



AUG
2016

Seared Steak

with Caprese Orzo Salad

However much we love cooking, we also enjoy spending time outside during the summer months. That's why this easy-peasy, 30-minute family recipe is high on our list of go-to dinners. Tender beef pairs beautifully with satisfying pasta salad and the unbeatable combo of mozzarella and tomatoes.



Prep: 10 min
Total: 30 min



level 1



nut
free



Sirloin
Steak



Orzo



Grape
Tomatoes



Fresh Mozzarella
Cheese



Parsley



Garlic



Balsamic
Vinegar

Ingredients

Sirloin Steak		24 oz
Orzo	1)	12 oz
Grape Tomatoes		8 oz
Fresh Mozzarella Cheese	2)	4 oz
Parsley		¼ oz
Garlic		4 Cloves
Balsamic Vinegar		4 T
Olive Oil*		2 T

4 People

*Not Included

Allergens

1) Wheat

2) Milk

Tools

Large pot, Strainer,
Large pan, Baking sheet

Ruler

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Nutrition per person Calories: 627 cal | Fat: 15 g | Sat. Fat: 5 g | Protein: 54 g | Carbs: 70 g | Sugar: 5 g | Sodium: 170 mg | Fiber: 5 g

1



1 Prep: Wash and dry all produce. Preheat the oven to 400 degrees or grill to high. Bring a large pot of **salted water** to a boil. Quarter the **grape tomatoes**. Roughly chop the **parsley leaves**. Cut the **mozzarella** into ½-inch cubes. Mince the **garlic**.

2 Boil the orzo: Add the **orzo** to the boiling water. Cook 9-11 minutes, until al dente. Drain.

3



3 Cook the steak: Heat a large drizzle of **olive oil** in a large pan over medium-high heat. Season the **steak** on all sides with **salt** and **pepper** before adding it to the pan. Cook 2-3 minutes per side, until browned. Transfer steak to a baking sheet, then place in the oven to finish cooking to desired doneness, 4-7 minutes. **TIP:** You can also cook the steak on the grill if you have one!

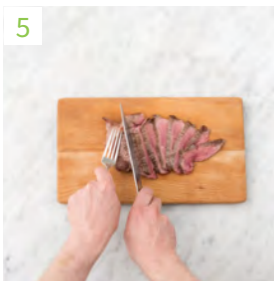
4 Make the pasta salad: Heat another large drizzle of **olive oil** in the same pan over medium heat. Add the **garlic**. Cook 30 seconds, until fragrant. Add the **tomatoes**. Cook 1-2 minutes, until slightly softened. Toss in the drained **orzo**, **mozzarella**, a large drizzle of **olive oil**, the **balsamic vinegar**, and ¾ of the **parsley**. Season with **salt** and **pepper**. Taste and adjust with more olive oil or balsamic vinegar, as needed.

4



5 Serve: Once the **mozzarella** has melted slightly, divide the **caprese orzo salad** between plates. Thinly slice the **seared steak**, serve over the salad, and garnish with the remaining **parsley**. Enjoy!

5



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