

Pasta with Spinach Pesto

35 Min
to Table

5 Min
Hands
On

1 Whisk
Super
Easy

Omnivore Option

Pancetta or bacon is
delicious in this.

Getting Started

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

Steak Vesuvio

25 Min
to Table

35 Min
Hands
On

1 Whisk
Easy

Getting Started

Preheat your oven to
425.

From Your Pantry

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

Quick Tips



Mughlai Chicken with Warm Naan

25 Min
to Table

25 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Heat olive oil in large
skillet.

From Your Pantry

You'll need olive oil,
salt & pepper

Wasabi Salmon

25 Min
to Table

15 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Preheat your oven to
400.

From your Pantry

You'll need olive oil,
salt and pepper.

Sweet Potato Kale and Rice Bowl with Peanut Sauce

40 Min
to Table

20 Min
Hands
On

1 Whisk
Easy

Getting Started

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

Omnivore Option

We like this dish as is.

Chipotle Chicken Tostada with Cheesy Refried Beans

30 Min to Table	30 Min Hands On	1 Whisk Super Easy
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Getting Started	Heat a large dry skillet to cook the tortillas.
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From Your Pantry	You'll need olive oil, salt and pepper.
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Salsa Fresca Fish Tacos

20 Min to Table	20 Min Hands On	1 Whisk Super Easy
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Getting Started	Make the Taco Slaw and refrigerate.
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From your Pantry	You'll need flour, olive oil, eggs, salt and pepper.
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Tomato Basil Shrimp Scampi

15 Min to Table	15 Min Hands On	1 Whisk Super Easy
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Getting Started	Put a large saucepan of water on to boil.
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From Your Pantry	You'll need olive oil, butter, salt and pepper
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Seafood Moqueca

25 Min to Table	25 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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Chile Relleno Verde

35 Min to Table	25 Min Hands On	1 Whisk Super Easy
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Getting Started	Preheat your oven to 425.
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From Your Pantry	You'll need olive oil, salt and pepper
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Roasted Vegetables with Asiago Vinaigrette

25 Min to Table	5 Min Hands On	1 Whisk Super Easy
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Getting Started	Preheat your oven to 400.
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Omnivore Option	We love this dish as is.
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Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Smart Points	Key Vitamins/Minerals (percent of recommended daily)		
Chile Relleno Verde	640	34	15	98	21	1250	11	50% Iron	180% Vitamin C	50% Vitamin B6
Tomato Basil Shrimp Scampi	500	37	11	66 CC18	6	220	11	46% Vitamin C	23% Vitamin B6	24% Iron
Salsa Fresca Fish Tacos	755	58	24	77 CC 42	13	420	16	22% Vitamin C	12% Calcium	10% Vitamin A
(make two tacos instead of 3)	700		22				12			
Chipotle Chicken Tostada with Cheesy Refried Beans	640	62	19	53 CC 39	12	920	10	13% Vitamin A	38% Vitamin B12	107% Vitamin B6
Sweet Potato, Kale & Rice Bowl with Peanut Sauce	570	28	16	85	11	235	16	753% Vitamin A	127% Vitamin C	26% Iron
Steak Vesuvio	720	46	43	41 CC 30	9	620	22	36% Calcium	162% Vitamin A	49% Vitamin C
(Use 1/2 the cheese and butter)	550		39				15			
Mughlai Chicken with Warm Naan	870	63	40	67	10	570	21	30% Calcium	47% Vitamin A	117% Vitamin B12
(omit the naan and half the nuts)	640		31				14			
Wasabi Salmon	600	46	30	37	6	265	16	31% Vitamin A	51% Vitamin C	15% Vitamin B-6
Pasta with Spinach Pesto	620	23	40	51	12	554	19	160% Vitamin C	44% Folate	74% Vitamin A

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Smart Points	Key Vitamins/Minerals (percent of recommended daily)		
Roasted Vegetables with Asiago Vinaigrette	600	17	32	68	12	518	19	556% Vitamin C	16% Calcium	112% Vitamin A
Seafood Moqueca	840	39	51	60 CC 27	5	320	23	46% Vitamin D	37% Iron	30% Potassium
(use 2/3 rice, sauce, & butter	660		38				16			
THE Carrot Cake	540	6	34	49	2	440	13	6% Vitamin C	6% Calcium	100% Vitamin A
Tiramisu for Two	290	5	15	35	1	40		6% Calcium	2% Iron	2% Vitamin D
Oreo Mousse Pie	760	8	49	78	3	390		6% Calcium	6% Iron	2% Vitamin D
Belgian Chocolate Vegan Brownies	420	6	20	62	4	300		10% Iron		
Chocolate Chunk Cookies	180	2	9	22	1	170	9	2% Calcium	4% Vitamin A	2% 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.

