

Quick Tips

Crisp Salmon with Olive Tapenade

20 Min to Table	20 Min Hands On	1 Whisk Super Easy
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Getting Started Just dive right in!

Picky Eaters Tip Cook the Brussels sprouts and potatoes separately.

Massaman Steak Curry

25 Min to Table	25 Min Hands On	2 Whisks Easy
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Getting Started Put a saucepan of water on to boil.

Meal Tip For extra flavor, add water to the pan with the peppers and almonds.

Cheesy Tomatillo Casserole

35 Min to Table	15 Min Hands On	1 Whisk Super Easy
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Getting Started Preheat your oven to 450.

Omnivore Option Chorizo tastes great with this recipe.

Balsamic Glazed Chicken Caprese Pasta

20 Min to Table	10 Min Hands On	1 Whisk Easy
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Getting Started Put a saucepan of water on to boil.

Meal Tip This dish is delicious served cold.

Toasted Gnocchi with Mint Basil Pesto

35 Min to Table	10 Min Hands On	1 Whisk Super Easy
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Getting Started Preheat your oven to 400.

Omnivore Option Chicken breast cubes are a great choice.


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Seared Tilapia with Pineapple Salsa

20 Min to Table	15 Min Hands On	1 Whisk Super Easy
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Getting Started Put a saucepan of water on to boil.

Meal Tip Add some roasted, chopped nuts for a nice crunch.

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

Butternut Squash Tacos with Chimichurri Sauce

30 Min to Table	10 Min Hands On	1 Whisk Super Easy
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Getting Started Preheat your oven to 450.

Omnivore Option Steak is a traditional partner for chimichurri.

Thai Noodles

35 Min to Table	15 Min Hands On	2 Whisks Easy
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Getting Started Preheat your oven to 425 and put a pot of water on to boil.

Make Ahead Tip Roast the sweet potatoes ahead of time to get dinner on the table more quickly.

Portobello Grilled Cheese

15 Min to Table	15 Min Hands On	1 Whisk Super Easy
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Getting Started Heat oil in medium skillet.

From Your Pantry You'll need a little cooking oil.

Bangkok Basil Crunch Salad

5 Min to Table	5 Min Hands On	1 Whisk Super Easy
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Getting Started Toss and serve!

Fingerling Potato Salad with Kale & Cranberries

15 Min to Table	10 Min Hands On	1 Whisk Super Easy
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Getting Started Put a pot of water on to boil.

Butternut Squash Tacos with Chimichurri Sauce

Chimichurri sauce is pure magic. It's a spicy Argentinean parsley sauce that makes everything zippy and exotic. We're serving it up this week with butternut squash and black beans, which come together in delicious tacos. Yum!

30 Minutes to the Table

10 Minutes Hands On

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Rimmed Baking Sheet
Saucepan

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

4 MEEZ CONTAINERS

Chimichurri
Butternut Squash
Black Beans
Corn Tortillas

Make The Meal Your Own

Omnivore's Option – Steak is a traditional partner for chimichurri and would be right at home in these tacos. Sear a steak to your preferred doneness, rest and slice before adding to the tacos.

Cooking with a picky eater? Have each diner create his or her own taco.

Good To Know

Health snapshot per serving – 570 Calories, 18g Protein, 18g Fiber, 16 Smart Points

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

INGREDIENTS: Butternut Squash, Black Beans, Corn Tortillas, Onion, Red Wine Vinegar, Lime, Parsley, Olive Oil, Garlic, Spices

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1. Getting Organized

Preheat your oven to 450. Put the **Chimichurri Sauce** in a bowl with 2 to 3 Tbsp of olive oil. Season with salt and pepper to taste. Set aside.

2. Roast the Squash

Put the **Butternut Squash** on a rimmed baking sheet. Drizzle with olive oil, season with salt and pepper and arrange in a single layer. Bake until the squash is fork tender and caramelized, about 18 to 22 minutes.

We like to line our baking sheets with parchment paper so nothing sticks.

3. Cook the Black Beans

While the squash is roasting, heat 1 Tbsp olive oil in a saucepan over medium-high heat. Add the **Black Beans** and cook for 2 to 3 minutes. Add ¼ cup water and turn the heat down to a simmer. Cook for 10 to 15 minutes, mashing the beans with a fork as they soften.

