



GRILLED MEDITERRANEAN STEAK

over Bulgur with Zucchini and a Tomato Salsa



HELLO BULGUR

A cereal made from wheat that satisfies with its earthy, hearty flavor

PREP: 10 MIN | **TOTAL: 30 MIN** | **CALORIES: 560**



Zucchini



Lemon



Garlic



Mediterranean Spice Blend



Scallions



Roma Tomato



Bulgur
(Contains: Wheat)



Minute Steak

START STRONG

This recipe can be prepared in a pan, grill pan, or on the grill—it's versatile that way. But keep an eye out for doneness, since cook times may vary.

BUST OUT

- Large pot
- Olive oil (2 tsp | 4 tsp)
- Grater
- Strainer
- Small bowl
- Vegetable oil (1 TBSP | 2 TBSP)
- Butter (2 TBSP | 4 TBSP)
(Contains: Milk)

INGREDIENTS

Ingredient 2-person | 4-person

- | | |
|-----------------------------|---------------------|
| • Zucchini | 1 2 |
| • Scallions | 2 4 |
| • Roma Tomato | 1 1 |
| • Garlic | 2 Cloves 2 Cloves |
| • Bulgur | ½ Cup 1 Cup |
| • Mediterranean Spice Blend | 1 TBSP 2 TBSP |
| • Lemon | 1 1 |
| • Minute Steak | 10 oz 20 oz |

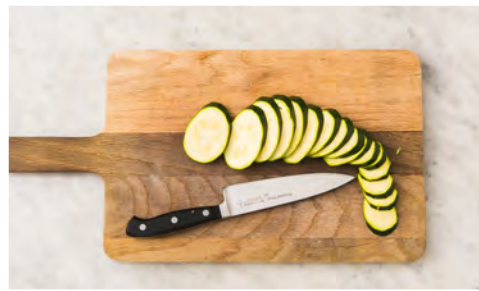
WINE CLUB

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1 PREHEAT AND PREP ZUCCHINI

Wash and dry all produce. Lightly oil grates and preheat a grill for direct heat. (**TIP:** If cooking indoors, heat a grill pan or large pan over medium-high heat.) Bring a large pot of **water** to a boil. Trim ends from **zucchini**, then cut on a sharp diagonal into long, 1/3-inch-thick slices.



4 MAKE TOMATO SALSA

Remove **veggies** from grill or pan. Let rest until just cool enough to handle. Finely chop **tomato** and **1 scallion white**, then place in a small bowl along with a large drizzle of **olive oil**. Add **garlic** to taste (we used 1 tsp), **lemon zest**, and a big squeeze of lemon juice (about 1 TBSP). Season with **salt** and **pepper**. Toss to combine. Give it a taste and add more of any of the seasonings if you like.

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2 PREP AND COOK BULGUR

Trim **scallions**. Thinly slice greens until you have 1 TBSP; leave whites whole. Halve **tomato** lengthwise. Grate or mince **garlic**. Zest 1 tsp zest from **lemon**, then cut into wedges. Once water boils, add **bulgur** to pot. Cook until just tender, 10-12 minutes. Drain and return to pot. Stir in **2 TBSP butter** and season with **salt** and **pepper**.



5 GRILL STEAK

Rub **steak** all over with a drizzle of **oil**; season with **salt**, **pepper**, and remaining **Mediterranean spice**. Add to grill or pan and cook to desired doneness, 2-5 minutes per side. Set aside to rest for about 5 minutes. Fluff **bulgur** with a fork, then squeeze in **lemon juice** to taste. Season with salt and pepper.



3 GRILL VEGGIES

Meanwhile, rub **zucchini**, **tomato**, and **scallion whites** with a drizzle of **oil**. Season with **salt**, **pepper**, and half the **Mediterranean spice**. Grill or cook in pan until tender and lightly charred, 5-7 minutes per side. **TIP:** The scallions may finish first; if they do, remove from heat and let the other veggies finish.



6 PLATE AND SERVE

Divide **bulgur** between plates or bowls. Cut remaining **scallion white** into short, bite-sized lengths and toss with **zucchini**. Thinly slice **steak**. Arrange zucchini mixture and steak on top of bulgur. Spoon **tomato salsa** over. Sprinkle with sliced **scallion greens**.

IRRESISTIBLE!

Fan of bulgur? Try substituting it for rice in other recipes.

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