

MIDDLE EASTERN STEAK & RICE PILAF

with Tzatziki, Almonds & Smoky Roasted Veggies



2 PERSON | 4 PERSON



Carrots



Zucchini



Persian Cucumber



1 Clove | 2 Cloves Garlic



1 | 2 Lemon



1 tsp | 2 tsp Smoked Paprika



1/2 Cup | 1 Cup Basmati Rice



Chicken Stock Concentrate

2 TBSP | 4 TBSP

Sour Cream Contains: Milk



2 TBSP | 4 TBSP Yogurt



9 oz | 18 oz Middle Eastern Spiced Steak



½ oz |1 oz Sliced Almonds **Contains: Tree Nuts**

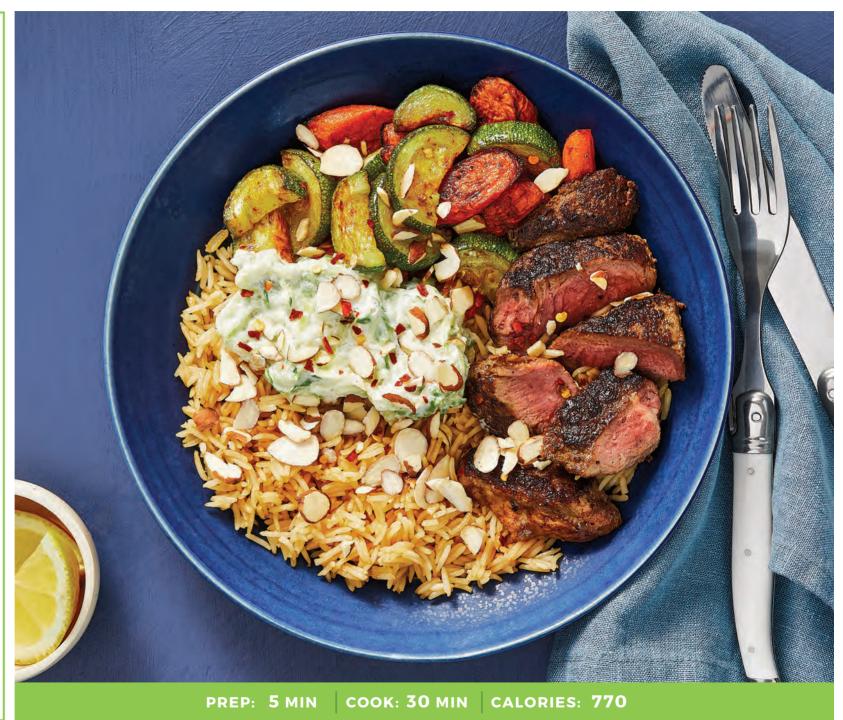


1 tsp | 2 tsp Chili Flakes

HELLO

TZATZIKI

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



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

- Peeler
- 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

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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. Peel and mince or grate garlic. Quarter lemon.
- · 4 SERVINGS: Adjust racks to top and middle positions.



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 sheets. Roast carrots on top rack and zucchini on middle rack.



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, 3/4 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 and 1½ cups water.



4 MAKE TZATZIKI

- · While rice cooks, 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.



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 on first side. 4-7 minutes. 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.



6 FINISH & 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.