The goal is to have the beans a spreadable consistency after 10 minutes. If they start to dry out, add a touch of water.

4. Put It All Together

Heat the **Corn Tortillas** directly over a gas burner (or in a dry skillet) until warm and pliable, about 15 to 30 seconds per side. Serve the tortillas filled with black beans and squash. Spoon chimichurri on top to taste.

Love this recipe? #meezmagic

Instructions for two servings.

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

Crisp Salmon with Olive Tapenade

We're topping pan-fried salmon with our favorite tapenade. It has kalamata olives, plus a not-so-secret ingredient: sweet cherries. Sound strange? Cherries balance the olives, making a combo that's perfect over crispy salmon. Served over Dijon Brussels sprouts and fingerling potatoes, it's a gourmet taste in just 20 minutes.

20 *Minutes to the Table*

20 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

- 2 Skillets
- Shallow Pie Pan or Plate

FROM YOUR PANTRY

- ½ Cup Flour
- Olive Oil
- Salt & Pepper

5 MEEZ CONTAINERS

- Fingerling Potatoes
- Brussels Sprouts
- Salmon
- Olive Tapenade
- Mustard Vinaigrette

Make The Meal Your Own

Picky Eaters Tip – Cooking with someone who doesn't love Brussels sprouts? Cook the potatoes and Brussels separately, and keep all of their Brussels sprouts for yourself!

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, covered, off the heat before you cut into it and check for doneness.

Good To Know

Health snapshot per serving – 635 Calories, 39g Fat, 26g Protein, 52g Carbs, 19 Smart Points

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

INGREDIENTS: Salmon, Fingerling Potatoes, Brussels Sprouts, Olive Oil, Kalamata Olives, Apple Cider Vinegar, Green Onion, Dijon Mustard, Brown Sugar, Dried Cherries, Garlic, Herbs

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1. Prep the Potatoes

Cut the **Fingerling Potatoes** in half lengthwise and then cut across to create small, even pieces, about ½" each.

2. Make the Dijon Brussels & Potatoes

Heat 1 Tbsp oil in a large skillet over high heat. Add the cubed potatoes and cook, stirring occasionally, until starting to brown on the edges, 3 to 5 minutes. Add the **Brussels Sprouts** along with a generous pinch of salt and pepper and cook, stirring, until the Brussels are well browned and the potatoes are fork tender, about 10 to 15 minutes. Mix half of the **Mustard Vinaigrette** into the cooked Brussels and potatoes.

3. Cook the Salmon

While the hash is cooking, pour ½ cup flour in a shallow pie pan or on to a plate and add a generous pinch of salt and pepper. Pat the **Salmon** fillets dry with a paper towel and coat with the flour, making sure each fillet is covered with a thin layer. Repeat this process with remaining salmon.

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

Heat 2 Tbsp of oil in a large skillet on high heat. Add the salmon and cook until it colors about halfway up the sides, about 4 minutes. Flip and cook an additional 2 minutes. Remove from the heat and let rest 5 minutes.

Place the salmon in the pan early to avoid any oil splashing.

4. Put It All Together

Serve the veggies topped with salmon. Spread the **Olive Tapenade** on the salmon to taste and drizzle the finished dish with remaining vinaigrette.

Love this recipe? #meezmagic

Instructions for two servings.

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

Cheesy Tomatillo Casserole

Simply said, this Mexican casserole is a cheesy bit of heaven. We're toasting up tortillas to form a crunchy base, then topping them with poblanos, beans, pepper jack cheese and a fresh tomatillo salsa. Easy and delicious - that's our kind of dinner!

35 Minutes to the Table

15 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Baking Sheet
Large Skillet
Loaf Pan

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Corn Tortillas
Poblano Peppers
Corn & Beans
Creamy Tomatillo
Salsa
Pepper Jack Cheese

Make The Meal Your Own

Omnivore's Option – Chorizo is right at home in this dish. Cook it up separately and add it with the corn mix.

Make ahead tip – Cook the casserole up through the first half of step 4. After you add the pepper jack, refrigerate the casserole. When you're ready to eat, bake for a final 20 minutes.

