

## Quick Tips

### *Black Bean Sweet Potato Chili*

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<b>45 Min</b> to Table	<b>15 Min</b> Hands On	<b>2 Whisks</b> Easy
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**Getting Started** Preheat your oven to 425.

**Omnivore Option** Ground beef is a tasty addition.

### *Rotini Di Modena with Chicken & Spinach*

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<b>20 Min</b> to Table	<b>10 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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**Getting Started** Put a saucepan of water on to boil.

**Leftovers Tip** Turn leftovers into a pasta frittata, or just bake with cheese!

### *Blackened Baja Salmon and Avocado Tacos*

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<b>30 Min</b> to Table	<b>20 Min</b> Hands On	<b>1 Whisk</b> Easy
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**When you get your meals** Check your avocado. If it is hard, store it on the counter to ripen.

**Picky Eater Tip** Serve their fish without Cajun seasoning.

**From Your Pantry** You'll need flour, olive oil, salt and pepper.

### *Barbeque Pizza*

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<b>30 Min</b> to Table	<b>10 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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**Getting Started** Preheat your oven to 400 and take pizza dough out of refrigerator.

**Omnivore Option** Chicken is a great option.



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### *Chimichurri Steak with Fingerling Potatoes*

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<b>30 Min</b> to Table	<b>25 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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**Getting Started** No pre-work needed.

**Leftover tip** Layer everything to make a casserole.

*Panang Curry  
with Broccoli & Cauliflower*

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<b>30 Min</b> to Table	<b>15 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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**Getting Started** Put water on to boil. (1 c per serving)

**Omnivore Option** Roasted chicken breast is great with this dish.

*Pesto Quesadilla*

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<b>25 Min</b> to Table	<b>15 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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**Getting Started** Preheat your oven to 400.

**From your Pantry** You'll need some vegetable oil.

*Tahitian Chicken Paella*

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<b>40 Min</b> to Table	<b>20 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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**Getting Started** Preheat your oven to 375.

**Leftovers Tip** Save some of the Coconut Soy Ginger Sauce to moisten the Paella when reheating.

*Aztec Salad with  
Creamy Chipotle Dressing*

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<b>5 Min</b> to Table	<b>5 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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**When Meals arrive** Check your avocado for ripeness. If ready, keep it in the fridge. If it is hard, keep it on the counter to ripen.

**Getting Started** This is toss and serve!

*Mediterranean Flatbread*

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<b>40 Min</b> to Table	<b>10 Min</b> Hands On	<b>2 Whisks</b> Easy
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**Getting Started** Preheat your oven to 425 & take dough out of fridge.

**Omnivore Option** Shrimp works well in this meal.

**From Your Pantry** You'll need flour, olive oil, salt and pepper.

*Dijon Roasted Brussels*

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<b>30 Min</b> to Table	<b>5 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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**Getting Started** Preheat your oven to 400.

**Omnivore Option** Bacon would make a great addition.

# Black Bean & Sweet Potato Chili with Cornbread Crumbles

There's something irresistible about a black bean chili cooked up with roasted sweet potatoes. But serve it topped with toasted cornbread crumbles, lime crema and roasted leeks? Pure heaven.

**45** Minutes to the Table

**20** Minutes Hands On

**2 Whisks** Easy

## Getting Organized

### EQUIPMENT

Loaf Pan or Small  
Casserole Dish  
Rimmed Baking  
Sheet  
Heavy Saucepan

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 6 MEEZ CONTAINERS

Celery & Onions  
Tomato Sauce  
Sweet Potatoes  
Leeks  
Cornbread  
Lime Crema

## Make The Meal Your Own

**Omnivore's Option** – Ground beef is a tasty addition. Cook it up with the celery & onions.

**Cooking with a picky eater?** This dinner is a crowd pleaser, but serve the crema and crispy leeks on the side for anyone who might not love them.

**This is a great make-ahead meal.** Cook everything up through step 4 ahead of time, and when you're ready to eat, assemble the chili in the casserole dish, top with the cornbread and bake following instructions in step 5.

## Good To Know

**If you're making the gluten-free version**, we've left the cornbread out of your meal. The chili is still delicious without it.

**If you're making the vegan version**, we've given you lime juice instead of crema. Drizzle over the chili to finish it. We've also left the cornbread out of your meal; the chili is still delicious without it.

