



# SEARED SIRLOIN STEAK

with Caprese Pasta Salad

PREP: 10 MIN  
TOTAL: 30 MIN

LEVEL 1

NUT FREE



## HELLO

### ORZO

Rice-shaped pasta that's perfect for salads

#### INGREDIENTS:

- Grape Tomatoes
- Parsley
- Fresh Mozzarella (Contains: Milk)
- Garlic
- Orzo (Contains: Wheat)
- Sirloin Steak
- Balsamic Vinegar

#### FOR 4 PEOPLE:

8 oz  
¼ oz  
8 oz  
4 Cloves  
12 oz  
24 oz  
2 TBSP

#### NUTRITION PER SERVING

866 cal | Fat: 37 g | Sat. Fat: 16 g | Protein: 63 g | Carbs: 72 g | Sugar: 6 g | Sodium: 352 mg | Fiber: 4 g

## START STRONG

To wash parsley (and other leafy greens), dunk 'em in a bowl of water and give 'em a shake—any unwanted bits will fall to the bottom. Make sure to pat the greens dry with a paper towel before using.



## BUST OUT

- Large pot
- Large pan
- Olive oil (1 tsp)
- Oil (2 tsp)
- Strainer
- Baking sheet

### 1 PREHEAT AND PREP

#### Wash and dry all produce.

Preheat oven to 400 degrees. Bring a large pot of salted **water** to a boil. Chop **grape tomatoes** into quarters. Pick leaves from **parsley**, discard stems, and roughly chop leaves. Cut **mozzarella** into ½-inch cubes. Mince or grate **garlic**.

### 2 BOIL PASTA

Add **orzo** to boiling water and cook until al dente, 9-11 minutes. Drain.

### 3 SEAR STEAK

Heat a drizzle of **oil** in a large pan over medium-high heat. Season **steak** all over with **salt** and **pepper**. Add to pan and cook until browned, 2-3 minutes per side. Transfer steak to a baking sheet. Place in oven and cook to desired doneness, 7-10 minutes.



### 4 COOK GARLIC AND TOMATOES

Heat another drizzle of **oil** in same pan over medium heat. Add **garlic** and cook until fragrant, about 30 seconds. Add **tomatoes** and cook until slightly softened, 1-2 minutes.

### 5 TOSS PASTA SALAD

Add **orzo**, **mozzarella**, **balsamic vinegar**, a drizzle of **olive oil**, and ¾ of the **parsley** to pan and toss. Season with **salt** and **pepper**.

### 6 FINISH AND PLATE

Once **mozzarella** has melted slightly, divide **pasta salad** between plates. Thinly slice **steak** and serve over pasta. Garnish with remaining **parsley**.

## BELLISSIMO!

Have leftover pasta salad? It'll make a great lunch the next day.