This dish has a kick from the poblanos and pepper jack cheese. If you'd like a mellower version, you can serve the corn and beans on the tortillas as tacos or tostadas.

Good To Know

Chef Max recommends building your casserole in a loaf pan. If you don't have one, use a 9x9 casserole dish.

Health snapshot per serving – 330 Calories, 13g Protein, 13g Fiber, 10 Smart Points.

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

INGREDIENTS: Poblano Peppers, Tomatillos, Corn Tortillas, Black Beans, Corn, Pepper Jack Cheese, Cream Cheese, Sundried Tomatoes, Lime, Garlic, Cilantro, Spices

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1. Getting Organized

Preheat your oven to 450.

2. Bake the Corn Tortillas

Lay the **Corn Tortillas** on a baking sheet and brush with olive oil on each side. Bake until crisp, about 5 to 10 minutes.

3. Cook the Vegetables

Heat 1 Tbsp olive oil in a large skillet over high heat. Add the **Poblano Peppers** and sauté until browned, about 5 to 7 minutes.

Turn the heat down to medium-high and add the **Corn & Beans**. Cook until hot, about 2 minutes. Season with salt and pepper and set aside.

4. Assemble the Casserole

Turn your oven down to 375 and lay 2 of the corn tortillas on the bottom of your pan, breaking them into pieces to make them fit. Top with half of the cooked vegetables and half of the **Creamy Tomatillo Salsa**.

Add 1 more tortilla (break it up a bit so it resembles large chips) and the rest of the vegetables and salsa. Break the remaining tortilla into dime-size pieces, sprinkle on top and finish with the **Pepper Jack Cheese**. Bake until the cheese begins to bubble, about 15 minutes. If you'd like a crispier topping, cook under the broiler for an additional 5 minutes until the top is golden brown. Enjoy!

Not sure which dish or pan to use? See our note on the other side about choosing the perfect size pan.

Love this recipe? #meezmagic

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

Balsamic Glazed Chicken Caprese Pasta

This deliciously quick-to-the-table dish is sure to be a new family favorite. With organic chicken breast, fresh mozzarella, sweet grape tomatoes and a balsamic glaze, it's the perfect partner for whole-grain penne pasta. NOM NOM!

20 Minutes to the Table

10 Minutes Hands On

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Saucepan
Deep Skillet or Large
Saucepan with Lid

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Chicken Breast
Whole Grain Penne
Fresh Mozzarella
Pesto
Grape Tomatoes
Balsamic Glaze

Make The Meal Your Own

We think this pasta is just as good cold as it is warm, so we like it as a make-ahead lunch or dinner.

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

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

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

Health snapshot per serving – 615 Calories, 23g Fat, 40g Carbs, 64g Protein, 15 Smart Points

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

INGREDIENTS: Cage-Free Chicken Breast, Grape Tomatoes, Whole Grain Penne Pasta, Fresh Mozzarella Cheese, Balsamic Vinegar, Brown Sugar, Olive Oil, Basil, Almonds, Parmesan, Lemon Juice, Garlic, Spices

1. Getting Organized

Put a saucepan of water on to boil.

2. Cook the Pasta

Add the **Whole Grain Penne** to the boiling water. Cook until al dente, about 7 to 9 minutes, and then drain and return to the now-empty saucepan.

Add the **Fresh Mozzarella** and **Pesto**. Mix well, then set aside.

3. Prep and Cook the Chicken and Tomatoes

Place the **Chicken Breast** on a cutting board. Using a sharp knife, slice the chicken into even strips. (We aim for approximately 1/4" - 1/2" slices). Once the chicken is sliced, generously sprinkle 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).

While the pasta is cooking, heat 1 1/2 Tbsp olive oil in a deep skillet (or large saucepan) over medium-high heat. When the oil is hot, add the chicken breast and **Grape Tomatoes** and cover. Cook until the chicken is browned on one side, about 6 minutes, and then flip. Continue cooking, uncovered, until the chicken is fully cooked, about 4 more minutes.

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

Add the **Balsamic Glaze** and cook, stirring continuously, until chicken and tomatoes are coated, about 2 minutes. Season with salt and pepper to taste.

4. Put It All Together

Serve the pesto pasta topped with the chicken and tomatoes. Drizzle any extra glaze from the pan over the top to taste. Enjoy!

