



# CUMIN-SPICED STEAK

with Scallion Dressing and Spinach Couscous Salad



## HELLO

### SCALLION DRESSING

Sliced scallion greens and lemon lend a perky punch to steak.

**PREP: 10 MIN** | **TOTAL: 30 MIN** | **CALORIES: 630**



Veggie Stock  
Concentrate



Garlic



Lemon



Sirloin Steak



Baby Spinach



Red Bell Pepper



Scallions



Israeli Couscous  
(Contains: Wheat)



Cumin

## START STRONG

The spinach may soften slightly from the residual heat in the couscous, but there's no need to wilt it all the way—this leafy side is meant to be enjoyed like a salad.

## BUST OUT

- Medium pot
- Zester
- Large pan
- Paper towel
- Small bowl
- Oil (5 tsp | 10 tsp)

## INGREDIENTS

Ingredient **2-person** | **4-person**

- |                            |                     |
|----------------------------|---------------------|
| • Veggie Stock Concentrate | 1   2               |
| • Red Bell Pepper          | 1   2               |
| • Garlic                   | 2 Cloves   4 Cloves |
| • Scallions                | 2   4               |
| • Lemon                    | 1   1               |
| • Israeli Couscous         | ½ Cup   1 Cup       |
| • Sirloin Steak            | 12 oz   24 oz       |
| • Cumin                    | 1 tsp   2 tsp       |
| • Baby Spinach             | 5 oz   10 oz        |

## HELLO WINE

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**1 MAKE STOCK AND PREP** Wash and dry all produce. Bring **stock concentrate** and **1 cup water** to a boil in a medium pot. Core and seed **bell pepper**, then thinly slice. Mince or grate **garlic**. Trim **scallions**, then separate whites from greens. Thinly slice whites. Finely mince greens. Zest **lemon** until you have ½ tsp zest, then cut into halves.



**4 COOK STEAK** Pat **steak** dry with a paper towel. Season all over with **cumin**, **salt**, and **pepper**. Heat another drizzle of **oil** in same pan over medium-high heat. Add **steak** and cook to desired doneness, 4-7 minutes per side. Remove from pan and set aside to rest.



**2 COOK COUSCOUS** Once **stock** is boiling, add **couscous** to pot. Cook, uncovered, until al dente, 10-11 minutes.



**5 MAKE SALAD AND DRESSING** Add **veggie mixture**, **spinach**, **lemon zest**, and a drizzle of **oil** to pot with **couscous**. Toss to combine. Season to taste with **salt** and **pepper**. In a small bowl, mix **scallion greens**, a large drizzle of **oil**, and a squeeze of **lemon juice**. Season to taste with **salt** and **pepper**.



**3 COOK VEGGIES** Meanwhile, heat a drizzle of **oil** in a large pan over medium-high heat. Add **bell pepper** and cook, tossing, until softened, 4-5 minutes. Add **scallion whites** and **garlic** to pan. Cook until fragrant, 1 minute longer. Season with **salt** and **pepper**. Remove from pan and set aside.



**6 FINISH AND PLATE** Thinly slice **steak** against the grain. Divide **couscous salad** between plates. Top with steak and **scallion dressing**.

## SPICE IT UP!

You can use cumin to add an extra layer of aromatics to any protein.

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