



SEP
2016

Argentine-Spiced Steak

with Green Onion Salsa and Spinach Couscous Salad

Argentina is renowned for incredible steaks, so it goes without saying that they know how to dress them up right. Chimichurri is an Argentinian herb sauce traditionally made with green herbs, vinegar, garlic, and plenty of olive oil. Here, we used mellow green onions and lemon zest for our own twist. Served over cumin-scented steak, it's an unbeatable combination.

 *Prep*
30 min

 *level 1*

 *dairy free*



Sirloin Steak



Israeli Couscous



Garlic



Lemon



Spinach



Red Bell
Pepper



Green Onions



Cumin

Ingredients

	2 People	4 People
Sirloin Steak	1	2
Israeli Couscous	1) 1 pkg (¾ cup)	2 pkg (1½ cups)
Lemon	1	2
Green Onions	2	4
Red Bell Pepper, sliced	1 pkg (185 g)	2 pkg (370 g)
Garlic	2 cloves	4 cloves
Spinach	1 pkg (140 g)	2 pkg (280 g)
Cumin	1 pkg (1 tsp)	2 pkg (2 tsp)
Cilantro	1 pkg (7 g)	2 pkg (14 g)
Olive or Canola Oil*		

*Not Included

Allergens

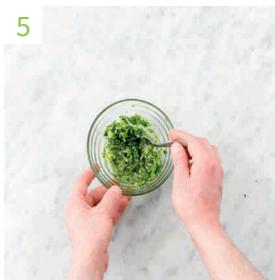
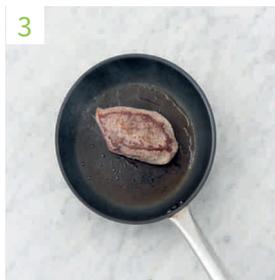
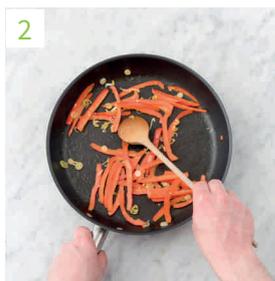
1) Wheat/Blé

Tools

Large pot, Zester, Large pan, Medium bowl, Strainer, Small bowl

Nutrition per person Calories: 721 cal | Fat: 30 g | Protein: 30 g | Carbs: 64 g | Fiber: 9 g

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.



1 Prep: Wash and dry all produce. Mince or grate the **garlic**. Thinly slice the **green onions**, keeping the **green** and **white** parts separate. Zest, then juice the **lemon(s)**.

2 Cook the bell pepper mixture: Heat a large pan over medium-high heat. Add a drizzle of **oil**, then **red bell pepper**. Cook, stirring occasionally, until softened, 3-4 min. Add the **green onion whites** and **garlic** and cook for 1 more min, until fragrant. Set aside in a medium bowl.

3 Cook the steak: Season the **steak** on all sides with **cumin, salt, and pepper**. Heat another drizzle of **oil** in the same pan over high heat. Add the **steak** to the pan and cook for 4-7 min per side, or until cooked to desired doneness. (**TIP:** Inserting a thermometer into a medium steak should display an internal temperature of 160°F.) Set aside to rest for 5 min.

4 Make the salad: Meanwhile, bring a large pot of **salted water** to a boil. Add the **couscous** to the boiling water and cook for 7-9 min, until al dente. Drain. Toss the cooked **couscous** into the **red pepper mixture** along with the **spinach, cilantro, half the lemon juice** and a drizzle of **oil**. Season to taste with **salt** and **pepper**.

5 Make the green onion salsa: In a small bowl, combine the **green onion greens, lemon zest, remaining lemon juice** and a large drizzle of **oil**. Season to taste with **salt** and **pepper**.

6 Finish and serve: Thinly slice the **steak** against the grain and serve on a bed of **spinach couscous salad**. Top with the **salsa** and enjoy!

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Ruler

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