*Love this recipe? *meezmagic*

Instructions for two servings.

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

Massaman Steak Curry

We think of Massaman curry as a tasty blend of Thai and Indian flavors. With cardamom, cinnamon, cloves, and cumin (to name a few of the spices), it's heavily influenced Indian curries, yet still distinctly Thai. This week we're tossing it with peppers, almonds and sirloin steak for a dinner the whole family will love.

25 Minutes to the Table

25 Minutes Hands On

2 Whisks *Easy*

Getting Organized

EQUIPMENT

Two Saucepans
Large Skillet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Jasmine Rice
Massaman Curry
Sauce
Steak
Peppers & Almonds
Herbs & Coconut

Make The Meal Your Own

For extra rich beef flavor, add 2 Tbsp water to the skillet with the peppers and almonds as soon as they are done cooking. Using a spatula, give everything a good stir, scraping all the flavorful bits off the bottom of the pan.

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 – 730 Calories, 40g Protein, 37g Fat, 65g Carbs, 24 Smart Points

Lightened up snapshot – 540 Calories, 28g Fat, 39g Carbs and 17 Smart Points if you use 1/2 the rice and sauce.

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

INGREDIENTS: Coconut Milk, Steak, Jasmine Rice, Bell Peppers, Red Onion, Almonds, Rice Wine Vinegar, Brown Sugar, Tamari, Lime Juice, Coconut, Massaman Curry Paste, Ginger, Cilantro, Basil, Garlic

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1. Get Organized

Bring 2 cups of water to a boil in a large saucepan.

2. Cook the Rice

Add the **Jasmine Rice** to the boiling water with a pinch of salt. Reduce the heat to low, cover and simmer until it reaches the desired texture, about 20 to 25 minutes. Remove the rice from the heat, but keep covered.

3. Heat the Sauce

While the rice is cooking, pour the **Massaman Curry Sauce** into a small saucepan. Simmer the over medium-low heat until rapidly bubbling and slightly thickened, about 12 to 15 minutes.

4. Cook the Vegetables

Heat 1 Tbsp oil in the now-empty skillet over high heat. When the oil is hot, add the **Peppers & Almonds** and cook, stirring constantly, until the onions are translucent and the peppers are starting to brown on the edges, about 4 to 6 minutes.

5. Cook the Steak

Heat 1 Tbsp of oil in a skillet over high heat. While the skillet is heating, pat the **Steaks** 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 steaks. Cook until the bottoms brown 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.

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.

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).

6. Put It All Together

Serve the rice topped with sliced steak and peppers. Spoon the curry sauce over the top the garnish with the **Herbs & Coconut**.

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

Toasted Gnocchi with Mint-Basil Pesto

35 Minutes to the Table

10 Minutes Hands On

1 Whisk Super Easy

There's something magical about gnocchi when it's toasted. It gets crispy on the outside, tender on the inside, and totally delicious. We're tossing it with roasted butternut squash and a mint-basil pesto, then topping it with toasted coconut. Best of all, the oven does all the work in this hands-free gem.

Getting Organized

EQUIPMENT

Rimmed Baking
Sheet
Mixing Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

4 MEEZ CONTAINERS

Butternut Squash
Whole Wheat
Gnocchi
Coconut
Mint Pesto

Make The Meal Your Own

Want to get a jump on dinner? Cook the butternut squash in advance. When you're ready to eat, dinner will be on the table in 15 minutes.

Kids and Picky Eaters Tip – This is a crowd-pleasing recipe! If you have someone who doesn't love the pesto, though, serve his or her portion with plain olive oil.

Omnivore's Option – Chicken breast is a great choice for this dish. Cube it, toss with olive oil, salt and pepper and cook with the butternut squash.

Good To Know

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

Health snapshot per serving – 780 Calories, 15g Protein, 16g Fiber, 23 Smart Points.

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

INGREDIENTS: Butternut Squash, Potato Gnocchi, Coconut, Olive Oil, White Wine, Basil, Brown Sugar, Mint, Garlic

*meez*meals

1. Getting Organized

Preheat your oven to 400.

2. Roast the Butternut Squash

Arrange your **Butternut Squash** on a rimmed baking sheet. Drizzle with olive oil, season with salt and pepper and cook until it is just soft enough to bite through, about 15 minutes.