**Health snapshot per serving** – 640 Calories, 19g Protein, 16g Fiber, 20 Smart Points.

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

INGREDIENTS: Sweet Potatoes, Tomatoes, Black Beans, Cornbread, Leeks, Onions, Sour Cream, Celery, Lime, Garlic, Spices, Herbs

*meez* meals

### 1. Getting Organized

Preheat your oven to 425.

### 2. Roast the Sweet Potatoes

Put the **Sweet Potatoes** in a loaf pan or small casserole dish and drizzle with olive oil, salt and pepper. Toss, then arrange in a single layer. Bake until golden at the edges and fork tender, about 20 minutes.

*If the potatoes won't fit in a single layer in a single pan, use two pans.*

### 3. Cook the Chili

While the sweet potatoes are roasting, heat 1 Tbsp olive oil over high heat in a heavy saucepan. Add the **Celery & Onions** and cook until lightly brown, about 5 to 7 minutes. Add the **Tomato Sauce** and 1 ½ cups of water and bring to a boil. Lower the heat to a simmer and cook uncovered until 2/3 of the liquid has evaporated, about 20 minutes.

### 4. Make the Crispy Leeks

Once the sweet potatoes are out of the oven and the chili has thickened, pour the chili over the sweet potatoes right in the pan. Crumble the **Cornbread** over top, and bake until golden, about 7 to 10 minutes.

Put the **Leeks** on a rimmed baking sheet and drizzle with olive oil, salt and pepper. Arrange in a single layer and bake until crispy on the outside, but still a little tender on the inside, about 10 minutes.

*Stir the leeks once about halfway through cooking.*

Serve the chili topped with the **Lime Crema** and crispy leeks.

*Love this recipe? #meezmagic*

Instructions for two servings.

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

# Rotini di Modena with Chicken & Spinach

This gem starts with a creamy balsamic sauce members have gone wild for. Paired with juicy chicken breast, sautéed spinach and rotini pasta, it's a speedy recipe the family will love.

**20** Minutes to the Table

**10** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized

### EQUIPMENT

- Saucepan
- Mixing Bowl
- Deep Skillet or Large Saucepan

### FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper

### 6 MEEZ CONTAINERS

- Rotini Pasta
- Chicken Breast
- Spinach
- Grape Tomatoes
- Balsamic Cream
- Goat Cheese

## Make The Meal Your Own

**This dish tastes just as great cold as it does hot**, so it's perfect as a make-ahead dinner or a quick pack-and-go lunch.

**Leftovers Tip** – Toss your leftovers in a small casserole dish, top with shredded cheese (Chef Max recommends mozzarella) and bake until the pasta is hot and the cheese is melted, about 10 to 15 minutes.

**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

**If you're making the gluten-free version**, we sent you gluten-free pasta.

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

**Health snapshot per serving** – 680 Calories, 27g Fat, 64g Protein, 49g Carbs, 19 Smart Points

**Lightened up snapshot** - 505 Calories, 9g Fat, 11 Smart Points with half the balsamic cream sauce.

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

INGREDIENTS: Free-Range Chicken Breast, Grape Tomatoes, Whole Grain Rotini Pasta, Spinach, Heavy Cream, Goat Cheese, Balsamic Vinegar, Brown Sugar, Concentrated Vegetable Stock, Garlic, Herbs

*meez* meals

### 1. Getting Organized

Put a saucepan of water on to boil.

### 2. Cook the Pasta

Add the **Rofini Pasta** to the boiling water. Cook until al dente, about 7 to 9 minutes, drain and return to the saucepan. Combine the warm, cooked pasta with the **Spinach** in the saucepan.

### 3. Prep the Chicken

While the pasta is cooking, pat the **Chicken Breast** dry with a towel. Place the chicken on a cutting board. Using a sharp knife, cut the chicken breast lengthwise into long strips, about ¼" wide. Rotate the chicken breast 90 degrees and then cut across to create small, even cubes of chicken.

Once the chicken is cut, generously sprinkle with salt and pepper (we use ¼ tsp salt and ¼ tsp pepper, so use about half per side, or more if you like).

### 4. Cook the Chicken and Tomatoes

Heat 1 ½ Tbsp olive oil in a deep skillet (or large saucepan) over high heat. When the oil is smoking, add the **Chicken Breast** and **Tomatoes**. Cook until the chicken is browned on one side, about 4 minutes, and then stir. Continue sautéing until chicken is fully cooked, about 3 to 4 more minutes. Add the **Balsamic Cream** and bring to a boil. Turn off the heat. Season with salt and pepper to taste. Remove to a mixing bowl.

*Add the tomatoes and chicken gently; the oil will be extremely hot and you want to avoid splashes.*

### 5. Put It All Together

Serve pasta with **Goat Cheese** crumbled on top. Enjoy!

*Love this recipe? #meezmagic*

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

# Blackened Baja Salmon & Avocado Tacos

Omega-3 rich salmon is coated with our Baja seasoning and then paired with creamy avocado and tangy pineapple. Fast, fantastic and full of flavor, don't forget the lemonade and cerveza to complete the meal.

**30** Minutes to the Table

**20** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized

### EQUIPMENT

Mixing Bowl  
Shallow Pie Pan or Plate  
Medium Skillet  
Small Skillet (optional)

### FROM YOUR PANTRY

1 Tbsp Flour  
Olive Oil  
Salt & Pepper

### 6 MEEZ CONTAINERS

Cabbage & Carrots  
Coleslaw Dressing  
Cajun Seasoning  
Salmon  
Avocado  
Tortillas

## Make The Meal Your Own

**Salmon has a reputation for being tricky** to cook. Chef Max says the key to perfect salmon is making sure you don't overcook it. Cook over high heat for a few minutes per side and then let it rest. The salmon continues cooking as it rests, so let it sit 5 minutes off the heat before you cut into it and check for doneness.

**Eating with someone who doesn't love spice?** Serve their fish without the Cajun seasoning.

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

## Good To Know

**Health snapshot per serving** – 425 Calories, 17g Fat, 24g Protein, 47g Carbs, 12 Smart Points.

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

INGREDIENTS: Salmon, Corn Tortillas, Carrots, Avocado, Green Cabbage, Red Cabbage, Mayonnaise, Brown Sugar, Cajun Seasoning, White Wine Vinegar, Pineapple, Lemon Juice, Herbs and Spices

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### 1. Make the Coleslaw

In a mixing bowl, toss the **Cabbage & Carrots** with the **Coleslaw Dressing**. Season with salt and pepper to taste. Place in the refrigerator to chill until ready to eat.

### 2. Season and Cook the Salmon

Combine **Cajun Seasoning** with 1 Tbsp of flour on a plate or in a shallow pie pan. Coat the **Salmon** on all sides with the seasoning and then let sit in the flour for 2 minutes. Give the salmon a second coat in the seasoning.

Heat 2 Tbsp of oil in a medium skillet over high heat. When the oil is hot, add the salmon and cook 4 minutes. Flip, and cook 3 more minutes on the other side. Turn off the heat and let sit for 5 minutes.

### 3. Slice the Avocado

While the salmon is resting, slice the **Avocado** into even pieces (we usually get about 5 slices per half).

### 4. Heat the Tortillas and Serve

Heat your **Tortillas** in a small dry skillet on the stove or directly over a gas burner until soft, about 30 seconds per side.

Use a fork to flake the salmon into pieces. Serve in the warm tortillas topped with the coleslaw and avocado. Enjoy!

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

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

*Use tongs or a slotted spoon to serve the coleslaw, leaving extra dressing behind. That way, your tacos won't get soggy.*

*Love this recipe? #meezmagic*

Instructions for two servings.

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



# Barbeque Pizza

Back by popular demand! A whole-wheat crust spread with a delicious BBQ sauce and topped with black beans, crispy kale, smoked gouda and dried cherries. Sound unusual? Definitely. But together these ingredients are magic.

**30** *Minutes to the Table*

**10** *Minutes Hands On*

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

Rimmed Baking Sheet

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper  
Flour for Dusting

### 5 MEEZ CONTAINERS

Pizza Dough  
Kale  
Barbeque Sauce  
Black Beans  
Cheese & Cherries

## Make The Meal Your Own

**Kids and picky eaters tip** – Serve their portion with the crispy kale on the side.

**Omnivore's Option** – Barbeque chicken pizza is about as classic as it gets. If you have some leftover roast chicken, it would be great on this pizza.

