

Moroccan Steak with Spiced Rice Pilaf

We're putting a fresh twist on steak night with our blend of Moroccan spices. Served up with fluffy seasoned basmati rice, seasoned vegetables and cucumber yogurt, it's a delicious dinner that's packed with flavor.

30 *Minutes to the Table*

30 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

- Saucepan
- Large Oven-Safe Skillet

FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper

6 MEEZ CONTAINERS

- Basmati Rice
- Garlic, Onions & Raisins
- Steak
- Moroccan Spices
- Zucchini & Bell Peppers
- Cucumber Garlic Yogurt

Good To Know

Health snapshot per serving – 600 Calories, 40g Protein, 23g Fat, 63g Carbs, 18 Freestyle Points

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

**SCAN QR CODE
to view YouTube
cooking video**



INGREDIENTS: Steak, Zucchini, Red Bell Pepper, Basmati Rice, Yogurt, Yellow Onion, Golden Raisins, Cream, Cucumber, Cilantro, Ginger, Garlic, Chicken Broth, Lemon, Salt, Coriander, Cumin, Paprika, White Pepper, Cardamon, Turmeric, Clove, Cinnamon

meez *meals*

1. Getting Organized

Preheat the oven to 400 and put a saucepan of water on to boil.

2. Cook the Rice

Add the **Basmati Rice** to the boiling water and reduce the heat to medium. Simmer, uncovered, until the rice is tender, about 15 to 20 minutes. Drain well and set aside in the colander.

Heat 1 Tbsp olive oil in the now-empty saucepan over medium high heat. When the oil is hot, add the **Garlic, Onions & Raisins** and sauté until the onions soften, about 2 to 3 minutes. Add the drained rice to the saucepan and mix well, then cover and set aside.

3. Cook the Steak

While the rice is cooking, pat dry the **Steak** with a paper towel, then put them in a ziplock bag with the **Moroccan Spices**. Shake well so that the steaks are totally coated in seasoning.

Heat 1 Tbsp oil in a large oven-safe skillet over high heat. When the oil is hot, add the seasoned steaks. Cook undisturbed until the seasoning starts to darken on the bottom, about 45 seconds. Flip the steaks and continue cooking until the other side has browned, another 45 seconds. Transfer the skillet to the oven and cook for 4 minutes if you like your steak **medium-rare**. (Cook for 5 to 6 minutes for **medium**, and 7 to 8 for **well done**). Transfer to a cutting board and rest for 5 minutes. After the steaks have rested, place them horizontally on the cutting board and cut into even strips (we aim for ½" x 1" pieces). Wipe out the skillet.

4. Cook the Veggies

Heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. Once the oil is hot, add the **Zucchini & Bell Peppers** and sprinkle with salt and pepper. Cook until the vegetables start to char, about 3 to 4 minutes.

5. Put it All Together

Serve the steak and vegetables over the rice and finish with some generous dollops of the **Cucumber Garlic Yogurt**. Enjoy!

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois *