pinch of salt and pepper. Coat the **Salmon** with the flour, making sure each fillet is covered.

Heat 2 Tbsp of oil in a large skillet on high heat. Add the salmon and cook 4 minutes. Flip and cook an additional 2 minutes. Turn off the heat and let sit for 5 minutes. Remove from the pan and set aside.

*If you want to check the doneness of the fish, use a thermometer (you're looking for 140 degrees or higher) or cut the fish in half.*

### 4. Cook the Broccoli

Heat the same skillet that you used to cook the salmon over medium-high heat. (Don't wipe it out. You want all those bits of flavor.) Add the **Broccoli** and cook until bright green but still crisp, about 3 to 5 minutes. Add the **Lemon Chai Sauce** to the pan and cook until hot, about 1 minute.

Serve the couscous topped with salmon, broccoli and **Feta Cheese**. Enjoy!

*Love this recipe? #meezmagic*

Instructions for two servings.

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