



# GARLICKY STEAK BOWLS WITH TOMATO-CUKE SALAD

plus Israeli Couscous, Dill Crema & Pita Wedges

## INGREDIENTS

2 PERSON | 4 PERSON



1 | 2  
Tomato



2 | 4  
Mini Cucumbers



¼ oz | ½ oz  
Dill



2.5 oz | 5 oz  
Israeli Couscous  
Contains: Wheat



1 | 2  
Chicken Stock  
Concentrate



10 oz | 20 oz  
Ranch Steak



1 tsp | 2 tsp  
Garlic Powder



1½ TBSP | 3 TBSP  
Crema  
Contains: Milk



2 | 4  
Pitas  
Contains: Sesame,  
Wheat



ANY ISSUES WITH YOUR ORDER?  
WE'D BE SIMMERING LIKE STEW OVER  
THERE TOO. SCAN HERE TO GET HELP!

HELLO

### RANCH STEAK

Also known as boneless shoulder center cut steak, this cut is lean, flavorful, and extra beefy.

PREP: 5 MIN | COOK: 20 MIN | CALORIES: 660



### GIVE IT A REST

Let the steak rest for at least 5 minutes before slicing. The extra standing time gives the juices a chance to redistribute, keeping the meat moist.

### BUST OUT

- Medium bowl
- Large pan
- Small pot
- Strainer
- Paper towels
- Small bowl
- Kosher salt
- Black pepper
- Cooking oil (1 tsp | 1 tsp)
- Olive oil (2 tsp | 2 tsp)

### GET SOCIAL

Share your #HelloFreshPics with us @HelloFresh

(646) 846-3663

HelloFresh.com



#### 1 PREP

- Wash and dry produce.
- Dice **tomato** into ½-inch pieces. Trim and halve **cucumbers** lengthwise; slice into ½-inch-thick half-moons. Pick and finely chop **fronds from dill**.
- In a medium bowl, combine tomato and cucumbers; season with **salt** and **pepper**. Set aside, stirring occasionally.



#### 4 MAKE CREMA

- While steak cooks, pour **liquid from tomato and cucumber salad** into a small bowl. Set salad aside.
- To bowl with liquid, add **crema**, **half the dill**, **remaining garlic powder**, and a **drizzle of olive oil**; stir to combine. Season with **salt** and **pepper** if desired.



#### 2 START COUSCOUS

- In a small pot, combine **couscous**, **stock concentrate**, **¾ cup water (1½ cups for 4 servings)**, and a **pinch of salt**. Bring to a boil, then cover and reduce heat to low. Cook until tender, 6-8 minutes.
- Keep covered off heat until ready to use in Step 5.



#### 5 TOAST PITAS & FINISH COUSCOUS

- Toast **pitas** until softened and warmed through; cut into quarters.
- Fluff **couscous** with a fork; stir in a **drizzle of olive oil** and as much **remaining dill** as you like. Taste and season with **salt** and **pepper**.



#### 3 COOK STEAK

- While couscous cooks, pat **steak\*** dry with paper towels and season with **half the garlic powder (you'll use the rest in the next step)**, **salt**, and **pepper**.
- Heat a **drizzle of oil** in a large pan over medium-high heat. Add steak; cook to desired doneness, 3-6 minutes per side. Transfer to a cutting board to rest.



#### 6 FINISH & SERVE

- Thinly slice **steak** against the grain.
- Divide **couscous** between shallow bowls. Top with **tomato and cucumber salad**, steak, and **dill crema**; serve with **pita wedges** alongside.

\*Steak is fully cooked when internal temperature reaches 145°.