

**GREEN  
CHEF**

# ZA'ATAR STEAK

Cauliflower tabbouleh & zesty braised veggies

PALEO

40  
MIN  
PREP + COOK TIME



**370 calories per serving | serves 2**

A savory steak dinner with Middle Eastern flair. Sirloin steaks dusted with za'atar — a traditional spice blend of sesame seeds, thyme, marjoram, and sumac — are pan-seared, then served with braised veggies. A lemon-dressed tabbouleh, made with cauliflower “couscous” in lieu of bulgur wheat, finishes the dish off on a bright note.

## INGREDIENTS (9 items)

- Sirloin steaks
- Green beans
- Carrots, red onion & lemon
- Garlic & thyme
- Rainbow cherry tomatoes

LOOK FOR THIS COLOR LABEL!

- Cauliflower “couscous”
- Parsley, mint & scallion
- Cucumber
- Za'atar spice blend

All ingredients organic unless otherwise labeled.

Wash & dry fresh produce. Wash hands & surfaces after handling raw meat.

## FROM YOUR PANTRY

cooking oil (such as coconut or avocado) or ghee, salt & pepper, kitchen towel, olive oil

## TOOLS YOU'LL NEED

knife & cutting board, peeler, large sauté pan with lid, cooking spoon, liquid measuring cup, medium sauté pan with lid, fine mesh strainer, spoon, microplane, tongs, large bowl



### 1 PREP VEGGIES

Remove stem ends from **green beans**. Cut tops off **carrots** and peel. Cut at an angle into about ¼-inch thick coins. Cut root end off **red onion** and remove peel. Slice into about ¼-inch thick strips. Mince **garlic**. Halve **rainbow cherry tomatoes**.



### 2 SAUTÉ GREEN BEANS & CARROTS

Heat about 1 ½ tablespoons cooking oil in a large sauté pan (with lid) over medium-high heat. Add **green beans**, **onion**, and **carrots** to hot pan; stir. Season with salt and pepper. Cook 2 minutes.



### 3 BRAISE VEGGIES

Add ¾ cup water, **tomatoes**, **garlic**, and **whole thyme sprigs**. Cover and reduce heat to medium-low. Simmer 10 minutes. Remove lid. Simmer 10 more minutes, or until liquid cooks off and veggies are tender, stirring occasionally.



Pro Tip: Wringing the cauliflower dry helps it reach the texture of traditional couscous.

### 4 PREP CAULIFLOWER

Meanwhile, bring **cauliflower "couscous"** and 1 cup lightly salted water to a boil in a medium sauté pan. Once boiling, cover and reduce heat to medium. Cook 4 minutes (covered), or until tender. Strain. Rinse with cold water; shake off excess water. Transfer cauliflower to a kitchen towel and wring dry over sink. Place in a large bowl.



### 5 PREP TABBOULEH

Destem **parsley** and **mint**; roughly chop leaves together. Thinly slice **scallion**; discard root end. Peel **cucumber** if desired. Halve lengthwise. Scoop out seeds with a spoon. Slice into about ¼-inch thick half moons. Zest whole **lemon** with a microplane (or on small holes of a box grater); reserve zest for braised veggies. Halve lemon.



### 6 COOK STEAKS

Season both sides of **sirloin steaks** with salt, pepper, and about ⅓ of the **za'atar spice blend**; reserve remaining spice blend. Heat about 1 ½ tablespoons cooking oil in pan used for cauliflower over medium-high heat. Add steaks to hot pan. Cook 4-5 minutes on each side, or to desired doneness. Transfer to cutting board; let rest at least 3 minutes.



### 7 FINISH TABBOULEH & VEGGIES

Meanwhile, add **herbs**, **scallion**, and **cucumber** to bowl with cauliflower. Drizzle with 1-2 tablespoons olive oil. Squeeze **juice of lemon** (to taste) over tabbouleh, avoiding seeds. Season with salt and pepper. Toss to combine. Remove thyme sprigs from braised veggies. Sprinkle **lemon zest** and remaining **za'atar spice blend** over pan; stir.



### 8 PLATE YOUR DISH

Cut **za'atar steaks** against the grain and at an angle into 5-7 slices each. Divide **cauliflower tabbouleh** between plates. Spoon **zesty braised veggies** next to tabbouleh. Fan steak over top. Enjoy!

## WANT TO MAKE THIS DISH AGAIN?

View complete recipes in your Order History or at [greenchef.com/menu](https://www.greenchef.com/menu).

## YOU SHARE, WE GIVE.

Tag your @greenchef pics #iamgreenchef for a chance to win 1 free meal. Add #greenchefgives to show your support for Meals on Wheels America.



Questions? Talk to us at [help@greenchef.com](mailto:help@greenchef.com).

© 2016 Green Chef, Inc. All Rights Reserved