## Good To Know

**If you're making the vegan version**, we've left out the cheese. Cook the kale and pizza separately, rather than finishing them together, the way we recommend for folks using cheese. Cook the kale until it's crispy and browned. While it's cooking, bake the pizza with just the sauce, beans and cherries. Top it with the cooked kale and enjoy! (Need help? Give us a call!)

**Health snapshot per serving** – 575 Calories, 13g Fat, 24g Protein, 19 Smart Points

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

INGREDIENTS: Kale, Whole Wheat Pizza Dough, Black Beans, Barbeque Sauce, Gouda Cheese, Mozzarella Cheese, Dried Cherries, Granulated Garlic

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## 1. Getting Organized

Preheat your oven to 400 and take the **Pizza Dough** out of the refrigerator.

*Warming up your pizza dough is important! It makes it easier to roll.*

## 2. Bake the Kale

Put the **Kale** on to a rimmed baking sheet and drizzle with 2 Tbsp olive oil. Toss well, then arrange the kale in a single layer and bake for 10 minutes. Transfer to a plate.

*The kale will finish cooking on top of the pizza; so don't let it get fully toasted and browned.*

## 3. Prepare the Pizza Dough

Once the kale is cooking, shape your pizza dough. Sprinkle your counter with a little flour and stretch the dough into shape. The size and thickness are up to you, but we target about ¼" thickness. We usually make two-person pizzas (even if we're making the 4-serving size) and ours are about 8" wide and 14" long, but you can make yours however you like.

*Sprinkling your counter with flour is important. It keeps the dough from sticking.*

## 4. Bake the Pizza

Put the pizza on to the now-empty baking sheet. Spread some of the **Barbeque Sauce** over the pizza. (Use just as much as you need. Too much will make the crust soggy.)

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

Top with the **Black Beans** and cooked kale. Sprinkle the **Cheese & Cherries** on top and bake until the crust is golden and the cheese is melted, about 15 to 20 minutes. Enjoy!

*Keep an eye on the pizza as it cooks. If the kale is turning too brown, turn the heat down.*

*Love this recipe? #meezmagic*

Instructions for two servings.

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

# Chimichurri Steak with Fingerling Potatoes

An irresistible update on an Argentinian classic. With a zesty chimichurri puree, mouthwatering steak and tender fingerling potatoes, it's a sinfully delicious meal without all the calories. Seconds, anyone?

**30** Minutes to the Table

**25** Minutes Hands On

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

Large Skillet

### FROM YOUR PANTRY

Olive Oil

Salt & Pepper

### 4 MEEZ CONTAINERS

Fingerling Potatoes

Onions & Garlic

Steak

Chimichurri

## Make The Meal Your Own

**The leftovers from this meal** make a great casserole. Layer everything in a casserole dish, top with your favorite cheese (Chef Max recommends Chihuahua) and bake for 10 minutes in a 375-degree oven.

**It's important to let the steaks rest** to keep them tender and juicy. Give them at least 3 to 5 minutes off the heat before you slice and serve.

## 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** – 530 Calories, 18g Fat, 36g Protein, 59g Carbs, 15 Smart Points.

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

INGREDIENTS: Steak, Fingerling Potatoes, Onion, Grape Tomatoes, Corn, Red Wine Vinegar, Lime Juice, Olive Oil, Parsley, Garlic, Cilantro, Spices

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### 1. Slice the Potatoes

Slice the **Fingerling Potatoes** into small, even rounds (about 8 to 10 rounds per potato).

### 2. Cook the Potatoes and Onions

Heat 2 Tbsp of oil in a large skillet over high heat. Add the sliced potatoes and cook, stirring occasionally, until starting to brown, about 7 to 9 minutes. Add the **Onions & Garlic** to the skillet and continue cooking until the onions are translucent and the potatoes are fork tender, about 5 more minutes. Remove to a bowl and set aside.

### 3. Cook the Beef

Return the now-empty skillet to the stove with 1 Tbsp oil over high heat. While the skillet is heating, pat the **Steak** 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 steak. Cook it until the bottom browns and the sides start to color, about 3 minutes.

