

Paneer Tikka Masala

20 Min to Table	20 Min Hands On	1 Whisk Super Easy
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Getting Started

Slice the Paneer into 1/2 inch cubes.

From Your Pantry

You'll need salt and pepper.

Chicken Cordon Bleu

15 Min to Table	35 Min Hands On	2 Whisks Easy
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From Your Pantry

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

Getting Started

Preheat your oven to 400.

Quick Tips



Vegetarian Bi Bim Bap

40 Min to Table	30 Min Hands On	2 Whisks Easy
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Meal Tip

Add the Gochujang to get your spicy just right.

Getting Started

Preheat your oven to 425 and put a saucepan of water on to boil

From Your Pantry

You'll need olive oil, salt, pepper and one egg per serving.

Bistro Steak with Pesto Penne

20 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.

Meal Tip

Cook up to 2 days in advance for an easy dinner or lunch.

Farmers Market Fritters

15 Min to Table	15 Min Hands On	1 Whisk Super Easy
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Getting Started

Make your fritter batter.

From Your Pantry

You'll need butter, milk, salt, and an egg.

Shrimp Caldo Rojo

30 Min to Table	15 Min Hands On	1 Whisk Super Easy
Getting Started	Heat 2 Tbsp of oil in a large saucepan or Dutch oven over medium-high heat.	
From Your Pantry	You'll need olive oil, salt and pepper	

Brazilian Farro with Roasted Pineapple

30 Min to Table	10 Min Hands On	1 Whisk Super Easy
Getting Started	Preheat your oven to 400 and put a saucepan of water on to boil.	
Picky Eaters Tip	Serve their portion with olive oil instead of the vinaigrette.	
Omnivore Option	Ground Turkey is delicious in this dish.	

Classic Shawarma

10 Min to Table	10 Min Hands On	1 Whisk Super Easy
Getting Started	Warm the pita.	
From Your Pantry	You'll need olive oil, salt & pepper	

Sesame Ginger Salmon

40 Min to Table	25 Min Hands On	1 Whisk Super Easy
Getting Started	Preheat your oven to 400 and bring a pot of water to a boil.	
From Your Pantry	You'll need olive oil, salt and pepper	
Meal Tip	Add as much or as little glaze as you like to get it just the way you like it.	

Spinach & Artichoke Dip Chicken Casserole

30 Min to Table	20 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.	

Chicken Satay Noodle Bowl

25 Min to Table	25 Min Hands On	1 Whisk Super Easy
From Your Pantry	You'll need olive oil, salt and pepper.	
Getting Started	Put a saucepan of water on to boil.	
Meal Tip	Scrambled eggs make a great addition to this meal.	

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Smart Points	Key Vitamins/Minerals (percent of recommended daily)		
Spinach & Artichoke Dip Chicken Casserole (use 2/3 crackers, shells, and dip mix)	960	66	45	73	7	1350	24	46% Calcium	68% Vitamin A	187% Vitamin C
	730		32				16			
Classic Shawarma	380	14	18	44 CC 12	3	668	11	34% Vitamin C	18% Iron	15% Folate
Brazilian Farro with Roasted Pineapple ½ the sauce and a sprinkle of seeds	770	11	43	90	11	136	26	100% Vitamin C	48% Vitamin B-6	
	500		15				16			
Bistro Steak with Pesto Penne	555	45	25	40	7	387	16	72% Vitamin B-12	25% Calcium	182% Vitamin A
Chicken Satay Noodle Bowl	575	69	19	39	9	458	13	79% Vitamin C	14% Vitamin B-6	159% Vitamin A
Paneer Tikka Masala (Use 2/3 butter and tikka masala sauce)	745	20	61	37	10	992	26	151% Vitmain A	88% Vitamin C	54% Calcium
	560		42				18			
Vegetarian Bi Bim Bop	410	23	14	51	8	636	12	221% Vitamin A	61% Vitamin C	74% Calcium
Sesame Ginger Salmon (half the walnuts)	700	47	40	48	8	478	13	263% Vitamin C	23% Vitamin B-6	53% Vitamin A
	589		29				10			