Chile Relleno Verde

We love Chile Rellenos, but the classic version is battered and fried - too much for a busy weeknight dinner. We've discovered a streamlined casserole that eliminates that messy step. With rice, black beans, and a flavorful verde sauce, it's comfort food simple enough for the busiest of nights.

35 *Minutes to the Table*

25 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Casserole Dish
Saucepan
Colander

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Poblano Peppers
Rice
Spiced Corn & Beans
Chihuahua & Mozzarella
Verde Sauce

Good To Know

Health snapshot per serving – 640 Calories, 15g Fat, 34g Protein, 98g Carbs, 11 Smart Points

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

INGREDIENTS: Poblano Peppers, Black Beans, White Rice, Green Enchilada Sauce, Corn, Yellow Onion, Chihuahua Cheese, Mozzarella, Carrot, Orange Juice, Sour Cream, Tomato, Garlic, Vegetable Stock, Ancho Chili, Sugar, Lime Juice, Cilantro, Paprika, Coriander, Oregano, Cumin, Kosher Salt, Black Pepper

meez *meals*

1. Get Started

Preheat the oven to 425. Bring a saucepan of water to a boil.

2. Roast the Poblano Peppers

Spray or lightly brush the **Poblano Peppers** with olive oil and arrange them, skin-side-up in a single layer in a casserole dish. Roast until the peppers soften and the skin starts to blister, about 15 minutes. Remove the dish from the oven, flip the peppers and rearrange into a single layer. Set aside until step 4.

*We recommend
8"x8" or similar
sized casserole
dish.*

3. Cook the Rice

As soon as the poblanos are roasting, add the **Rice** to the boiling water and cook until soft, about 15 minutes. Drain and set aside in a colander.

4. Make the Rice, Corn and Beans

Add 1 Tbsp olive oil to the now-empty saucepan over medium-high heat. When the oil is hot, add the **Spiced Corn & Beans** and 3 Tbsp water. Cook, stirring frequently, until the onions and carrots soften, about 3 to 5 minutes. Turn off the heat and add back the cooked rice. Stir well, cover, and set aside.

5. Bake the Casserole and Serve

Top the poblano peppers with an even layer of the rice mix, then sprinkle with the **Chihuahua & Mozzarella**. Bake until the cheese is melted and starting to brown, about 8 to 10 minutes. Remove and from the oven let cool for 5 minutes.

Drizzle with the **Verde Sauce** and enjoy!

Instructions for two servings.

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

Tomato Basil Shrimp Scampi

Linguini and shrimp are a match made in Italian heaven, and we're serving them up this week with a buttery, garlicky basil sauce that's pure magic. Tossed with sautéed tomatoes, fresh arugula, and a lemon-oil drizzle, it's a speedy dinner that an Italian grandma would be proud to serve.

15 Minutes to the Table

15 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Large Skillet

Large Saucepan

FROM YOUR PANTRY

Olive Oil

Salt & Pepper

Butter (3 Tbsp)

6 MEEZ CONTAINERS

Linguine

Shrimp

Grape Tomatoes

Garlic, Onion & Herbs

Arugula

Lemon

Good To Know

If you ordered the **Carb Conscious version** we sent you zucchini noodles instead of the pasta, reducing the **carbs per serving to 18g**. Skip steps 1 and 2. Prior to step 3, heat 1 Tbsp olive oil in a large skillet over high heat. When the oil is hot, add the zucchini noodles and cook until they start to char, about 2 to 3 minutes. Set aside and wipe out the skillet. Use the zucchini noodles in place of the pasta in step 4.

