



JUN
2016

Argentine-Spiced Steak with Scallion Chimichurri and Spinach Couscous Salad

Argentina is renowned for incredible steaks, so it goes without saying that they know how to dress them up right. Chimichurri is an Argentinian herb sauce traditionally made with green herbs, vinegar, garlic, and plenty of olive oil. Here we used mellow scallion greens for our own twist. Served over cumin-scented steak, it's an unbeatable combination.



Prep: 10 min
Total: 30 min



level 1



nut free



dairy free



Sirloin Steak



Israeli Couscous



Garlic



Lemon



Spinach



Red Bell
Pepper



Scallions



Cumin

Ingredients

	2 People	4 People
Sirloin Steak	12 oz	24 oz
Israeli Couscous	1) ¾ Cup	1 ½ Cups
Lemon	1	1
Scallions	2	4
Red Bell Pepper	1	2
Garlic	2 Cloves	4 Cloves
Spinach	5 oz	10 oz
Cumin	1 t	2 t
Oil*	5 t	10 t

*Not Included

Allergens

1) Wheat

Tools

Large pot, Zester, Large pan, Medium bowl, Strainer, Small bowl

Ruler

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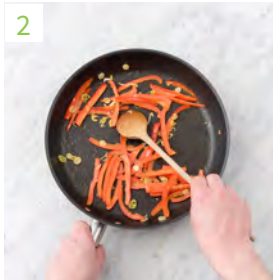
Nutrition per person Calories: 631 cal | Fat: 21 g | Sat. Fat: 6 g | Protein: 49 g | Carbs: 66 g | Sugar: 6 g | Sodium: 152 mg | Fiber: 9 g

1



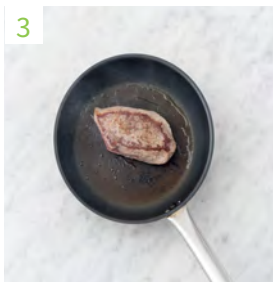
1 Prep the veggies: Wash and dry all produce. Bring a large pot of **salted water** to a boil. Core, seed, and thinly slice the **red bell pepper**. Mince or grate the **garlic**. Thinly slice the **scallion whites**. Very finely mince the **scallion greens**. Zest, then halve the **lemon** (you'll want about ½ teaspoon of zest).

2



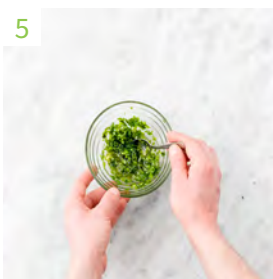
2 Cook the bell pepper mixture: Heat a drizzle of **oil** in a large pan over medium-high heat. Add the **red bell pepper** and cook, tossing for 4-5 minutes, until softened. Add the **scallion whites** and **garlic** and cook for another minute, until fragrant. Season with **salt** and **pepper** and set aside in a medium bowl.

3



3 Cook the steak and couscous: Season the **steak** on all sides with **cumin**, **salt**, and **pepper**. Heat another drizzle of **oil** in the same pan over high heat. Add the **steak** to the pan and cook for 4-7 minutes per side, or until cooked to desired doneness. Set aside to rest for 5 minutes. Meanwhile, add the **couscous** to the boiling water and cook for 7-9 minutes, until al dente. Drain (just like pasta).

5



4 Make the spinach couscous salad: Once ready, toss the cooked **couscous** into the **red pepper mixture** along with the **spinach**, **lemon zest**, and a drizzle of **oil**. Season to taste with **salt** and **pepper**.

5 Make the scallion chimichurri: In a small bowl, combine the **scallion greens**, a large drizzle of **oil**, and a squeeze of **lemon juice**. Season to taste with **salt** and **pepper**.

6 Serve: Thinly slice the **Argentinian-spiced steak** against the grain and serve on a bed of **spinach couscous salad**. Top with the **scallion chimichurri** and enjoy!

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