

# Steak Vindaloo and Basmati Rice

The key to a great vindaloo curry is creamy coconut milk, flavorful tomatoes and just the right blend of Indian spices. Our version hits all the high notes, and we're serving it with baby potatoes, seared steak, and a fresh mango raita.

**35** *Minutes to the Table*

**25** *Minutes Hands On*

**2 Whisk** *Easy*

## Getting Organized

### EQUIPMENT

- Saucepan
- Large Skillet (with cover)

### FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper

### 6 MEEZ CONTAINERS

- Red Potatoes
- Basmati Rice
- Steak
- Seasoned Onions
- Vindaloo Tomato Sauce
- Mango Raita

## Make The Meal Your Own

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

**Health Snapshot Per Serving-** 610 Calories, 21g Fat, 66g Carbs, 38g Protein, 16 Freestyle Points.

INGREDIENTS: Steak, Tomato, Red Baby Potatoes, Yellow Onions, Basmati Rice, Coconut Milk, Red Wine, Mango, Yogurt, Red Wine Vinegar, Cucumber, Mayonnaise, Garlic, Ginger, Lime, Vegetable Stock, Cumin, Mint, Cilantro, Sugar, Cinnamon, Mustard, Black Pepper, Fenugreek.

**meez***meals*

### 1. Get Organized

Bring a medium saucepan to boil on high heat. Cut the **Red Potatoes** into ½" round slices and set aside.

### 2. Cook the Rice

Add the **Basmati Rice** to the boiling water and reduce heat to low. Cover and simmer for 15 to 20 minutes until tender. Drain well, then return to the saucepan and cover.

### 3. Cook the Steak

While the rice is cooking, heat 1 Tbsp olive oil in a large skillet over high heat. Pat dry the **Steak** and season with salt and pepper. When the oil is hot, add the steaks. Cook until the bottoms brown and 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**.) Transfer to a cutting board to rest for 5 minutes. Wipe out the skillet. Once the steak has rested, slice into ½" strips.

### 4. Create the Vindaloo Curry

While the steak is resting, heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. When the oil is hot, add the sliced potatoes and cook, stirring occasionally, until they brown on both sides, about 7 to 8 minutes. Add the **Seasoned Onions** to the skillet and cook until they are soft and spices are aromatic, about 3 to 4 minutes. Add the red **Vindaloo Tomato Sauce** and ½ cup water. Bring to a low boil, then reduce the heat to low, cover, and simmer, stirring occasionally, for 10 minutes. Uncover and cook for an additional 2 minutes until the potatoes are tender but there is still plenty of sauce. Remove from the heat and let sit in the skillet for 2 minutes, then stir in the steak strips.

### 5. Put It All Together

Serve the vindaloo curry steak over the rice, and top with the **Mango Raita**. Enjoy!

Instructions for two servings.

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