

Orange Zest Beef

We are marinating our bistro chateau cut of steak with a thick and tangy orange sauce and then serving it over sautéed sugar snap peas, cabbage and veggie rice. Finished with mandarin oranges on top, it's even quicker, easier, and more delicious than the classic version.

25 *Minutes to the Table*

25 *Minutes Hands On*

1 Whisks *Super Easy*

Getting Organized

EQUIPMENT

Saucepan
Large Skillet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Jasmine Rice
Celery & Onion
Cabbage & Sugar Snap Peas
Steak
Orange Zest Sauce
Mandarin Oranges

Good To Know

Health snapshot per serving – 630 Calories, 40g Protein, 89g Carbs, 13g fat, 17 freestyle points.

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

INGREDIENTS: Steak, Green Cabbage, Sugar Snap Peas, Jasmine Rice, Mandarin Oranges, Celery, Yellow Onion, Orange Juice, Tamari, Green Onion, Orange Zest, Brown Sugar, Mae Ploy, Lime Juice, Garlic, Black Sesame, Rice Wine Vinegar, Black Pepper

meez *meals*

1. Get Organized

Bring a medium saucepan of water to a boil.

2. Make the Veggie Rice

Add the **Jasmine Rice** to the boiling water and cook until tender, about 15 minutes. Drain well and set aside in the colander.

Once you are finished cooking the steaks in step 4, heat 1 Tbsp olive oil in the now-empty saucepan used for the rice over medium-high heat. Add the **Celery & Onion** and sauté until the celery just starts to soften, about 3 to 4 minutes. Add the cooked rice, cover, and set aside until you are ready to serve.

3. Cook the Cabbage & Sugar Snap Peas

While the rice is cooking, heat 1 Tbsp olive oil in a large skillet over medium-high heat. Add the **Cabbage & Sugar Snap Peas** with a sprinkle of salt and pepper. Sauté, until the snap peas start to char and the cabbage starts to soften, about 5 to 6 minutes. Remove from the skillet and set aside. Wipe out the skillet.

4. Cook the Steak

Return the now-empty skillet to the stove over high heat. Add 1 Tbsp olive oil. While the oil is heating, pat the **Steak** dry with a towel. When the oil is 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 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, then slice into ½" strips. Do not wipe out the skillet.

5. Make the Sauce

Add the **Orange Zest Sauce** to the now-empty steak skillet and bring to a boil over high heat. Reduce the heat to medium-low and simmer until the sauce thickens, about 2 to 3 minutes. Turn off the heat and add the steak strips to the sauce. Stir until the steak is well coated.

6. Put It All Together

Serve the veggie rice topped with the sautéed cabbage & sugar snap peas and then the orange zest-coated steak. Drain the **Mandarin Oranges** and place on top of the entire dish. Enjoy!

*Use about
twice as
much water
as rice.*

Instructions for two servings.

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