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

Health snapshot per serving – 500 Calories, 11g Fat, 37g Protein, 66g Carbs, 11 Freestyle Points.

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

INGREDIENTS: Shrimp, Tomato, Arugula, Onion, Linguine, Garlic, Lemon, Basil, Tarragon.

meez meals

1. **Get Organized**

Bring a large Saucepan of water to boil over high heat.

2. **Cook the Pasta**

Add the **Linguine** to the boiling water with a pinch of salt and cook until al dente, about 7 to 9 minutes. Drain and set aside until step 4.

3. **Cook The Shrimp**

While the pasta is cooking, heat 1 Tbsp olive oil in a large skillet over medium high heat and pat dry the **Shrimp**. When the oil is hot, add the shrimp and cook for a minute on each side until they are opaque and no longer grey in color. Transfer the shrimp to a cutting board and cut each shrimp in half. Do not wipe out the skillet.

4. **Cook the Veggies and Sauce**

Return the now-empty skillet to the stove over high heat and add the **Grape Tomatoes**. Cook until they start to blister, about 5 to 6 minutes. Reduce the heat to medium and add the **Garlic, Onion & Herbs**, 3 Tbsp of butter, and a generous sprinkle of salt and pepper.

Sauté until the onions soften, about 4 to 5 minutes. Add the **Arugula**, cooked shrimp, and linguine to the skillet and stir until arugula has wilted, about a minute. Transfer directly to serving bowls.

5. **Prepare the Lemon-Oil Drizzle and Serve**

While the tomatoes are cooking, cut the **Lemon** in half and squeeze as much juice as possible into a small bowl. Eyeball how much juice you produced, then add about twice as much olive oil to the same bowl and whisk thoroughly.

Drizzle the lemon-oil over the entire dish and enjoy!

Instructions for two servings.

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

Salsa Fresca Fish Tacos

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

20 Minutes to the Table

20 Minutes Hands On

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Mixing Bowl
Large Skillet

FROM YOUR PANTRY

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

6 MEEZ CONTAINERS

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

Good to Know

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

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

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

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

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

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

meez meals

1. **Mix the Taco Slaw**

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

2. **Prepare the Tilapia**

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

3. **Cook the Tilapia**

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

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

4. **Warm the Tortillas**

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

5. **Put It All Together**

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

Instructions for two servings.

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

Chipotle Chicken Tostada with Cheesy Refried Beans

This dinner hits all the high points for a delicious Mexican-themed dinner. Tender shredded chicken, flavorful refried beans, plenty of cheese and a Chipotle Adobo Aioli that adds a rich, creamy note that we love. Simple and delicious, this dinner is a family favorite.

30 *Minutes to the Table*

30 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

2 Large Skillets and 1 Lid (or Baking Sheet)

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Corn Tortillas
Spiced Beans
Mexican Cheese
Chicken Breast
Chipotle Adobo Aioli
Tomatoes, Onions & Cilantro

Make The Meal Your Own

If you ordered the **Carb Conscious version**, we sent you romaine lettuce instead of tortillas, reducing the **carbs per serving to 39g**. Skip step 1 and fill the lettuce leaves instead of the tortillas.

Tostadas are simply crisped corn tortillas. If you **prefer yours as a soft taco**, that works great, too. Just skip the crisping and heat each dry tortilla for 30 seconds on each side.

Our cage-free chickens thrive on an all-natural diet. They are never fed growth hormones and receive no antibiotics in their feed, their water, through intramuscular injection, or even the egg...ever.

Good To Know

Health snapshot per serving – 640 Calories, 62g Protein, 19g Fat, 53g Carbs, and 10 Freestyle Points.

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

INGREDIENTS: Chicken Breast, Black Beans, Corn Tortillas, Tomatoes Onions, Chihuahua Cheese, Monterey Jack Cheese, Queso Fresco Cheese, Cilantro, Chipotles in Adobo, Mayonnaise, Buttermilk, Crushed Red Pepper, Garlic, Coriander, Cumin, Lime.

meez meals

1. Cook the Tortillas

Heat a large, dry skillet over medium-high heat. Spray or brush the **Corn Tortillas** with olive oil on both sides, then put onto the skillet. Cook two (or more if they can lay flat in the skillet) at a time until crisp on one side, about 3 to 4 minutes, then flip and cook until fully crisped, about 3 to 4 additional minutes. Repeat for the other tortillas.