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

3. Toast the Gnocchi

Add the **Whole Wheat Gnocchi** to the baking sheet with the butternut squash. Mix well and cook until the gnocchi is golden brown and the butternut squash is caramelized, about 10 to 15 minutes.

4. Toast the Coconut

Add the **Coconut** to the baking sheet and return to the oven until just browned, about 3 minutes.

Keep an eye on the coconut - its natural oils can burn quickly.

5. Combine and Serve

Transfer the gnocchi, butternut squash and coconut to your serving bowl. Toss together with half of the **Mint Pesto**. Add more pesto and season with salt and pepper to taste.

Love this recipe? #meezmagic

Instructions for two servings.

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

Seared Tilapia with Pineapple Salsa

Inspired by the flavors of the West Indies, this weeknight treat is family favorite. Seared tilapia topped with a fresh pineapple and cilantro salsa, then served over Jamaican-spiced coconut rice. It's a tropical recipe we just love.

20 Minutes to the Table

15 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Saucepan
Shallow Pie Pan or Plate
Large Skillet

FROM YOUR PANTRY

½ Cup Flour
Olive Oil
Salt & Pepper

4 MEEZ CONTAINERS

Rice
Seasoned Coconut Milk
Tilapia
Pineapple Salsa

Make The Meal Your Own

Want to add something extra? Roasted, chopped nuts add a great crunch to this recipe. Chef Max recommends peanuts or cashews, but you can use whatever you have on hand. Just sprinkle them over the fish and pineapple salsa before serving.

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

Good To Know

Health snapshot per serving – 365 Calories, 9g Fat, 41g Protein, 34g Carbs, 10 Smart Points

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

INGREDIENTS: Tilapia, Rice, Coconut Milk, Pineapple, Bell Peppers, Celery, Cilantro, Green Onion, Garlic, Spices

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1. Getting Organized

Put a saucepan of water on to boil.

2. Cook the Rice

Add the **Rice** to the boiling water. Reduce heat to medium and simmer uncovered for 15 minutes. Drain and return to the saucepan. Stir in **Seasoned Coconut Milk** and cook over low heat, stirring gently, until creamy, about 3 minutes.

Drain the rice when it still has a little bite to it.

3. Dredge and Cook the Tilapia

Pour ½ cup flour into a shallow pie pan or on to a plate and add a generous pinch of salt and pepper. Pat the **Tilapia** dry with a paper towel and then coat with the flour, making sure each fillet is covered with a thin layer. Repeat this process with remaining tilapia.

Heat 2 Tbsp of oil in the skillet on medium-high heat. Add the tilapia and cook 3-4 minutes. Flip and cook an additional 2-3 minutes. Add 4 Tbsp water to the pan, turn off the heat and let rest for 3 minutes.

If you're working in batches, use 1 Tbsp of oil per fillet.

4. Put It All Together

Serve rice topped with tilapia and **Pineapple Salsa**.

Love this recipe? #meezmagic

Instructions for two servings.

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

Shiitake + Sweet Potato Thai Noodles

We love the flavors of Thailand, and are always looking for new combinations. When we put red curry and miso together, we knew we had an instant hit. They pair to make a spicy, savory, all-around-magical glaze that's perfect with udon noodles, sweet potatoes and shiitake and cremini mushrooms. It's a dinner members have fallen in love with.

35 Minutes to the Table

15 Minutes Hands On

2 Whisks *Easy*

Getting Organized

EQUIPMENT

Rimmed Baking Sheet
Saucepan
Large Skillet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Sweet Potatoes
Edamame
Mushrooms
Miso-Red Curry Glaze
Udon Noodles

Make The Meal Your Own

Cooking with a picky eater? Keep the mushrooms separate and let everyone add to taste.

Make ahead tip – Roast the sweet potatoes ahead of time. When you're ready to eat, reheat them in the oven or in a separate skillet with 3 Tbsp of oil for 5 minutes.

Good To Know

If you're making the gluten-free version, we've given you rice noodles. Cook until tender, about 7 minutes, and then drain and rinse under cold water.