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Smart Points	Key Vitamins/Minerals (percent of recommended daily)		
Chicken Cordon Bleu	795	94	27	48	5	1099	16	331% Vitamin A	86% Vitamin C	62% Calcium
(1/2 the breading and 1/2 the cheese)	658		19				11			
Farmers Market Fritters	600	20	38	50	6	720	21	36% Calcium	85% Vitamin A	201% Vitamin C
Shrimp Caldo Rojo	560	37	11	77	16	935	11	80% Vitamin A	56% Vitamin C	43% Vitamin D
Rockslide Brownie	550	5	35	56	2	230	31	25% Vitamin A	8% Calcium	25% Iron
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
THE Carrot Cake	540	6	34	49	2	440	13	6% Vitamin C	6% Calcium	100% Vitamin A
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.

Spinach & Artichoke Dip Chicken Casserole

We've made a few recipes inspired by the classic American spinach and artichoke dip, and this is one of our favorites. We're combining its creamy deliciousness with pasta shells, arugula and peppers, and sautéed chicken. Baked up with a Ritz cracker topping, it's comfort food just right for a chilly night.

30 *Minutes to the Table*

20 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Saucepan (with cover)
Large Skillet
Casserole Dish

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Pasta Shells
Cheese & Sour Cream
Chicken Breast
Artichokes & Bell Peppers
Spinach & Arugula
Ritz Crackers

Good to Know

Health Snapshot Per Serving- 960 Calories, 66g Protein, 45g Fat, 73g Carbs, 24 Freestyle Points

Lightened-up Health Snapshot Per Serving- 730 Calories, 32g Fat, 53g Carbs, 16 Freestyle Points by using two-thirds of the Crackers, Shells, and Dip Mix.

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

INGREDIENTS Chicken Breast, Artichoke, Red Bell Peppers, Mayonnaise, Sour Cream, Shell Pasta, Ritz Crackers, Cream, Mozzarella, Spinach, Parmesan, Arugula, Chive, Lemon, Garlic, Black Pepper

meez meals

1. Get Organized

Preheat the oven to 400 degrees and set a large saucepan of water to boil. Spray or brush a casserole dish with oil.

2. Cook the Pasta

Add the **Pasta Shells** to the boiling water with a generous pinch of salt. Cook until slightly harder than al dente, about 8 to 10 minutes. Drain the pasta and return it to the empty saucepan. Immediately add the **Cheese & Sour Cream** to the cooked pasta and stir well. Cover and set aside until step 4.

3. Cook the Chicken

While the pasta is cooking, heat 1½ Tbsp olive oil a large 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 to rest for 5 minutes. Wipe out the skillet. Once the chicken has rested, slice into ½" strips. Add the chicken to the saucepan with the pasta and cheese & sour cream.

4. Cook the Veggies

Heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. When the oil is hot, add the **Artichokes & Bell Peppers**. Sauté until the vegetables start to char, about 3 to 4 minutes. Add the **Spinach & Arugula** and stir until it begins to wilt, about 1 to 2 minutes. Transfer the veggies to the saucepan with the other ingredients and stir well.

5. Finish the Casserole

Transfer the contents of the saucepan to the oiled casserole dish. Break the **Ritz Crackers** in the bag into small pieces and sprinkle the crumbs across the top of the casserole. Bake until the cracker crumbs start to brown, about 10 to 12 minutes. Remove from the oven to rest for at least 5 minutes. Enjoy!

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

*The pasta will
soften up to al
dente texture
when baked in
step 4.*

Instructions for two servings.

