

Massaman Steak Curry

We think of Massaman curry as a tasty blend of Thai and Indian flavors. With cardamom, cinnamon, cloves, and cumin (to name a few of the spices), it's heavily influenced Indian curries, yet still distinctly Thai. This week we're tossing it with peppers, almonds and sirloin steak for a dinner the whole family will love.

25 Minutes to the Table

25 Minutes Hands On

2 Whisks Easy

Getting Organized

EQUIPMENT

Two Saucepans
Large Skillet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Jasmine Rice
Massaman Curry
Sauce
Steak
Peppers & Almonds
Herbs & Coconut

Make The Meal Your Own

For extra rich beef flavor, add 2 Tbsp water to the skillet with the peppers and almonds as soon as they are done cooking. Using a spatula, give everything a good stir, scraping all the flavorful bits off the bottom of the pan.

It's important to let the steaks rest to keep them tender and juicy. Give them at least 3 to 5 minutes off the heat before you slice and serve.

Good To Know

Be sure to generously season your steak with salt and pepper before cooking; the salt adds flavor while also keeping the meat tender. Chef Max recommends using ½ tsp of each.

Health snapshot per serving – 730 Calories, 40g Protein, 37g Fat, 65g Carbs, 24 Smart Points

Lightened up snapshot – 540 Calories, 28g Fat, 39g Carbs and 17 Smart Points if you use 1/2 the rice and sauce.

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

INGREDIENTS: Coconut Milk, Steak, Jasmine Rice, Bell Peppers, Red Onion, Almonds, Rice Wine Vinegar, Brown Sugar, Tamari, Lime Juice, Coconut, Massaman Curry Paste, Ginger, Cilantro, Basil, Garlic

meez meals

1. Get Organized

Bring 2 cups of water to a boil in a large saucepan.

2. Cook the Rice

Add the **Jasmine Rice** to the boiling water with a pinch of salt. Reduce the heat to low, cover and simmer until it reaches the desired texture, about 20 to 25 minutes. Remove the rice from the heat, but keep covered.

3. Heat the Sauce

While the rice is cooking, pour the **Massaman Curry Sauce** into a small saucepan. Simmer the over medium-low heat until rapidly bubbling and slightly thickened, about 12 to 15 minutes.

4. Cook the Vegetables

Heat 1 Tbsp oil in the now-empty skillet over high heat. When the oil is hot, add the **Peppers & Almonds** and cook, stirring constantly, until the onions are translucent and the peppers are starting to brown on the edges, about 4 to 6 minutes.

5. Cook the Steak

Heat 1 Tbsp of oil in a skillet over high heat. While the skillet is heating, pat the **Steaks** dry with a towel and season generously with salt and pepper (we recommend ½ tsp of each). When the skillet is very hot, add the steaks. Cook until the bottoms brown and the sides start to color, about 3 minutes.

- **If you prefer your steak medium-rare**, flip and continue cooking 3 minutes. Remove from the heat and let rest for 5 minutes.
- **If you prefer your steak medium**, flip and continue cooking for 4 minutes. Remove from the heat and let rest for 5 minutes.
- **If you prefer your steak medium-well or well done**, flip and continue cooking for 5 to 6 minutes. Remove from the heat and let rest for 5 minutes.

To test if the skillet is hot enough for the beef, hold your hand about 6 inches above the skillet. If you can feel serious heat, it's ready to go.

Beef continues to cook as it rests, so remove it from the heat when it's a little less done than you like to prevent it from overcooking.

After the steaks have rested, place them horizontally on a cutting board. Using a sharp knife, cut the steaks into even strips (we aim for ½" x 1" pieces).

6. Put It All Together

Serve the rice topped with sliced steak and peppers. Spoon the curry sauce over the top the garnish with the **Herbs & Coconut**.

Instructions for two servings.
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