2. Cook the Spiced Beans

Heat 2 Tbsp olive oil in a second large skillet (one that can be covered) over medium high heat. When the oil is hot, add the **Spiced Beans** and 1/2 cup of water. Cook, mashing the beans as they soften with a slotted spoon or fork, until the beans resemble refried beans and the mixture thickens, about 8 to 10 minutes. Turn off heat and stir in half of the **Mexican Cheese**, cover and set aside until step 4.

If you don't have a skillet with a cover you can use a baking sheet.

3. Cook the Chicken

Heat 1 ½ Tbsp olive oil the now-empty tortilla skillet over medium high heat. Pat dry and generously salt and pepper the **Chicken Breasts** on both sides. Cook until crisp and brown, on one side, 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. Turn off the heat but leave the skillet on the stove.

Once the chicken has rested, hold the chicken in place with one fork and with a second fork, shred the chicken (into pieces typical of the size used in chicken soup). Return the chicken to the still warm skillet and combine with the **Chipotle Adobo Aioli**, mixing until the chicken is completely coated and sauce is warm.

You just want to warm up the sauce but not cook it.

4. Put It All Together

Spread the cheesy refried beans on the crisp tortillas and top with the chipotle adobo chicken, pressing down slightly to keep it in place. Add the **Tomatoes, Onions & Cilantro** and sprinkle the remaining cheese on top. Enjoy!

Instructions for two servings.

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

Sweet Potato, Kale & Rice Bowl with Peanut Sauce

40 *Minutes to the Table*

20 *Minutes Hands On*

1 Whisk *Super Easy*

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.

INGREDIENTS: Sweet Potatoes, Kale, Baked Tofu, Brown Rice, Peanut Butter, Rice Vinegar, Soy Sauce, 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.

Love this recipe? #meezmagic

Instructions for two servings.

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

Steak Vesuvio

Vesuvio is a Chicago classic. We're serving it up with a Meez twist using steak smothered in lemon-butter sauce with Italian spices, roasted carrots and cheesy smashed potatoes. It's a restaurant-worthy dinner that's on your table in a flash.

35 *Minutes to the Table*

25 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Baking Sheet
Large Skillet

FROM YOUR PANTRY

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

MEEZ CONTAINERS

Red Potatoes
Rainbow Carrots
Cheesy Sour Cream
Steak
Lemon
Seasoned Onions &
Capers

Good To Know

If you ordered the **Carb Conscious version**, we sent cauliflower instead of the red potatoes, reducing the **carbs per serving to 30g**. In Step 2, Roast the Rainbow Carrots for 10 minutes, then, while you are turning the baking sheet, add the cauliflower with oil and pepper. Roast until fork tender, an additional 15 minutes. Use the roasted cauliflower in place of the potatoes at the end of step 2.

Health snapshot per serving 720 Calories, 46g Protein, 41g Carbs, 43g Fat, 22 Freestyle Points

Lightened-up health snapshot per serving: 550 Calories, 39g Carbs, 27g Fat, 15 Freestyle Points by using half the cheese and half the butter

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

INGREDIENTS: Steak, Red Potatoes, Rainbow Carrots, Sour Cream, Gouda, White Cheddar, Butter, Yellow Onion, Garlic, Capers, Basil, Parsley, Chives, Savory, Oregano, Lemon, Black Pepper

meez meals

1. Get Organized

Preheat the oven to 425 degrees. Spray or brush a baking sheet with olive oil.

2. Roast the Carrots and Potatoes

Cut the **Red Potatoes** in half and place, cut-side-down on the oiled baking sheet. Group them on one half of the baking sheet, then arrange the **Rainbow Carrots** on the other half. (If they don't fit in a single layer, use a second sheet). Lightly drizzle everything with a little olive oil, salt and pepper.

Roast the vegetables until the carrots are a deep, charred color and the potatoes are soft and brown, about 25 minutes, rotating the sheet halfway through cooking and stirring the carrots.

Remove from the oven and then immediately use the flat bottom of a measuring cup or pot to squash the potatoes to about ½" to ¾" thickness while they are still on the baking sheet. Top with the **Cheesy Sour Cream**, then set aside until step 5.