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

Classic Shawarma

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

10 Minutes to the Table

10 Minutes Hands On

1 Whisks Super Easy

Getting Organized

EQUIPMENT

Large Skillet

FROM YOUR PANTRY

Olive Oil

Salt & Pepper

5 MEEZ CONTAINERS

Pita

Simmer Sauce

Beef & Lamb Shawarma

Mediterranean Dressing

Veggies

Make the Meal Your Own

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

Good to Know

Health snapshot per serving 380 Calories, 14g Protein, 18g Fat, 44g Carbs, 11 Freestyle Points.

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

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



INGREDIENTS: Beef & Lamb Shawarma, Pita, Bell Pepper, Radish, Yellow Squash, Zucchini, Red Onion, Great Northern Beans, Tahina, Olive Oil, Parsley, White Wine Vinegar, Shawarma Spices, Lemon, Kosher Salt, White Pepper.

meez meals

1. Warm the Pita

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

2. Heat the Shawarma

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

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

3. Put It All Together

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

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

Instructions for two servings.

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

Brazilian Farro with Roasted Pineapple

Inspired by our favorite South American flavors. We're tossing farro with delicious cilantro vinaigrette, then mixing in roasted pineapple, sweet potatoes and seasoned sunflower seeds. It's a bowl of deliciousness that will get you planning a trip to Rio.

30 Minutes to the Table

10 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

2 Rimmed Baking
Sheets
Mixing Bowl
Saucepan

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Farro
Sweet Potatoes
Pineapple
Seasoned Sunflower
Seeds
Cilantro Vinaigrette

Make The Meal Your Own

Picky eaters tip – Serve their portion with olive oil instead of the vinaigrette.

Omnivore's Option – Ground turkey is delicious in this dish. Crumble it on the baking sheet with the sweet potatoes and bake both together.

Make Ahead Tip – This dish is just as great cold as it is warm. Cook all of the ingredients up to 2 days in advance and assemble everything (step 6) just before serving.

Good To Know

If you're making the gluten-free version, we've given you brown rice instead of farro. Cook the brown rice in boiling water for about 20 minutes, drain and let sit, covered, for 5 minutes.

Health snapshot per serving – 770 Calories, 11g Protein, 43g Fat, 90g Carbs, 26 Smart Points

Lighten Up Snapshot per serving – 500 Calories, 6g Protein, 15g Fat, 82g Carbs, 16 Smart Points
with ½ the sauce and a sprinkle of sunflower seeds.

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

INGREDIENTS: Sweet Potatoes, Farro, Pineapple, Sunflower Seeds, Olive Oil, Lemon, Apple Cider Vinegar, Cilantro, Brown Sugar, Garlic, Spices

meez meals

1. Getting Organized

Preheat your oven to 400 and put a saucepan of water on to boil.

2. Cook the Farro

Salt the boiling water and add the **Farro**. Cook until al dente, about 25 to 30 minutes. Drain, and then return to the pot until you're ready to eat.

3. Roast the Sweet Potatoes

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. Bake until golden brown, about 20 to 25 minutes, stirring once halfway through.

4. Roast the Pineapple

While the sweet potatoes are cooking, put the **Pineapple** on to a rimmed baking sheet. Drizzle with 1 tsp of olive oil and bake until golden brown, about 12 to 15 minutes.

There's no need to stir the pineapple while it's cooking.

5. Toast the Sunflower Seeds

Put the **Seasoned Sunflower Seeds** into a mixing bowl and add 1 tsp of water and ½ tsp olive oil. Mix well, then drain any excess liquid. Add the seeds to one of your baking sheets if there is room (if not, use a clean baking sheet). Bake until they start to blacken in places, about 7 to 10 minutes, stirring once halfway through.

Use a large mixing bowl for this so you can use it when you toss the entire meal in Step #6.

6. Put It All Together

Combine the farro and sweet potatoes in a large mixing bowl with the **Cilantro Vinaigrette**. Mix well, then serve topped with the seeds and pineapple.

*Love this recipe?
#meezmagic*

Instructions for two servings.

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

Bistro Steak with Pesto Penne

An Italian classic. We're tossing sirloin steak with a creamy basil pesto. With sautéed spinach, mushrooms and penne pasta, it's a meal we can't stop eating.

