

## Athenian Steak Burrito

The flavors of Greece, in a tasty burrito. This dinner has it all. Tender, juicy steak, seared zucchini and a feta and red pepper sauce inspired by our favorite Greek recipes, rolled up in a spinach tortilla with plenty of pico de gallo. It's flat out delicious.

**30** *Minutes to the Table*

**30** *Minutes Hands On*

**2 Whisk** *Super Easy*

### Getting Organized

#### EQUIPMENT

Large Skillet  
Saucepan

#### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper  
Eggs (3)

#### 5 MEEZ CONTAINERS

Feta & Red Pepper  
Sauce  
Steak  
Zucchini  
Spinach Tortilla  
Pico de Gallo

### Make The Meal Your Own

If you ordered the **Carb Conscious** version, we sent you cauliflower "rice" instead of the tortilla to make a burrito bowl, reducing the **carbs per serving to 23g**. Skip step 5. Prior to step 6, heat 1 Tbsp olive oil in a large skillet over high heat. Sauté the cauliflower "rice" until it starts to brown, about 2 to 3 minutes. Pour directly into a bowl and add the other ingredients.

### 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. We recommend using ½ tsp of each.

**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.

**Health snapshot per serving** – 550 Calories, 24g Fat, 48g Protein, 35g Carbs, 10 Smart Points

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

INGREDIENTS: Steak, Zucchini, Bell Peppers, Tomato, Onion, Spinach Tortilla, Feta, Garlic, Red Wine Vinegar.

*meez* meals

### 1. Warm the Feta & Peppers

Add the **Feta & Red Pepper Sauce** (smooth orange sauce) to a saucepan over low heat. Cover and cook over low heat until step 6.

### 2. Cook the Steak

Heat 1 Tbsp olive oil in a large skillet over high heat. Pat the steaks dry and generously season with salt and pepper. When the skillet is very hot, add the **Steaks** to the pan. Cook until the bottoms brown and the 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 minutes on a cutting board. Do not wipe out the pan. After the steaks have rested, use a sharp knife, to cut the steaks into ½" cubes.

### 3. Char the Zucchini

While the steaks are resting, return the now-empty skillet to the stove over high heat. Add the **Zucchini** and cook until it starts to char, about a minute. Remove from the skillet and set aside. Wipe out the skillet.

### 4. Make the Scrambled Egg

Return the now-empty skillet to the stove with 1 Tbsp olive oil over medium-high heat. Whisk 3 eggs in a small bowl. Add the eggs to the skillet and stir slowly using a spatula. Scramble the egg by folding it over itself until no liquid remains. Remove from the skillet and set aside. Wipe out the skillet.

### 5. Warm the Tortillas

Return the now-empty skillet to the stove, over medium heat. Warm the **Spinach Tortillas** in the pan for 20 to 30 seconds per side.

### 6. Roll the Burritos

Place a tortilla flat on the counter or cutting board. Layer half of each of the ingredients on the bottom half of the tortilla as follows: scrambled egg, zucchini, steak, Feta & Pepper Sauce and **Pico de Gallo** (finely chopped vegetables).

Join the front and bottom flaps and lift the tortilla in the air, open-faced. Pull the left and right flaps toward the center so they fold over about 1 to 2 inches and hold them in place with your fingers. Using your thumbs roll the burrito away from your body, keeping the left and right flaps underneath using the weight of the burrito to keep it closed. Press down gently on the top to hold everything in place. Repeat for second tortilla. Enjoy!

*Don't  
overcook  
the  
zucchini, it  
should have  
a nice crisp  
texture.*

Instructions for two servings.

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