- **If you prefer your steak medium-rare**, flip and continue cooking 3 minutes. Remove from the heat and let rest for 5 minutes.
- **If you prefer your steak medium**, flip and continue cooking for 4 minutes. Remove from the heat and let rest for 5 minutes.
- **If you prefer your steak medium-well or well done**, flip and continue cooking for 5 to 6 minutes. Remove from the heat and let rest for 5 minutes.

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).

### 4. Put It All Together

Serve the steak and potatoes topped with the **Chimichurri** to taste. Enjoy!

*To test if the skillet is hot enough for the steak, 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.*

*Love this recipe?*

*#meezmagic*

Instructions for two servings.

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

# Panang Curry with Broccoli & Cauliflower

**30** Minutes to the Table

**15** Minutes Hands On

**1 Whisk** Super Easy

Say goodbye to your favorite Thai restaurant! This curry is fresher and tastier than anything we've had outside of Bangkok. We're cooking broccoli and cauliflower up in a delicious coconut and basil curry. Edamame and jasmine rice round it out. Yum! (Do note, this recipe has a spicy kick to it.)

## Getting Organized

### EQUIPMENT

Saucepan  
Large Skillet

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 6 MEEZ CONTAINERS

Jasmine Rice  
Edamame  
Cauliflower & Broccoli  
Seasoned Coconut Milk  
Curry Paste  
Peanuts

## Make The Meal Your Own

**Omnivore's Option** – Roasted chicken breast is great with this dish. Slice it, and then add to the broccoli and cauliflower.

**Don't love spice?** The curry paste has a kick to it. Add just a little bit to start and taste as you go.

## Good To Know

**Health snapshot per serving** – 700 Calories, 28g Protein, 15g Fiber, 22 Smart Points.

**Lightened up snapshot** – 480 Calories, 15g Fat and 14 Smart Points if you use ¼ of the peanuts and ½ the seasoned coconut milk.

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

INGREDIENTS: Cauliflower, Broccoli, Coconut Milk, Rice, Edamame, Peanuts, Brown Sugar, Red Curry, Yellow Curry, Lime Juice, Basil

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**1. Cook the Rice and Edamame**

Put the **Jasmine Rice** into a saucepan with 2 cups of water and a pinch of salt. Bring to a boil, cover and let simmer for 15 minutes.

After the rice has been simmering for 10 minutes, remove the lid and stir in the **Edamame**. Cover again, cook for 5 more minutes, then set aside.

**2. Cook the Cauliflower and Broccoli**

After you've added the edamame to the rice, heat 1 Tbsp olive oil in a large skillet over medium-high heat.

Add the **Cauliflower & Broccoli**, and cook until the broccoli is bright and the cauliflower is just fork tender, 7 to 12 minutes.

Add the **Seasoned Coconut Milk** and half of the **Curry Paste** (more if you like it spicy) and simmer for 3 minutes. Serve the rice topped with the cooked vegetables and a sprinkling of **Peanuts**. Enjoy!

*Add a little water to the sauce if you'd like it to be thinner.*

*Love this recipe? #meezmagic*

Instructions for two servings.

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

# Tahitian Chicken Paella

Tropical flavors give the classic Spanish paella a twist we just love. With caramelized pineapple, sweet bell peppers, cage-free chicken breast and a coconut soy ginger sauce, this rice casserole is bursting with flavor.

**40** Minutes to the Table

**20** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized

### EQUIPMENT

Oven-Safe Large Skillet

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 5 MEEZ CONTAINERS

Chicken Breast  
Pineapple & Peppers  
Rice  
Coconut Soy Ginger Sauce  
Cashews

## Make The Meal Your Own

**Leftovers from this dish** make a delicious snack or next-day lunch. If you plan to save some for a later meal, reserve a bit of the coconut soy ginger sauce to moisten the paella when you reheat it.

**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

**The trick to this dish** is to use a large skillet or frying pan that will be safe in the oven. The rice should fit in a thin layer so it can develop crusty bits on the bottom, which is our favorite part of paella.

**Don't have an oven-safe skillet?** You can transfer the paella to a large casserole dish, instead.

**Health snapshot per serving** – 645 Calories, 62g Protein, 4g Fiber, 19 Smart Points

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

INGREDIENTS: Chicken Breast, Coconut Milk, Pineapple, Bell Peppers, Rice, Pineapple Juice, Onion, Tamari Sauce, Cashews, Brown Sugar, Cilantro, Garlic, Herbs and Spices

meez *meals*

### 1. **Getting Organized**

Preheat your oven to 375.