25 Minutes to the Table

20 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Saucepan
Mixing Bowl
Skillet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Penne Pasta
Basil Pesto Cream
Mushrooms
Sirloin
Spinach
Parmesan

Make The Meal Your Own

If you ordered the **Carb Conscious version**, we sent you zucchini "noodles" instead of the pasta, reducing the **carbs per serving to 19g**. 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 zucchini and cook until it starts to brown, about 2 to 3 minutes. Transfer the zucchini "noodles" to a mixing bowl and combine with half of the Basil Pesto Cream. Serve instead of the pasta in step 6.

Picky Eater Tip – The mushrooms are packaged separately, so you can serve them just to the diners who love them.

Good To Know

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

Health snapshot per serving – 555 Calories, 45g Protein, 25g Fat, 40g Carbs, 16 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: Sirloin Steak, Spinach, Cremini Mushrooms, Penne Pasta, Parmesan, Heavy Cream, Basil, White Wine, Lemon Juice, Garlic

meez meals

1. Get Organized

Put a saucepan of water on to boil.

2. Cook the Pasta

Add the **Penne Pasta** to the boiling water and cook until al dente, about 12 to 14 minutes. Drain and return to the saucepan. Stir half of the **Basil Pesto Cream** into the warm pasta to coat.

3. Brown the Mushrooms

While the pasta is cooking, heat 1 Tbsp oil in a large skillet over high heat. Add the **Mushrooms** and cook, stirring occasionally, until golden brown, about 3 to 5 minutes. Remove the mushrooms to a bowl.

4. Cook the Steaks

Return the now-empty skillet to the stove with 1 tsp oil over high heat. While the skillet is heating, pat the **Sirloin** dry with a towel and season generously with salt and pepper (we recommend ½ tsp of each). When the skillet is very hot, add the sirloin. Cook until the bottoms brown & 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**). Set aside to rest for 5 min.

After the steaks have rested, place them horizontally on a cutting board. Using a sharp knife, cut the steaks into even strips (we aim for ½" x 1" pieces).

5. Cook the Spinach

Return the skillet to the stove over medium heat. Add the **Spinach** and cook until lightly wilted, about 2 minutes.

6. Put It All Together

Serve the pasta topped with spinach, mushrooms and sliced steak. Sprinkle the **Parmesan** over the top and drizzle with extra pesto cream to taste.

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 to go.

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

Chicken Satay Noodle Bowl

We're hooked on Thai Chicken Satay, with its tender chicken and crazy-delicious peanut sauce. So we turned that classic Thai appetizer into a complete meal by cooking cage-free chicken with plenty of Asian veggies and rice noodles. Mixed up with that delectable Satay sauce, it's the test kitchen's new favorite. Best of all, it's on the table in less than 30 minutes.

25 *Minutes to the Table*

25 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Saucepan
Large Skillet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Rice Noodles
Chicken
Garlic and Ginger
Asian Vegetables
Satay Sauce
Green Onions and
Cilantro

Make the Meal Your Own

Want to add some additional richness? Try scrambling an egg and mixing it in. You won't be disappointed!

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 – 575 Calories, 69g Protein, 19g Fat, 13 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: Chicken, Rice Noodles, Cabbage, Edamame, Carrots, Bok Choy, Peanuts, Garlic, Ginger, Rice Wine Vinegar, Tamari, Brown Sugar, Cayenne Pepper, Sesame Oil, Green Onion, Cilantro

meez meals

1. **Getting Organized**

Put a saucepan of water on to boil.

2. **Cook the Rice Noodles**

Add the **Rice Noodles** to the boiling water and cook until tender, 5-6 minutes.

Drain, rinse under cold water and set aside.

3. **Prepare the Chicken**

While the rice noodles are cooking, heat a large skillet with 1 Tbsp of olive oil on medium-high heat. Add the **Chicken** to the pan and cook for 3 to 4 minutes, until the chicken is crisp and brown. Turn the chicken over and cook for another 3 to 4 minutes, until this side is brown as well.