Health snapshot per serving – 480 Calories, 19g Protein, 13g Fiber, 13 WW+ Points

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

INGREDIENTS: Sweet Potatoes, Edamame, Mushrooms, Udon Noodles, Miso, Red Curry Paste, Agave, Soy Sauce, Sesame Seeds

meezmeals

1. Getting Organized

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

2. Roast the Sweet Potatoes

Put the **Sweet Potatoes** on a rimmed baking sheet. Drizzle with olive oil and season with salt and pepper. Toss, then arrange in a single layer and bake until golden at the edges, about 20 minutes.

3. Cook the Mushrooms and Edamame

While the potatoes are roasting, heat 1 ½ Tbsp olive oil in a large skillet over medium-high heat. Add the **Edamame** and cook for 3 minutes, then add the **Mushrooms**. Sauté until the mushrooms are tender, about 5 to 10 minutes. Add the **Miso-Red Curry Glaze** and 2 Tbsp of olive oil. Mix well and remove from heat.

The oil is important for creating the glaze, so don't skimp on it.

4. Cook the Udon

Salt the boiling water and add the **Udon Noodles**. Cook until al dente, about 7 to 10 minutes. Drain.

5. Put It All Together

Toss the udon noodles with the sweet potatoes, mushrooms and edamame. Season with salt and pepper to taste. Enjoy!

Love this recipe? #meezmagic

Instructions for two servings.

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

Portobello Grilled Cheese

15 *Minutes to the Table*

15 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Non-Stick Skillet

FROM YOUR PANTRY

Vegetable Oil

5 MEEZ CONTAINERS

Sourdough

Cheese

Portobello

Mushrooms

Cranberry Aioli

Balsamic

Vinaigrette

Good to Know

We like the way mushrooms cook in a skillet, roast the mushrooms and then bake the grilled cheese for 5 minutes at 375.

Health Snapshot per serving (serves 1)

390 Calories, 14g Fat, 46g Carbs, 22g Protein

13 Smart Points

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

INGREDIENTS: Whole Wheat Sourdough, Portobello Mushrooms, Mozzarella, Balsamic Vinegar, Gruyere, Mayonnaise, Dried Cranberries, Brown Sugar, Vinegar, Herbs and Spices

meez*meals*

1. Cook the Mushrooms

Heat ½ Tbsp of oil in a skillet over medium-high heat. Add the **Portobellos** and cook 5 to 6 minutes until lightly browned. Add the **Balsamic Vinaigrette** and stir to coat the mushrooms. Set aside.

2. Make the Sandwich

Heat 1 Tbsp of oil in the same skillet over medium-high heat. Put one piece of **Sourdough** in the oil and then top with half of the **Cheese**. Spoon the mushrooms into the center of the cheese and sprinkle with remaining cheese. Top with the second piece of bread and gently press down to close.

Cook 1 to 2 minutes, then flip and cook another 3 to 4 minutes until the bread is golden brown. Turn off the heat, cover the sandwich and let sit for 1 minute.

3. Put It All Together

Remove the top piece of bread and spread the inside of the slice with **Cranberry Aioli** to taste. Enjoy!

Love this recipe? #meezmagic

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

Bangkok Basil Crunch Salad

5 Minutes to the Table

5 Minutes Hands On

Getting Organized

EQUIPMENT

Mixing Bowl

FROM YOUR PANTRY

Salt & Pepper

4 MEEZ CONTAINERS

Asian Veggies

Organic Tofu

Bangkok Basil

Dressing

Peanuts

Put It All Together

Put the **Asian Veggies** into a large mixing bowl with the **Organic Tofu** and half of the **Bangkok Basil Dressing**. Add salt and pepper and more dressing to taste. Serve topped with the **Peanuts** and enjoy!

Good to Know

Health Snapshot per serving

560 Calories, 25g Protein, 42g Fat, 10g Fiber, 18 Smart Points

Have Questions?

We're standing by at 773.916.6339

INGREDIENTS: Organic Tofu, Cabbage, Carrots, Sugar Snap Peas, Peanuts, Vegetable Oil, Rice Wine Vinegar, Tamari, Brown Sugar, Basil, Ginger, Sesame Oil, Garlic

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

Fingerling Potato Salad with Kale & Cranberries

15 Minutes to the Table

10 Minutes Hands On

1 Whisk Super Easy

Getting Organized Good to Know

EQUIPMENT

Saucepan
Skillet
Mixing Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

4 MEEZ CONTAINERS

Fingerling
Potatoes
Kale
Onions &
Cranberries
Feta Dressing

Make this salad stove-free by roasting the potatoes and kale before mixing with the onions, cranberries and dressing. It adds a great crisp texture and depth of flavor that we just love.

