

Mexican Cacao Steak

We love Mexican mole sauce. It's complex and mildly spiced with a deep Unami flavor from chocolate. Our Cacao sauce has the rich flavor of a mole, but with a little more of a dark chocolate boost. We're serving it over steak, acorn squash and rice, with a fresh jicama salsa on the side. We think it's something pretty special, and we're sure your family will, too.

35 <i>Minutes to the Table</i>
25 <i>Minutes Hands On</i>
1 Whisk <i>Super Easy</i>

Getting Organized

EQUIPMENT

- Saucepan
- Large Skillet

FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper

6 MEEZ CONTAINERS

- Rice
- Acorn Squash
- Steak
- Cacao Sauce
- Dark Chocolate
- Jicama Salsa

Good To Know

Mole rhymes with "Ole!"

Health snapshot per serving – 620 Calories, 36g Protein, 14g Fat, 83g Carbs, 17 Freestyle Points

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

INGREDIENTS: Steak, White Rice, Acorn Squash, Jicama, Radish, Red Onion, Tomato, Chocolate, BBQ Sauce, Queso Fresco, Cayenne Pepper, Lime, Cilantro, Chili Powder.

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1. Cook the Rice

Put a saucepan of water on to boil. Add the **Rice** to the boiling water, reduce the heat to medium and simmer, uncovered for 15 to 20 minutes. Drain and return it to the saucepan. Fluff with a fork, cover and set aside.

2. Cook the Acorn Squash

While the rice is cooking, heat 1 Tbsp olive oil in a large skillet over medium high heat. When the oil is hot, add the **Acorn Squash** and sprinkle with salt and pepper. Cook, undisturbed, until the squash starts to brown, about 2 to 3 minutes. Stir and cook until the squash is soft enough to eat, an additional 2 to 3 minutes.

Combine the squash with the cooked rice and set aside. Wipe out the skillet

3. Cook the Steak

Heat 1 Tbsp of olive oil in the now empty skillet over high heat. While the oil is heating, pat the **Steak** dry with a towel and season generously with salt and pepper (we recommend ½ tsp of each). When the oil is very 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 prefer your steak **medium rare**. (Cook for 4 minutes for **medium**, and 5 to 6 for **well done**). Set aside to rest for 5 min. Do not wipe out the skillet.

4. Put it All Together

Combine the **Cacao Sauce** and **Dark Chocolate** in the now empty skillet over low heat. Stir until the chips melt and the sauce is warmed, about 3 to 4 minutes. Top the rice and squash with the cooked steak and pour the Cacao Sauce over top. Serve the **Jicama Salsa** on the side and enjoy!

Choose a skillet large enough to cook the steaks in later on.

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.

Instructions for two servings.

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