



MIDDLE EASTERN STEAK & RICE PILAF

with Tzatziki, Almonds & Smoky Roasted Veggies

INGREDIENTS

2 PERSON | 4 PERSON



6 oz | 12 oz
Carrots



1 | 2
Zucchini



1 | 2
Persian Cucumber



2 Cloves | 4 Cloves
Garlic



1 | 2
Lemon



1 tsp | 2 tsp
Smoked Paprika



½ Cup | 1 Cup
Basmati Rice



1 | 2
Chicken Stock
Concentrate



2 TBSP | 4 TBSP
Yogurt
Contains: Milk



2 TBSP | 4 TBSP
Sour Cream
Contains: Milk



9 oz | 18 oz
Middle Eastern
Spiced Steak



½ oz | 1 oz
Sliced Almonds
Contains: Tree Nuts



1 tsp | 2 tsp
Chili Flakes

HELLO

TZATZIKI

This creamy, cucumber-y condiment perfectly complements spiced steak.



PREP: 5 MIN | COOK: 30 MIN | CALORIES: 780

HOT TIP

For extra thick and creamy tzatziki, grate your cucumber over a clean kitchen towel, then gather the towel into a tight bundle and squeeze out any excess moisture.

BUST OUT

- Box grater
- Baking sheet
- Small pot
- Small bowl
- Large pan
- Kosher salt
- Black pepper
- Olive oil (4 tsp | 4 tsp)
- Butter (1 TBSP | 2 TBSP)
Contains: Milk

GET SOCIAL

Share your #HelloFreshPics with us @HelloFresh

HelloFresh.com



1 PREP

- Adjust rack to top position and preheat oven to 450 degrees. **Wash and dry all produce.**
- Trim, peel, and cut **carrots** on a diagonal into ½-inch-thick pieces. Trim and halve **zucchini** lengthwise; cut crosswise into ½-inch-thick half-moons. Trim and grate **cucumber** on the largest holes of a box grater. Mince or grate **garlic**. Quarter **lemon**.
- **4 SERVINGS: Adjust racks to top and middle positions.**



4 MAKE TZATZIKI

- In a small bowl, combine **yogurt**, **sour cream**, half the **cucumber** (taste and add more from there if desired), juice from **1 lemon wedge**, and a big pinch of **salt**. Stir in **reserved garlic** if desired.
- **4 SERVINGS: Squeeze in juice from 2 lemon wedges.**



2 ROAST VEGGIES

- Toss **carrots** and **zucchini** on a baking sheet with a large drizzle of **olive oil**, **paprika**, **salt**, and **pepper**.
- Roast on top rack until browned and tender, 18-22 minutes.
- **4 SERVINGS: Divide veggies between 2 baking sheets. Roast carrots on top rack and zucchini on middle rack.**



5 COOK STEAK

- Season **steak*** with **salt** and **pepper**. Heat a drizzle of **olive oil** in a large pan over medium-high heat.
- Add steak and cook until browned, 4-7 minutes on first side. Flip, reduce heat to medium, and cook until browned and cooked to desired doneness, 4-7 minutes more. Transfer to a cutting board to rest.



3 COOK RICE

- Meanwhile, heat a drizzle of **olive oil** in a small pot over medium-high heat. Reserve a pinch of **garlic** (you'll use it in the tzatziki); add remaining garlic to pot. Cook until fragrant, 30 seconds.
- Stir in **rice**, **¾ cup water**, **stock concentrate**, and a big pinch of **salt**. Bring to a boil, then cover and reduce to a low simmer. Cook until rice is tender, 15-18 minutes. Keep covered off heat until ready to serve.
- **4 SERVINGS: Use a medium pot. Use 1½ cups water.**



6 SERVE

- Fluff **rice** with a fork and stir in **1 TBSP butter**. Divide between bowls. Arrange **veggies** on one side of rice.
- Slice **steak** against the grain and arrange next to veggies. Top with **tzatziki** and **almonds**. Sprinkle with **chili flakes** if desired. Serve with remaining **lemon wedges** on the side.
- **4 SERVINGS: Stir in 2 TBSP butter.**
- **TIP: Toast your almonds before garnishing if you like.**

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