3. Cook the Steak

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

4. Make the Vesuvio Sauce

While the steaks are resting, return the now-empty skillet to the stove over low heat. Slice the **Lemon** in half and place in the skillet, cut side down and add 2 Tbsp of butter. Once the butter has melted, add the **Seasoned Onions & Capers** and cook, stirring continuously, until the onions become translucent, about 2 to 3 minutes.

5. Put It All Together

Top the sliced steak with the Vesuvio sauce and a squeeze of lemon. Serve alongside the smashed potatoes and rainbow carrots. Enjoy!

*It is important
the potatoes
are right out
of the oven
when you
smash and top
them. You
need the heat
to melt the
cheese.*

*Cook on low
heat so the
garlic won't
burn and
become
bitter.*

Instructions for two servings.

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

Mughlai Chicken with Warm Naan

A classic North Indian recipe, now made in your home. We make our Mughlai sauce with pureed cashews, coconut milk and a blend of Indian spices. Paired with all-natural chicken breast, seared green beans and warm naan, it's an Indian feast that's on the table in less than thirty minutes.

Getting Organized

EQUIPMENT

Large Skillet
Saucepan

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Chicken Breast
Onion, Garlic & Carrot
Curry Sauce
Green Beans
Naan
Toasted Cashews & Almonds

25 *Minutes to the Table*

25 *Minutes Hands On*

1 Whisk *Super Easy*

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- 870 Calories, 63g Protein, 40g Fat, 67g Carbs, 21 Freestyle Points

Lightened Up Health Snapshot per serving- 640 Calories, 31g Fat, 38g Carbs by eliminating the naan and using half the nuts.

INGREDIENTS: Chicken Breast, Naan, Yogurt, Green Beans, Coconut Milk, Yellow Onion, Carrot, Cashews, Almonds, Peanut Butter, Lemon, Garlic, Ginger, Cilantro, Fenugreek, Garam Masala, Turmeric, Black Pepper, Cumin, Clove, Cardamon

meez *meals*

1. Cook the Chicken

Pat dry the **Chicken Breasts** and generously season with salt and pepper (we use ¼ tsp salt and ¼ tsp pepper, so use about half per side, or more if you like). Heat 1 Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, add the chicken and cook until the bottom is crisp and brown, about 4 minutes. Flip and cook until the other side is also crisp and brown, about 4 additional minutes. Transfer the chicken to a cutting board and let rest for 5 minutes, then slice into ½" strips. Wipe out the skillet.

2. Make the Sauce

While the chicken is cooking, heat 1 Tbsp of olive oil in a medium saucepan over medium heat. When the oil is hot, add the **Onion, Garlic & Carrot**. Sauté until the onions are translucent, about 3 to 4 minutes. Add the **Curry Sauce** and bring to a boil. Reduce the heat to medium low and cook at a slow simmer, stirring occasionally, until it just starts to thicken, about 4 to 5 minutes. Pour the sauce directly into serving bowls.

3. Sauté the Green Beans

Heat 1 Tbsp olive oil in the now-empty skillet over medium high heat. When the oil is hot, add the **Green Beans** to the skillet and cook, undisturbed, until they start to char, about 3 to 4 minutes. Transfer to the serving bowls on top of the sauce. Wipe out the skillet.

4. Warm the Naan

Return the now-empty skillet to the stove over medium high heat. Brush both sides of the **Naan** lightly with olive oil and sprinkle with salt and pepper. Warm the naan in the skillet, about a minute on each side.

5. Put It All Together

Place the sliced chicken on top of the green beans and sprinkle with the **Toasted Cashews & Almonds**. Serve alongside the naan and enjoy!

*Try the warm
naan dipped in
the sauce!*

Instructions for two servings.

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

Wasabi Salmon

With crispy, panko-crusted salmon, a Japanese-style wasabi cream that's packed with flavor and sautéed green beans, this recipe has it all. Best yet, dinner is on the table in less than half an hour.

25 *Minutes to the Table*

15 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet
Baking Sheet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Wasabi Cream
Panko Breading
Salmon
Green Beans
Tamari & Chive Dressing

Good To Know

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

The wasabi cream is not overly spicy so even if you don't normally eat wasabi, you might be pleasantly surprised by how mild ours is.