Health Snapshot per serving (serves 2)

295 Calories, 57g Carbs, 8g Protein, 9 Smart Points

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

INGREDIENTS: Fingerling Potatoes, Kale, Red Onion, Feta, Mayonnaise, Cranberries, White Wine Vinegar, Brown Sugar, Garlic, Spices

meezmeals

1. **Getting Organized**

Put a large saucepan of water on to boil.

2. **Make the Potato Salad**

Cut the **Fingerling Potatoes** into quarters. Add the potatoes to the boiling water and boil until fork tender, but not falling apart, about 10 to 12 minutes. Add the **Kale** and cook until bright green and tender, about 2 to 3 minutes.

While the potatoes are cooking, heat 1 Tbsp oil in a skillet over medium-high heat. Add the **Onions & Cranberries** and cook, stirring, until the onions are translucent, about 5 to 6 minutes. Remove to a large mixing bowl.

Drain the kale and potatoes well and then add to the mixing bowl with the onions and cranberries. Stir in the **Feta Dressing** and season with salt and pepper to taste.

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

Health Snapshot

Salmon Tapanade

635 Calories
26g Protein
39g Fat
52g Carbs.
6g Fiber
1208mg Sod.

19 Smart Points

182% Vitamin C
22% Vit. B-6

Cheesy Casserole

330 Calories
13g Protein
6g Fat
60g Carbs.
13g Fiber
281mg Sod.

10 Smart Points

26% Vitamin C
20% Iron
14% Zinc

Balsamic Chicken Pasta

615 Calories
64g Protein
23g Fat
40g Carbs.
5g Fiber
249mg Sodium

15 Smart Points

67% Vitamin C
25% Vitamin A
2% Vitamin B-6

Massaman Steak Curry

730 Calories
40g Protein
37g Fat
65g Carbs.
8g Fiber
924 mg Sod.

24 Smart Points

353% Vitamin C
71% Vit. B12
35% Vitamin B6

Toasted Gnocchi

780 Calories
15g Protein
24g Fat
125g Carbs.
16g Fiber
922mg Sodium

23 Smart Points

360% Vitamin A
66% Vitamin C
20% Calcium

Lighten Up Option

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

Salmon

No change

Casserole

No change

Chicken

No change

Steak Curry

½ rice & sauce

Toasted Gnocchi

No change

540 Calories
28g Fat
39g Carbs
17 Smart Points

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

Seared Tilapia

365 Calories
41g Protein
9g Fat
34 g Carbs.
2g Fiber
99 mg Sodium

10 Smart Points

102% Vitamin C
19% Vitamin A
11% Calcium

Butternut Squash Tacos

570 Calories
18g Protein
8g Fat
48g Carbs.
18g Fiber
1126mg Sod.

16 Smart Points

85% Vit C
327% Vit A

Thai Noodles

480 Calories
19g Protein
4g Fat
91g Carbs
13g Fiber
645g Sodium

13 Smart Points

76% Vit C
787% Vit A
5% Calcium

Grilled Cheese

390 Calories
22g Protein
14g Fat
46g Carb.
6g Fiber
490 mg Sod.

13 Smart Points

29% Calcium
8% Vitamin B12
6% Vitamin A

Basil Crunch Salad

560 Calories
25g Protein
42g Fat
31g Carbs.
10g Fiber
1358mg Sod.

18 Smart Points

66% Vitamin C
120% Vitamin A
59% Calcium

Fingerling Potato Salad

295 Calories
8 g Protein
5 g Fat
57 g Carbs.
5 g Fiber
130 mg Sod.

9 Smart Points

155% Vitamin A
115% Vitamin C
20% Vitamin B6

Lighten Up Option

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

Seared Tilapia

No change

Tacos

No Change

Thai Noodles

No changes

Grilled Cheese

No Changes

Basil Crunch

No Changes

Potato Salad

No changes