

# Steak with Chimichurri

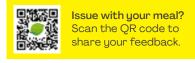
with Spinach-Arugula Salad

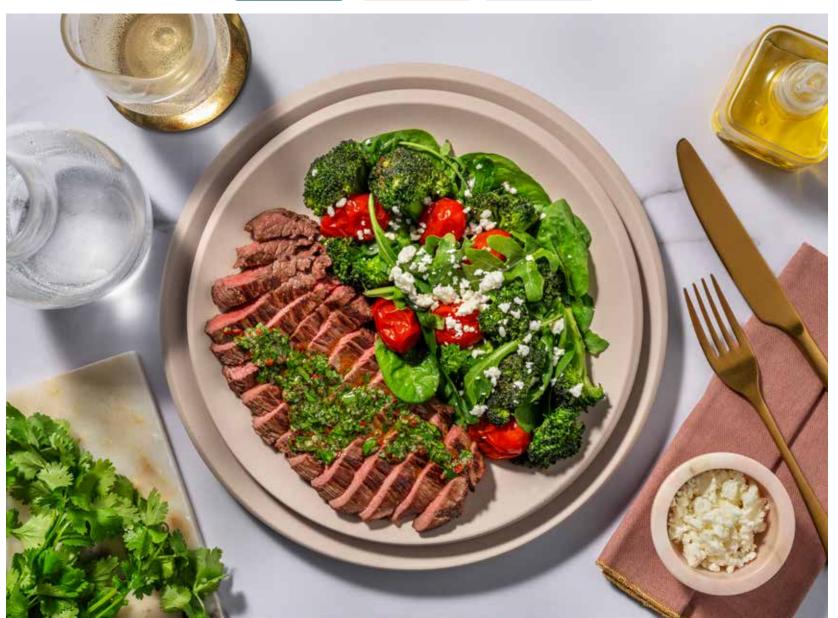
Keto Special

Spicy

Quick

25 Minutes











Beef Steak





Garlic, cloves







Broccoli, florets

Arugula and Spinach







Feta Cheese, crumbled







Chili Flakes

**Baby Tomatoes** 

Cilantro



Red Wine Vinegar

# Start here

Before starting, wash and dry all produce.

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

#### **Bust out**

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

oil

## Ingredients

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	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	1/4 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*	% tsp	1/4 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.



#### Make chimichurri

- Finely chop parsley and cilantro.
- · Peel, then mince or grate garlic.
- · Zest, then juice lime.
- Add parsley, cilantro, garlic, lime juice,  $\frac{1}{4}$  tsp ( $\frac{1}{2}$  tsp) lime zest and  $\frac{1}{4}$  tsp ( $\frac{1}{2}$  tsp) chili flakes to a small bowl. Add 1 1/2 tbsp (3 tbsp) oil, then whisk to combine. Season with salt and pepper, then set aside.



#### Finish prep

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



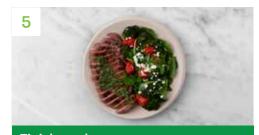
Cook steaks

- · Heat a large non-stick pan over mediumhigh heat.
- When hot, add 1/2 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.



# Pan-fry veggies

- Reheat the same pan over medium-high.
- When hot, add 1/2 tbsp (1 tbsp) oil, then **broccoli**, **tomatoes** and **1/4 cup** (1/2 cup) water. Season with salt and pepper. Cook, stirring occasionally, until broccoli is tendercrisp, 4-5 min.



#### Finish and serve

- Whisk together vinegar, 1/8 tsp (1/4 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.

**Dinner Solved!** 

