

Rio Steak and Eggs

We're excited about our new favorite breakfast-for-dinner recipe. It starts with crispy hash-brown potatoes that we top with roasted peppers, onions and juicy sirloin steak. It's all smothered in our own Salsa Verde and topped with a fried egg, and this dinner is magic.

35 Minutes to the Table

25 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

- 2 Baking Sheets
- Large Skillet

FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper
- 1 Egg Per Serving

5 MEEZ CONTAINERS

- Hash Brown Potatoes
- Grape Tomatoes
- Peppers & Onions
- Steak
- Salsa Verde

Make The Meal Your Own

If you ordered the **Carb Conscious version**, we sent you cauliflower crumbles instead of the hash browns, reducing the **carbs to 22g per serving**. In step 3, before cooking the eggs and without wiping out the pan, add the cauliflower crumbles and sauté over high heat for 3 to 4 minutes. Transfer directly to serving plates.

Breakfast for dinner is always fun for the entire family but this one makes a great breakfast for breakfast too!.

Eggs are a personal choice. We suggest a fried egg in the instructions below, but this dish is just as yummy with scrambled eggs, over easy, over medium, poached...you get the idea.

Good To Know

Health snapshot per serving – 480 Calories, 39g Protein, 17g Fat, 43g Carbs, 14 Smart Points

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

INGREDIENTS: Steak, Potato, Grape Tomato, Bell Pepper, