

# Fiesta Steak Rice Bowl

Everyone loves the vibrant fresh flavors of Mexico. We rubbed tender steak with Mexican spices and combined it with fresh salsa and hearty corn-and-bean rice. Then we topped it with colorful, crunchy tortilla chips for a taste that has you ready for a sunny margarita or cerveza.

**30** *Minutes to the Table*

**15** *Minutes Hands On*

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

Saucepan  
Large Oven-Safe  
Skillet

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 6 MEEZ CONTAINERS

Rice  
Steak  
Mexican Seasoning  
Salsa Fresca  
Corn & Beans  
Tortilla Chips

## Make The Meal Your Own

If you ordered the **Carb Conscious version**, we sent you veggie "rice" instead of the white rice. This change along with eliminating the tortilla chips, reduces the **carbs per serving to 32g**. Skip steps 1 and 2. Prior to step 3., heat 1 Tbsp olive oil in a large skillet over high heat. Sauté the veggie "rice" until it starts to brown, about 2 to 3 minutes. Remove from the heat and set aside. Use in place of the rice in step 5.

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

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

## Good To Know

**Health snapshot per serving** – 555 Calories, 38g Protein, 15g Fat, 68g Carbs, 12 Freestyle Points

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

INGREDIENTS: Steak, Tortilla Chips, Black Beans, Corn, Tomato, Onions, White Rice, Queso Fresco, Garlic, Cilantro, Lime, Paprika, Cumin, Coriander, Chili Powder, Brown Sugar.

*meez* meals

## 1. Getting Organized

Put a saucepan of water on to boil and heat oven to 400. Set aside 1 teaspoon of the **Mexican Seasoning** to use at the end of step 2.

## 2. Cook the Rice

Add the **Rice** to the boiling water. Reduce the heat to medium and simmer, uncovered, for 15 to 20 minutes. Drain and return to the saucepan. Add the **Corn & Beans** and the 1 teaspoon of the Mexican seasoning you set aside in step 1. Mix well, cover, and set aside.

## 3. Season the Steak

While the rice is cooking, pour the remainder of the Mexican seasoning into a bowl or a Ziploc bag and add ½ tsp each salt and pepper. Pat the **Steak** dry with a paper towel and then toss in the seasoning to coat.

## 4. Cook the Steak

Heat 1 Tbsp oil in an oven-safe skillet over high heat. When the oil is very hot, add the steaks. Cook undisturbed until the seasoning starts to darken on the bottom, about 45 seconds. Flip the steaks and continue cooking until the other side has browned, another 45 seconds.

- **If you prefer your steak medium-rare**, transfer the skillet to the oven and cook 4 minutes. Remove to a plate and let rest for 5 minutes.
- **If you prefer your steak medium**, transfer the skillet to the oven and cook 5 to 6 minutes. Remove to a plate and let rest for 5 minutes.
- **If you prefer your steak medium-well or well done**, transfer the skillet to the oven and cook 7 to 8 minutes. Remove to a plate and let rest for 5 minutes.

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).

## 5. Put It All Together

Serve the corn-and-bean rice topped with the sliced steak and **Salsa Fresca**. Top with the **Tortilla Chips** and enjoy!

*To test if the oil 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.*

*Steak 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 \***