

## Feta & Tomato Mediterranean Steak Salad

Feta adds a zing to dinner that we can't resist. We're cooking it up with grape tomatoes and Greek spices to create a steak that is something extraordinary. Served on a bed of arcadian lettuce with a Creamy Garlic Yogurt Dressing, it's a delicious salad perfect for a warm night.

**20** *Minutes to the Table*

**20** *Minutes Hands On*

**1 Whisk** *Super Easy*

### Getting Organized

#### EQUIPMENT

Large Skillet  
Mixing Bowl

#### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

#### 6 MEEZ CONTAINERS

Grape Tomatoes  
Pita Chips  
Steak  
Arcadian Lettuce  
Seasoned Feta  
Creamy Garlic Yogurt Dressing

### Good To Know

**Health snapshot per serving** 590 Calories, 42g Protein, 29g Carbs, 34g Fat, 18 Freestyle Points

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

**SCAN QR CODE  
to view YouTube  
cooking video**



INGREDIENTS: Steak, Tomatoes, Arcadian Lettuce Blend, Yogurt, Cream, Feta, Pita Chips, Dill, Garlic, Lemon, Kosher Salt, Lemon Pepper, Oregano

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### 1. **Cook the Steak**

Heat 1 Tbsp olive oil in a large skillet over high heat. Pat the **Steak** dry with a towel and season generously with salt and pepper (we recommend ½ tsp of each). 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**). Set aside to rest for 5 minutes, then slice into ½" strips, then put in a large mixing bowl. Wipe out the skillet.

### 2. **Make the Feta-Tomato Coating**

While the steaks are resting, Crumble the **Pita Chips** in their bag until all the pieces are under one inch. Put the **Grape Tomatoes** in a ziplock bag and squish well.

Heat 1 Tbsp olive oil in the now-empty skillet over medium high heat. When the oil is hot, add the squished tomatoes and the **Seasoned Feta**. Cook until the tomatoes start to char and the feta is melted, about 5 minutes.

Add to the mixing bowl with the steak and toss.

### 3. **Put It All Together**

Serve the Feta-Tomato coated steak over the **Arcadian Lettuce** and top with several generous dollops of the **Creamy Garlic Yogurt Dressing**. Sprinkle with the crumbled pita chips and enjoy!

Instructions for two servings.

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