



AUG  
2016

## Seared Steak

with Caprese Orzo Salad

However much we love cooking, we also enjoy spending time outside during the summer months. That's why this easy-peasy, 30-minute family recipe is high on our list of go-to dinners. Tender beef pairs beautifully with satisfying pasta salad and the unbeatable combo of mozzarella and tomatoes.



Prep: 10 min  
Total: 30 min



level 1



nut  
free



Sirloin  
Steak



Orzo



Grape  
Tomatoes



Fresh Mozzarella  
Cheese



Parsley



Garlic

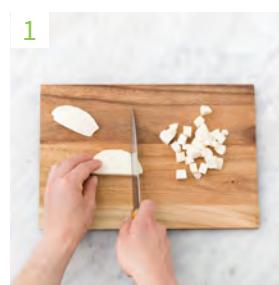


Balsamic  
Vinegar

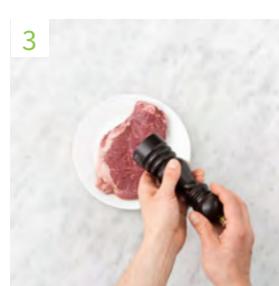
Ingredients		4 People	*Not Included	
Sirloin Steak		24 oz		1 in
Orzo	1)	12 oz		¾ in
Grape Tomatoes		8 oz		½ in
Fresh Mozzarella Cheese	2)	4 oz		1 in
Parsley		¼ oz		1 in
Garlic		4 Cloves		1 in
Balsamic Vinegar		4 T		1 in
Olive Oil*		2 T		0 in

Ruler

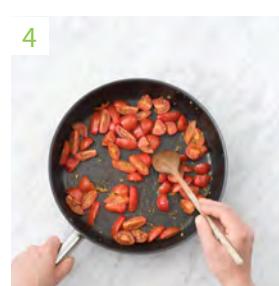
Nutrition per person Calories: 627 cal | Fat: 15 g | Sat. Fat: 5 g | Protein: 54 g | Carbs: 70 g | Sugar: 5 g | Sodium: 170 mg | Fiber: 5 g



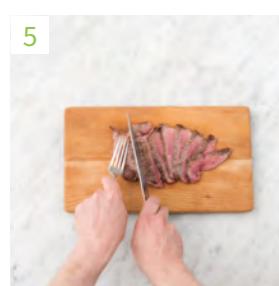
**1 Prep:** Wash and dry all produce. Preheat the oven to 400 degrees or grill to high. Bring a large pot of **salted water** to a boil. Quarter the **grape tomatoes**. Roughly chop the **parsley leaves**. Cut the **mozzarella** into  $\frac{1}{2}$ -inch cubes. Mince the **garlic**.



**2 Boil the orzo:** Add the **orzo** to the boiling water. Cook 9-11 minutes, until al dente. Drain.



**3 Cook the steak:** Heat a large drizzle of **olive oil** in a large pan over medium-high heat. Season the **steak** on all sides with **salt** and **pepper** before adding it to the pan. Cook 2-3 minutes per side, until browned. Transfer steak to a baking sheet, then place in the oven to finish cooking to desired doneness, 4-7 minutes. **TIP:** You can also cook the steak on the grill if you have one!



**4 Make the pasta salad:** Heat another large drizzle of **olive oil** in the same pan over medium heat. Add the **garlic**. Cook 30 seconds, until fragrant. Add the **tomatoes**. Cook 1-2 minutes, until slightly softened. Toss in the drained **orzo**, **mozzarella**, a large drizzle of **olive oil**, the **balsamic vinegar**, and  $\frac{3}{4}$  of the **parsley**. Season with **salt** and **pepper**. Taste and adjust with more olive oil or balsamic vinegar, as needed.

**5 Serve:** Once the **mozzarella** has melted slightly, divide the **caprese orzo salad** between plates. Thinly slice the **seared steak**, serve over the salad, and garnish with the remaining **parsley**. Enjoy!

Share your masterpiece on social media! Tag your photos with #HelloFreshPics, and you'll be entered into our weekly photo contest!