Health snapshot per serving – 600 Calories, 30g Fat, 265mg Sodium, 6g Fiber, 37g Carbs, 46g Protein and 16 Smart Points

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

INGREDIENTS: Salmon, Green beans, Breadcrumbs, Mayonnaise, Wasabi, Ginger, Tamari, Sesame Seeds, Sesame Oil, Chive, Garlic, Black Pepper, Onion

meez meals

1. Getting Organized

Preheat oven to 400.

2. Prepare and Cook the Salmon

Spread the **Panko Breading** evenly on a large plate.

Coat the top side of the **Salmon** with a thick layer of **Wasabi Cream** (which is in a plastic container) at least 1/4" thick. Put each piece of salmon onto the breading, cream side down. Press down to make sure the breading adheres then repeat on the other, non-wasabi side. Place onto a baking sheet, cream-and-panko side up.

Bake the salmon until the panko breading is golden brown, approximately 12 to 14 minutes.

3. Cook the Green Beans

While the salmon is baking, heat 1 Tbsp olive oil in a large skillet over medium-high heat. Add the **Green Beans**, salt and pepper, and sauté until the green beans just starts to sear, about 4 to 5 minutes.

4. Putting It All Together

Serve the salmon on top of the green beans and drizzle the **Tamari & Chive Dressing** (thinner white sauce with visible green chives in a sealed bag) over the entire dish. Enjoy!

It is important that you create a nice thick layer of wasabi cream on the top of the salmon to get the full flavor of the dish.

The green beans will continue to cook after you remove it from the heat so be sure not to overcook it.

Love this recipe? #meezmagic

Instructions for two servings
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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 and mixing it up with roasted cauliflower bits, 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

Make The Meal Your Own

Cooking with a picky eater? This dinner is a crowd pleaser. If you want to sneak the cauliflower in, though, you could puree it instead of leaving it whole.

Omnivore's Option – Pancetta or bacon is delicious with this dinner.

Want to get a jump on dinner? Roast the cauliflower ahead of time. When you're ready to eat, reheat it in the microwave until warm.

Good To Know

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

If you're making the vegan version, we've left the Parmesan out of your meal. Just use an extra pinch of salt and pepper as you cook.

Health snapshot per serving – 620 Calories, 23g Protein, 12g Fiber, 19 Smart Points

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

INGREDIENTS: Cauliflower, Penne Pasta, Spinach, Pecans, Parmesan Cheese, Olive 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 to 2 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.

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

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

Love this recipe? #meezmagic

Instructions for two servings.

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

Roasted Vegetables with Asiago Vinaigrette

It doesn't get any easier, or more delicious, than this. Chef Max's Asiago vinaigrette adds a spark that makes roasted broccoli, peppers and tomatoes irresistible. We're tossing them with crunchy croutons, toasted quinoa and shaved Parmesan for ridiculously tasty dinner we just love.

25 Minutes to the Table

5 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Rimmed Baking
Sheet(s)
Mixing Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

7 MEEZ CONTAINERS

Broccoli
Tomatoes
Peppers & Quinoa
Cannellini Beans
Baguettes
Asiago Vinaigrette
Parmesan Cheese

Make The Meal Your Own

Want to get a jump on dinner? Cook the vegetables ahead and serve as a cold salad.

Leftovers tip – Members tell us they love this dish served cold with sliced chicken and raw spinach.

Good To Know

Health snapshot per serving – 600 Calories, 17g Protein, 12g Fiber, 19 Smart Points

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

INGREDIENTS: Bell Peppers, Cannellini Beans, Broccoli, Quinoa, Bread, Asiago Cheese, Parmesan Cheese, White Wine Vinegar, Tomatoes, Green Onions, Olive Oil, Lemon, Miso, Garlic, Spices

meez meals

1. Getting Organized

Preheat your oven to 400.

2. Roast the Vegetables

Put the **Broccoli, Tomatoes, Peppers & Quinoa** and **Cannellini Beans** into a large mixing bowl and drizzle with olive oil, salt and pepper. Toss well, then arrange on a rimmed baking sheet (or two) in a single layer. Cook until the tomatoes burst, the peppers are lightly browned and the broccoli is a little crispy, about 15 to 20 minutes, then return to the large mixing bowl.

