Thai Green Curry Steak

We love a dinner that's low on fuss and high on flavor, and this one knocks it out of the park. We're pairing a mellow green curry with seared steak strips, green beans, peppers and baby corn, then serving it over jasmine rice. Super simple, super delicious.

25 Minutes to the Table

25 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT
- Large Skillet
- Medium Saucepan

FROM YOUR PANTRY
- Olive Oil
- Salt & Pepper

4 MEEZ CONTAINERS
- Jasmine Rice
- Steak
- Baby Corn, Green Beans & Peppers
- Green Curry Sauce

Good to Know

If you ordered the **Carb Conscious version**, we sent you Cauliflower "rice" instead of jasmine rice, reducing the **carbs per serving to 21g**.

Skip steps 1 and 2. Prior to step 3, heat 1 Tbsp olive oil in the large skillet over medium-high heat and sauté the cauliflower rice until browned, about 3 to 4 minutes. Use in place of the rice.

Health snapshot per serving – 600 Calories, 33g Fat, 40g Carbs, 34g Protein, and 21 Freestyle Points.

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

INGREDIENTS: Steak, Coconut Milk, Jasmine Rice, Baby Corn, Red Bell Pepper, Green Beans, Tamari, Green Curry, Lime, Garlic, Basil, Cilantro, Sugar, Ginger, Fish Sauce, Miso.

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1. **Get Organized**
   Bring a medium saucepan of water to a boil.

2. **Cook the Ingredient**
   Add the ***Jasmine Rice*** to the boiling water and cook until the rice is tender, about 12 to 15 minutes. Drain well, then return the saucepan, fluff with a fork, cover and set aside until step 5.

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 steak and 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 Green 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 ***Baby Corn, Green Beans & Peppers*** and cook, stirring frequently, until the peppers char, about 5 to 6 minutes. Add the ***Green Curry Sauce*** and bring to a low boil, then reduce the heat to low and simmer, stirring occasionally, until the sauce thickens slightly, about 4 to 5 minutes. Turn off the heat and add the cooked steak. Stir until well coated.

5. **Put It All Together**
   Serve the curry over the jasmine rice. Enjoy!

Instructions for two servings.

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