### 2. **Prep the Chicken**

Place the **Chicken Breast** on a cutting board. Using a sharp knife, cut the chicken breast lengthwise into long strips, about ¼" wide. Rotate the chicken breast 90 degrees and then cut across to create small, even cubes of chicken.

Once the chicken is cut, generously sprinkle with salt and pepper (we use ¼ tsp salt and ¼ tsp pepper, so use about half per side, or more if you like).

### 3. **Cook the Chicken and Vegetables**

Heat 1 Tbsp oil in a large, oven-safe skillet over high heat. Add the cubed chicken breast and cook, stirring occasionally, until no longer pink on the outside, about 3 to 5 minutes. Add the **Pineapple & Peppers** and continue cooking until the vegetables are soft and fragrant, 3 to 5 minutes.

### 4. **Prepare and Bake the Paella**

Stir the **Rice** in to the pan along with ¾ of the **Coconut Soy Ginger Sauce** and 1 cup of water. Bring to a boil and then cover (if your skillet doesn't have a lid, use aluminum foil).

Put the skillet into the oven and cook the paella until the rice is tender and the water has been absorbed, about 15 minutes. If the rice isn't fully cooked once the water has been absorbed, you can add a little more water and continue cooking until the rice is tender. Once the rice is to your liking, turn the oven off, but leave the skillet in for an additional 5 minutes.

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

Uncover the skillet and return to the stove over high heat for 2 to 3 minutes. Top the paella with **Cashews** and drizzle with the remaining sauce. Enjoy!

*Be sure to save ¼ of the coconut soy ginger sauce. You'll need it at the end to finish the dish.*

*Resist the urge to stir the paella, let it cook undisturbed.*

*The 2 to 3 minutes on the stove will help develop a bottom crust to the paella. It's our favorite part!*



# Mediterranean Flatbread

How many yummy flavors can you put on one flatbread? We're rubbing a delicious sage glaze over fresh pizza dough, and then topping it with crispy kale, dates, capers and plenty of gouda cheese. A final drizzle of glaze on top finishes off this sunny, sophisticated flatbread.

**40** Minutes to the Table

**10** Minutes Hands On

**2 Whisks** *Easy*

## Getting Organized

### EQUIPMENT

Rimmed Baking  
Sheet

### FROM YOUR PANTRY

Flour  
Olive Oil  
Salt & Pepper

### 5 MEEZ CONTAINERS

Kale  
Pizza Dough  
Sage Glaze  
Gouda & Mozzarella  
Dates & Capers

## Make The Meal Your Own

**Omnivore's Option** – Shrimp is a tasty addition. Add it in the last 10 minutes of cooking, tucked under the cheese.

**Cooking with a picky eater?** Skip the dates and capers on their portion.

## Good To Know

**If you're making the vegan version**, we've left the cheese out of your meal.

**Health snapshot per serving** – 900 Calories, 22g Protein, g Fiber, 32 Smart Points

**Lightened up snapshot** – 590 Calories, 32g Fat and 21 Smart Points with half the cheese and half of the glaze.

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

INGREDIENTS: Kale, Whole Wheat Pizza Dough, Olive Oil, Gouda Cheese, Mozzarella Cheese, Dates, Cider Vinegar, Brown Sugar, Capers, Herbs and Spices

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### 1. Getting Organized

Preheat your oven to 425 and take the pizza dough out of the refrigerator.

*Don't forget to take out the dough. Warmer dough is easier to work with!*

### 2. Bake the Kale

Put the **Kale** on a baking sheet and drizzle with 1 Tbsp olive oil, 1 Tbsp of water, and a generous pinch of salt. Toss well and bake until it starts to crisp, about 10 to 15 minutes.

### 3. Assemble the Flatbread

While the kale is cooking, shape your **Pizza Dough**. Sprinkle your counter with a little flour and stretch the dough into shape. The size and thickness are up to you, but we target about ¼" thickness.