Remove from heat and place on a cutting board. Once the chicken has rested for 5 minutes, use a sharp knife to cut the chicken breast evenly into strips, about 1/4" to 1/2" wide and set aside.

4. **Cook the Veggies**

Place the **Asian Vegetable Mix** and **Garlic and Ginger** in the now empty skillet and sauté, stirring frequently, over medium-high heat for 7-8 minutes.

Stir in the **Satay Sauce** until vegetables are completely coated and sauce is warm, about 1 minute. Remove skillet from heat.

5. **Putting it All Together**

Combine the rice noodles and chicken strips with the contents of the skillet and stir until the peanut sauce has completely coated everything.

Top with **Green Onions and Cilantro**, serve and enjoy!

Instructions for two servings.

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

Paneer 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 paneer cheese, tender chickpeas, and fresh greens. Cooked up in just one pan, it's a twenty-minute dinner we love.

20 *Minutes to the Table*

20 *Minutes Hands On*

1 Whisk *Super-Easy*

Getting Organized

EQUIPMENT

Large Skillet

FROM YOUR PANTRY

Salt and Pepper

5 MEEZ CONTAINERS

Paneer Cheese

Seasoned Butter

Tikka Masala Sauce

Chickpeas & Tomatoes

Arugula & Spinach

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.

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

meez *meals*

1. Sear the Paneer Cheese

Slice the **Paneer 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 Paneer in a single layer. Lightly sprinkle with salt & 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 Paneer from the skillet and set aside. Do not wipe out the skillet.

We are sending the Paneer Cheese 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.

Paneer 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 Paneer to the cooked veggies and sauce and mix well. Enjoy!

Instructions for two servings.

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

Vegetarian Bi Bim Bap

Fresh from your own kitchen, "Bee-Bim-Bop", which means "mix-mix rice" is a classic Korean dish. We have created a vegetarian version with tofu, jasmine rice, spinach, mushrooms, beets, and parsnips. Get ready for some fun!

40 *Minutes to the Table*

30 *Minutes Hands On*

2 Whisk *Easy*

Getting Organized

EQUIPMENT

Large Skillet
Small Skillet (optional)
Baking Sheet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper
Egg (1 per serving)

7 MEEZ CONTAINERS

Jasmine Rice
Tofu
Spinach
Mushrooms
Beets & Parsnips
Bibimbap Sauce
Gochujang

Make The Meal Your Own

Embrace the Korean culture 식사 맛있게하세요 is pronounced "sigsa mas-issgehaseyo" and means "enjoy your meal" in Korean.

Have small kids at home? Check out Linda Sue-Park's picture book *Bee-Bim Bop*. It's a favorite in our household and a perfect partner to this dinner.

Gluten Free? You received Sriracha sauce because the Gochujang contains wheat.

Good To Know

Health snapshot per serving – 410 Calories, 14g Fat, 23g Protein, 51g Carbs, 12 Smart Points

Traditional Bibimbap is finished with a sunny-side-up egg with a runny yolk. This is a delicious part of the dish, but women who are pregnant and others may want to cook their eggs until the yolk is cooked through to avoid any risk of foodborne illness.

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: Organic Tofu, Jasmine Rice, Mushroom, Spinach, Beets, Parsnips, Tamari, Mirin, Garlic, Ginger, Gochujang, Sesame Seed, Sesame Oil

meez meals

1. **Get Organized**

Bring water to a boil in a large saucepan. Preheat oven to 425.

2. **Cook the Rice**

Add the **Jasmine Rice** to the boiling water with a pinch of salt and boil uncovered until desired texture, about 12 to 15 minutes. Remove from heat, drain, return rice to pot and set aside.