We're cooking the quinoa right along with the vegetables. It's a hands-free trick that gives the quinoa a crunchy, nutty texture.

3. Make the Croutons

While the vegetables are roasting, cut the **Baguettes** into ½" cubes and place on a baking sheet. Drizzle with olive oil, and lightly salt and pepper. Bake until the croutons brown, about 8 to 10 minutes

4. Put It All Together

Toss the cooked vegetables with half of the **Asiago Vinaigrette**. Serve topped with the croutons, **Parmesan Cheese** and more vinaigrette to taste. Enjoy!

Love this recipe? #meezmagic

Instructions for two servings.

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Seafood Moqueca

Brazil's classic fish stew is surprisingly easy to make at home and hands down delicious. We make our version with the traditional coconut milk and tomatoes, plus seared salmon and shrimp. We serve it with cilantro rice for a cozy dinner that's on the table in less than thirty minutes.

25 *Minutes to the Table*

25 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet
Large Saucepan

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Rice
Chive & Cilantro Butter
Salmon
Veggies
Moqueca Sauce
Shrimp

Make it Your Own

If you ordered the **Carb Conscious** version we sent you cauliflower "rice" instead of rice, reducing the **carbs per serving to 27g**. Skip step 1. Prior to step 2, heat 1 Tbsp olive oil in a large skillet over high heat. When the oil is hot add the cauliflower "rice" and sauté until it starts to brown, about 2 to 3 minutes. Transfer to a mixing bowl and add half the Chive & Cilantro Butter. Stir until butter is melted and use in place of rice in step 4.

Good to Know

Shrimp is a good source of selenium, omega-3 fatty acids, vitamin B12 and astaxanthin, a natural and powerful antioxidant. **Our salmon** is responsibly fished, so it's free from dyes, antibiotics and any industrial grain-based diets.

Health snapshot per serving – 840 Calories, 39g Protein, 51g Fat, 60g Carbs, 23 Freestyle Points

Lightened-Up Health snapshot per serving – 660 Calories, 38g Fat, 45g Carbs, 16 Freestyle Points by using two-thirds of the Moqueca Sauce and two-thirds of the Chive & Cilantro Butter.

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

INGREDIENTS: Salmon, Shrimp, Onion, Bell Pepper, Tomato, Carrot, Coconut Milk, Butter, Chive, Cilantro, Cumin, Garlic, Chicken Stock, Paprika, Lime.

meez *meals*

1. Cook the Rice

Set a large saucepan of water to boil.

Add the **Rice** to the boiling water and cook, uncovered, until desired tenderness, about 15 to 20 minutes. Drain and return to the saucepan. Add half the **Chive & Cilantro Butter** to the rice and stir until the butter is melted. Cover and set aside.

2. Sear the Salmon

While the rice is cooking, dry and generously season the **Salmon** with salt and pepper. Heat 1 Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot add the salmon and cook until it starts to brown, about 2 minutes. Flip and brown the other side, about 2 additional minutes. Transfer the salmon to a cutting board and break it up using a fork into about 6 to 8 large pieces and set aside. Do not wipe out the pan.

3. Cook the Veggies and Shrimp

Return the now-empty skillet to the stove with 1 Tbsp olive oil over medium-high heat. When the oil is hot, add the **Veggies** and cook until the onion softens and spices are aromatic, about 2 to 3 minutes.

Add the **Moqueca Sauce**, stir and bring to a boil. Reduce the heat to medium-low and add the **Shrimp**, along with any liquid from the shrimp packet. Add the seared salmon pieces and cook until the veggies are fork tender, about 5 minutes.

4. Put It All Together

Remove the skillet from the heat and add the remaining Chive & Cilantro Butter. Stir until it is melted.

Fill one side of the serving bowls with rice and ladle the Moqueca onto the other side. Use a spoon to get a bit of rice and delicious stew with each bite!

Don't worry about the amount of water, just make sure the rice will be completely covered while boiling.

The salmon will not be fully cooked but will finish cooking in step 3.

Instructions for two servings.

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