



Steak with Chimichurri

with Spinach-Arugula Salad

Keto Special

Spicy

Quick

25 Minutes



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Beef Steak



Lime



Parsley



Garlic, cloves



Broccoli, florets



Arugula and Spinach
Mix



Feta Cheese,
crumbled



Baby Tomatoes



Chili Flakes



Cilantro



Red Wine Vinegar

HELLO FETA CHEESE

A salty, briny cheese with a crumbly texture!

Start here

Before starting, wash and dry all produce.

Measurements within steps **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** Ingredient

Bust out

Measuring spoons, zester, aluminum foil, large bowl, small bowl, measuring cups, whisk, large non-stick pan, paper towels

Ingredients

| | 2 Person | 4 Person |
|-------------------------|----------|----------|
| Beef Steak | 285 g | 570 g |
| Lime | 1 | 2 |
| Parsley | 7 g | 14 g |
| Garlic, cloves | 1 | 2 |
| Broccoli, florets | 227 g | 454 g |
| Arugula and Spinach Mix | 113 g | 227 g |
| Feta Cheese, crumbled | ¼ cup | ½ cup |
| Baby Tomatoes | 113 g | 227 g |
| Chili Flakes 🌶️ | 1 tsp | 2 tsp |
| Cilantro | 7 g | 14 g |
| Red Wine Vinegar | 1 tbsp | 2 tbsp |
| Sugar* | ½ tsp | ¼ tsp |
| Oil* | | |
| Salt and Pepper* | | |

* Pantry items

** Cook to a minimum internal temperature of 63°C/145°F for medium-rare; steak size will affect doneness.

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.



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1



Make chimichurri

- Finely chop **parsley** and **cilantro**.
- Peel, then mince or grate **garlic**.
- Zest, then juice **lime**.
- Add **parsley, cilantro, garlic, lime juice, ¼ tsp (½ tsp) lime zest** and **¼ tsp (½ tsp) chili flakes** to a small bowl. Add **1 ½ tbsp (3 tbsp) oil**, then whisk to combine. Season with **salt and pepper**, then set aside.

4



Pan-fry veggies

- Reheat the same pan over medium-high.
- When hot, add **½ tbsp (1 tbsp) oil**, then **broccoli, tomatoes** and **¼ cup (½ cup) water**. Season with **salt and pepper**. Cook, stirring occasionally, until **broccoli** is tender-crisp, 4-5 min.

2



Finish prep

- Cut **broccoli** into bite-sized pieces.
- Pat **steaks** dry with paper towels. Season with **salt and pepper**.

5



Finish and serve

- Whisk together **vinegar, ⅛ tsp (¼ tsp) sugar** and **1 tbsp (2 tbsp) oil** in a large bowl. Add **arugula and spinach mix**, then toss to coat.
- Divide **steaks** and **salad** between plates.
- Top **salad** with **veggies** and **feta**.
- Spoon **chimichurri** over **steaks** and **salad**.

3



Cook steaks

- Heat a large non-stick pan over medium-high heat.
- When hot, add **½ tbsp (1 tbsp) oil**, then **steaks**. Pan-fry until cooked to desired doneness, 5-8 min per side. **
- When **steaks** are done, remove from heat and transfer to a plate.
- Loosely cover with foil and set aside to rest for 2-3 min.

Dinner Solved!