3. **Cook Veggies and Mushrooms**

While the rice is cooking, arrange the **Beets and Parsnips** in a flat layer on a baking sheet. Also place the **Mushrooms** on the same baking sheet, keeping the mushrooms separate from the beets and parsnips. Drizzle all very lightly with olive oil & lightly salt. Bake for 5-6 minutes, stirring the veggies and the mushrooms half-way through (but not mixing them together). Cook for another 5- minutes until veggies are slightly brown and crispy.

4. **Cook the Tofu and Spinach**

After the veggies and mushrooms are done cooking, heat 1 Tbsp of oil in a skillet over medium high heat. When the skillet is very hot, add the **Tofu**. Cook for 2-3 minutes, remove the tofu from the pan, and set aside.

In the now empty skillet, add the **Spinach**, sauté for 1-2 minutes until wilted, and set aside.

5. **Arrange the Bibimbap Bowl**

In a medium sized bowl, place half the rice at the bottom and arrange half the beets and parsnips, mushrooms, spinach, and tofu clockwise around the bowl (leaving a space in the middle for the egg). Drizzle all the components with **Bibimbap Sauce** (thinner brown sauce) and repeat for each serving.

6. **Make the Egg and Enjoy!**

Crack one egg in the skillet over medium-high heat and cook until the white is opaque and the yolk has set, about 1 to 2 minutes. Salt and pepper to taste and place in the center of the Bibimbap bowl. Repeat with one egg for each serving.

Serve the spicy **Gochujang** (thicker red sauce) on the side to use as desired.

*Use enough water
to cover rice
completely.*

*Keep the
mushrooms and
veggies separate
from each other.*

*Each family
member can mix
the delicious
Gochujang in to
their dish
depending on how
much they enjoy
spicy food.*

Instructions for two servings.

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

Sesame Ginger Salmon

A super-simple dish we just love. It all starts with a sesame and ginger glaze that gives an Asian flair to salmon and roasted broccoli. Served over brown rice and topped with honey-glazed walnuts, it's a hands-free dinner you'll go crazy for.

40 *Minutes to the Table*

15 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Sauce Pan
Mixing Bowl
Baking Sheet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Brown Rice
Broccoli Florets
Salmon
Sesame Glaze
Green Onion & Sesame
Walnuts

Make The Meal Your Own

If you ordered the carb conscious version, you received cauliflower instead of brown rice, reducing the **carbs per serving to 31g**. In step 3 cook the cauliflower just like the broccoli (you may need a second baking sheet). Place the cauliflower directly on serving plates along with the broccoli.

Good To Know

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

Be sure to save some glaze for the end, you can add as much or as little as you like to get it just the way you want it to taste.

Health snapshot per serving – 700 Calories, 40g Fat, 48g Carbs, 47g Protein and 13 Freestyle Points.

Lighten Up snapshot per serving – 585 Calories, 29g Fat, and 10 Freestyle Points with half the walnuts.

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: Brown Rice, Salmon, Broccoli, Honey, Sesame Oil, Tamari, Ginger Puree, Green Onions, White Sesame Seeds, Black Sesame Seeds, Walnuts

meez meals

1. Getting Organized

Preheat oven to 400 and bring a pot of water to a boil.

Add the **Brown Rice** to the boiling water with a pinch of salt. Cook until tender, about 25 to 30 minutes. Drain the rice, fluff with fork and cover and let it steam for a few minutes before serving.

We cook our rice like pasta so cover the rice with plenty of water.

2. Marinating the Salmon

While the rice is cooking, pat the **Salmon** fillets dry with a paper towel and place in a shallow dish or bowl. Take about 1/3 of the **Sesame Glaze** and cover the salmon. Let marinate for 5 minutes.

We put the opened glaze bag in a glass, so it stays upright until needed.

3. Preparing the Broccoli, Walnuts, and Salmon

When the salmon has marinated for 5 minutes, place it in the center of a baking sheet. In a separate bowl toss the **Broccoli** with 1 tablespoon olive oil, salt and pepper and place it on the baking sheet to the left of the salmon.