*We usually make two-person pizzas - ours are about 8' wide and 14" long.*

Spread 1/3 of the **Sage Glaze** over the dough, rubbing it in with your fingers. Top with the baked kale, pushing it down on to the dough a bit. Top with the **Gouda & Mozzarella, Dates & Capers** and half of the remaining sage glaze. Bake until the crust is golden brown and the cheese melts, about 15 to 20 minutes.

*We may have given you extra toppings, don't worry! They make a great side dish!*

Drizzle extra glaze on top to taste. Enjoy!

*Love this recipe? #meezmagic*

Instructions for two servings.

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

# Pesto Quesadilla

**25** *Minutes to the Table*

**15** *Minutes Hands On*

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

Baking Sheet

### FROM YOUR PANTRY

Vegetable Oil

### 4 MEEZ CONTAINERS

Mushrooms

Tortillas

Basil Pesto

Mozzarella

## Good to Know

**We make our quesadillas in the oven** because we love hands-free cooking. If you prefer to cook on the stovetop, that will work great too.

### **Health Snapshot per serving (serves 1)**

635 Calories, 36g Fat, 54g Carbs, 22g Protein

20 Smart Points

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

INGREDIENTS: Flour Tortillas, Button Mushrooms, Mozzarella, Basil, Olive Oil, Parmesan, Lemon Juice, Garlic

meezmeals

### 1. Get Organized

Preheat your oven to 400.

### 2. Cook the Mushrooms

Toss the **Mushrooms** with 1 Tbsp of oil and spread on a baking sheet. Cook for 7 to 10 minutes until lightly browned. Remove to a bowl or plate and drain any excess liquid from the pan.

### 3. Build the Quesadilla

When the mushrooms are done, oil the baking sheet with 1 to 2 Tbsp oil. Take one **Tortilla** and wipe it through the oil to coat one side. Repeat with the second tortilla, leaving it on the baking sheet oiled-side down.

Spread the **Basil Pesto** on the tortilla and then top with half of the **Mozzarella** and all of the mushrooms. Sprinkle the remaining mozzarella on top. Top with the second tortilla, oiled-side up, and gently press down.

### 4. Put It All Together

Bake the quesadilla 6 to 8 minutes, until the top and edges are golden brown. Flip the quesadilla, and cook an additional 3 to 4 minutes. Cut into wedges and serve. Enjoy!

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# Aztec Salad with Creamy Chipotle Dressing

**5** Minutes to the Table

**5** Minutes Hands On

## Getting Organized

### EQUIPMENT

Mixing Bowl

### FROM YOUR PANTRY

Salt & Pepper

### 5 MEEZ CONTAINERS

Avocado

Spinach

Tortilla Chips

Corn & Beans

Creamy Chipotle

Dressing

## Put It All Together

Dice the **Avocado** and break the **Tortilla Chips** into pieces. Combine the **Spinach, Corn & Beans**, the broken chips and half the diced avocado in a mixing bowl with half of the **Creamy Chipotle Dressing**. Season with salt and pepper and add more dressing to taste.

## Good to Know

### **Health Snapshot per serving**

635 Calories, 17g Protein, 18g Fiber, 38g Fat,  
20 Smart Points

### **Have Questions?**

We're standing by at 773.916.6339

INGREDIENTS: Avocado, Spinach, Black Beans, Corn, Queso Fresco, Buttermilk, Mayonnaise, Tortilla Chips, Red Onion, Chipotle Peppers, Garlic, Herbs and Spices

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# Dijon Roasted Brussels

**30** Minutes to the Table

**5** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized

### EQUIPMENT

Baking Sheet

### FROM YOUR PANTRY

Salt & Pepper  
Olive Oil

3 MEEZ

### CONTAINERS

Brussels Sprouts  
Almonds  
Dijon Vinaigrette

## Make This Meal Your Own

**Omnivore's Option** – Bacon and Brussels sprouts are a perfect match. Crisp some in the oven or on the stove, chop into bits and add it in when you add the almonds.

## Good to Know

### **Health Snapshot per serving (serves 2)**

490 Calories, 28g Carbs, 12g Protein, 16 Smart Points

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

INGREDIENTS: Brussels Sprouts, Almonds, Olive Oil, Red Wine Vinegar,  
Whole Grain Mustard, Honey, Herbs and Spices

meezmeals

### 1. Getting Started

Preheat your oven to 400.

