

Feta & Tomato Mediterranean Steak Salad

Feta adds a zing to dinner that we can't resist. We're cooking it up with grape tomatoes and Greek spices to create a steak that is something extraordinary. Served on a bed of arcadian lettuce with a Creamy Garlic Yogurt Dressing, it's a delicious salad perfect for a warm night.

20 *Minutes to the Table*

20 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet
Mixing Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Grape Tomatoes
Pita Chips
Steak
Arcadian Lettuce
Seasoned Feta
Creamy Garlic Yogurt Dressing

Good To Know

Health snapshot per serving 590 Calories, 42g Protein, 29g Carbs, 34g Fat, 18 Freestyle Points

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

INGREDIENTS: Steak, Tomatoes, Arcadian Lettuce Blend, Yogurt, Cream, Feta, Pita Chips, Dill, Garlic, Lemon, Kosher Salt, Lemon Pepper, Oregano

meez*meals*

1. **Cook the Steak**

Heat 1 Tbsp olive oil in a large skillet over high heat. Pat the **Steak** dry with a towel and season generously with salt and pepper (we recommend ½ tsp of each). When the oil is hot, add the steaks. Cook until the bottoms brown & sides start to color, about 3 minutes. Flip and continue cooking for 3 minutes if you like your steak **medium-rare**. (Cook for 4 minutes for **medium**, and 5 to 6 for **well done**). Set aside to rest for 5 minutes, then slice into ½" strips, then put in a large mixing bowl. Wipe out the skillet.

2. **Make the Feta-Tomato Coating**

While the steaks are resting, Crumble the **Pita Chips** in their bag until all the pieces are under one inch. Put the **Grape Tomatoes** in a ziplock bag and squish well.

Heat 1 Tbsp olive oil in the now-empty skillet over medium high heat. When the oil is hot, add the squished tomatoes and the **Seasoned Feta**. Cook until the tomatoes start to char and the feta is melted, about 5 minutes.

Add to the mixing bowl with the steak and toss.

3. **Put It All Together**

Serve the Feta-Tomato coated steak over the **Arcadian Lettuce** and top with several generous dollops of the **Creamy Garlic Yogurt Dressing**. Sprinkle with the crumbled pita chips and enjoy!

Instructions for two servings.

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