Spoon 1 tablespoon of **Sesame Glaze** into the container with the **Walnuts** and mix thoroughly so walnuts are well coated. Place coated walnuts to the right of the salmon. Bake in the oven for 10 minutes, pull the baking sheet from oven. Remove just the walnuts and place them in the bowl you used for the broccoli and set aside.

Check on the walnuts very couple minutes to ensure they don't burn.

Spoon additional glaze on the salmon to cover the top. Turn the oven to broil setting and move baking sheet to top rack. Continue to cook the **Broccoli** and **Salmon** until they have a nice crispy exterior, about 3 to 5 minutes.

It is important to watch the salmon and broccoli while broiling so they don't burn.

4. Putting It All Together

Put the brown rice on a plate, top with broccoli and then the salmon. Drizzle the remaining sesame glaze. Garnish with the glazed walnuts and **Green Onions & Sesame** and enjoy!

Chicken Cordon Bleu

A restaurant-worthy recipe cooked up in your own kitchen has never been so easy. Breaded and rolled up with ham and Swiss cheese, it's a French classic. We're serving it with sautéed kale salad and cranberries for a delicious dinner perfect any night of the week.

35 *Minutes to the Table*

15 *Minutes Hands On*

2 Whisks *Easy*

Getting Organized

EQUIPMENT

Baking Sheet
Meat Mallet (or small pot)
Small Bowl
Skillet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper
Eggs (one per serving)

6 MEEZ CONTAINERS

Chicken Breast
Cheese & Herbs
Ham
Toothpicks
Panko Breading
Kale Salad

Make The Meal Your Own

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 – 795 Calories, 27g Fat, 94g Protein, 47g Carbs, 16 Freestyle Points.

Lightened-Up Health snapshot per serving – 655 Calories, 19g Fat, 39g Carbs, 11 Freestyle Points by using half the cheese and half the breading.

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, Kale, Broccoli, Brussels Sprouts, Cabbage, Radicchio, Ham, Cranberries, Green Onion, Pecorino Romano, Parmesan, Swiss, Gruyere, Breadcrumbs, Garlic, Parsley, Mustard, Black Pepper, Kosher Salt, Oregano, Onion Powder, Paprika.

meez meals

1. Getting Organized

Preheat the oven to 400. Line a baking sheet with parchment paper (or lightly brush with oil).

2. Prep the Chicken

Very loosely wrap each **Chicken Breast** in plastic 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 less than 1/4" thick and has doubled in size. Generously season with salt and pepper (we use 1/4 tsp salt and 1/4 tsp pepper, so use about half per side, or more if you like).

Take one of the chicken breasts and cover with half the **Cheese & Herbs**. Cover the entire breast and cheese with 3 slices of **Ham** and press down firmly. Position the breast with the narrow end facing you (imagine a piece of paper in portrait mode) on the cutting board and roll away from you tightly, securing with 3 of the provided **Toothpicks**. Repeat for the other breast.

3. Bread and Bake

Spread the **Panko Breading** evenly on a large plate. Crack 2 eggs into a small bowl and beat the eggs. Working with one at a time, dip the rolled-up breast first into the egg, then roll in the panko mixture, pressing down on all sides to coat. Place the breaded chicken breasts on the baking sheet and bake until golden brown on the outside and fully cooked inside, about 20 to 25 minutes. Remove from the oven and let rest for at least 5 minutes, then remove the toothpicks.

4. Cook the Ham and Kale Salad

While the chicken is resting, heat 1 Tbsp olive oil in a large skillet over medium heat. Slice the remaining ham slices into 1/2" squares and sauté for 2 minutes. Add the **Kale Salad**, and sprinkle with salt and pepper. Cook, stirring frequently, until the kale starts to wilt and turns bright green, about 3 minutes. Remove from the skillet and serve topped with the chicken. Enjoy!

The chicken needs to be very thin to roll and cook properly.

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

Use a meat thermometer to ensure the inside of the chicken is at least 155 degrees before removing from the oven. It will continue to cook while resting.

Instructions for two servings.

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

Farmers Market Fritters

Fritters are one of those cozy treats that make a regular dinner feel special. We're making them this week with zucchini, brussels and bell peppers and serving them with an herb crema that's flat out delicious.

15 *Minutes to the Table*

15 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet

Large Mixing Bowl

FROM YOUR PANTRY

Salt

Egg (1)

Butter (3 Tbsp)

Milk (1/3 cup)

5 MEEZ CONTAINERS

Zucchini

Fontina & Flour

Brussels, Onions & Garlic

Lemon

Veggie & Herb Crema

Good To Know

Health snapshot per serving – 600 Calories, 20g Protein, 38g Fat, 50g Carbs, and 21 Freestyle Points.

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

INGREDIENTS: Zucchini, Lemon, Sour Cream, Flour, Fontina, Brussels Sprouts, Cream, Green Onion, Yellow Pepper, Red Pepper, Red Onion, Carrot, Cilantro, Baking Powder, Garlic, Salt

meez meals

1. **Make the Fritter Batter**

Mix 1 egg with 1/3 cup milk, 1 Tbsp melted butter and 1 Teaspoon (not tablespoon) salt in a large mixing bowl. Mix well, then add the **Zucchini, Fontina & Flour**, and **Brussels, Onions & Garlic**. Gently stir until they are just mixed. (Avoid overworking the batter.)

2. **Cook the Fritters**

Melt 2 Tbsp butter in a large skillet over medium heat. When the butter is melted, ladle the batter on to the skillet, using a small measuring cup, forming a fritter about 3" in diameter and about 1/2" thick. You should have 2 fritters per person. Cook the fritters until golden brown and crispy on one side, then flip and cook the other side until brown and crispy, another 5 to 6 minutes.

3. **Put It All Together**

Slice the **Lemon**. Serve the fritters topped with a scoop of the **Veggie & Herb Crema** and a generous squeeze of lemon juice. Enjoy!

You can melt the butter in the microwave or in a small pan on the stove.

Instructions for two servings.

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

Shrimp Caldo Rojo

We're cooking shrimp in a Mexican-style tomato-chili-sauce (caldo rojo) with plenty of black beans, carrots, celery and hominy. It's a one-pot dinner that's so easy to make you can whip up margaritas while it's cooking.

30 *Minutes to the Table*

15 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Saucepan or
Dutch Oven

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Carrots & Celery
Corn, Beans &
Hominy
Shrimp
Tomatoes & Spices
Tortilla Chips

Make The Meal Your Own

Like it hot? Add a pinch or two of crushed red pepper once it's cooked.

Good To Know

Don't know what Hominy is? Hominy is made from corn kernels that have been soaked in a lime solution to soften their outer hulls. The result is super puffed up corn that we just love!

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

Health snapshot per serving – 560 Calories, 37g Protein, 11g Fat, 16g Fiber, 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: Tomato, Shrimp, Black Beans, Hominy, Onion, Corn, Carrot, Celery, Tortilla Chips, White Wine, Cider Vinegar, Lime Juice, Cilantro, Garlic, Crushed Red Pepper, Herbs and Spices

meez*meals*

1. Getting Organized

Heat 2 Tbsp of oil in a large saucepan or Dutch oven over medium-high heat.

2. Make the Caldo Rojo

Add **Carrots & Celery** and cook until the onions are translucent and the vegetables have softened, about 5 minutes.

Add **Tomatoes & Spices** and **Corn, Beans & Hominy** and 1¼ cups water. Bring to a boil and then reduce heat to low and simmer for 15 minutes, until the broth thickens slightly.

Add the **Shrimp** and let cook in broth for 5 minutes.

3. Put It All Together

Season with salt and pepper to taste and spoon into bowls. Crumble **Tortilla Chips** into small pieces, sprinkle on top, and enjoy!

You don't need to eat it right away just be sure to remove from the heat so the shrimp doesn't get overcooked.

Love this recipe? #meezmagic

Instructions for two servings.

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