### 2. Roast the Brussels Sprouts

Toss the **Brussels Sprouts** with 1 1/2 Tbsp of olive oil and season with salt and pepper. Spread the Brussels sprouts in a single layer on a baking sheet and roast until they are beginning to brown on the sides, about 15 minutes

Remove the pan from the oven and sprinkle the **Almonds** over top. Return the Brussels sprouts and almonds to the oven and bake until the almonds are fragrant, about 5 additional minutes.

Pour half of the **Dijon Vinaigrette** on to your Brussels sprouts and mix well. Bake for 5 more minutes.

### 3. Put It All Together

Season the Brussels sprouts with salt and pepper and more vinaigrette to taste. Enjoy! *Love this recipe? #meezmagic*

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## Health Snapshot

### Black Bean Chili

640 Calories  
12g Fat  
117g Carbs.  
16g Fiber  
878mg Sodium

20S Smart Points

807% Vitamin A  
119% Vitamin C  
38% Calcium

### Rotini Di Modena

680 Calories  
64g Protein  
27g Fat  
49g Carbs.  
7g Fiber  
231 mg Sodium

19 Smart Points

87% Vitamin C  
135% Vitamin A  
7% Vitamin B-6

### Blackened Salmon Taco

425 Calories  
24g Protein  
17g Fat  
47g Carbs.  
7g Fiber  
1162mg Sod.

12 Smart Points

17% Vitamin A  
11% Vit. B-6

### Barbeque Pizza

575 Calories  
24g Protein  
13g Fat  
61g Carbs  
11g Fiber  
1605 mg Sodium

19 Smart Points

316% Vitamin A  
25% Calcium  
77% Vitamin C

### Chimichurri Steak

530 Calories  
36g Protein  
18g Fat  
59g Carbs.  
6g Fiber  
112 mg Sodium

15 Smart Points

124% Vitamin C  
71% Vit. B-12  
57% Vit. B-6

### Lighten Up Option

Many of our meals can be prepared without all of the calorie-dense ingredients and still keep their magic.

#### Chili

No change

#### Rotini

1/2 balsamic  
cream sauce  
505 Calories  
9g Fat  
11 Smart Points

#### Salmon Taco

No Changes

#### Barbeque Pizza

No Changes

#### Steak

No changes

*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.*



## Health Snapshot

<b>Panang Curry with Broccoli</b>	<b>Tahitian Chicken Paella</b>	<b>Mediterranean Flatbread</b>	<b>Pesto Quesadilla</b>	<b>Aztec Salad</b>	<b>Dijon Roasted Brussels</b>
700 Calories	645 Calories	900 Calories	635 Calories	635 Calories	490 Calories
28g Protein	62g Protein	22g Protein	22g Protein	17g Protein	12 g Protein
35g Fat	19g Fat	61g Fat	36g Fat	38g Fat	41 g Fat
75g Carbs.	65 g Carbs.	71g Carbs.	54g Carbs.	44g Carbs.	28 g Carbs.
15g Fiber	58g Fiber	8g Fiber	4g Fiber	18g Fiber	11 g Fiber
889mg Sod.	370mg Sodium	1369g Sodium	1277mg Sod.	687mg Sod.	70 mg Sod.
22 Smart Points	19 Smart Points	32 Smart Points	20 Smart Points	20 Smart Points	16 Smart Points
331% Vitamin C	18% Vitamin B6	285% Vitamin A	42% Calcium	165% Vitamin A	279% Vitamin C
84% Folate	218% Vitamin C	11% Vitamin B12	5% Zinc	36% Vitamin B6	57% Vitamin E
46% Vitamin A	3% Calcium	43% Calcium	31% Vitamin A	2% Vit B-12	32% Folate

### Lighten Up Option

Many of our meals can be prepared without all of the calorie-dense ingredients and still keep their magic.

<b>Panang Curry</b>	<b>Chicken Paella</b>	<b>Flatbread</b>	<b>Quesadilla</b>	<b>Aztec Salad</b>	<b>Brussels</b>
Use 1/4 peanuts and half the coconut sauce	No Changes	1/2 cheese, 1/2 date glaze	No Changes	No Changes	No Changes
480 Calories		590 Calories			
16g Fat		32 g Fat			
		21 Smart Points			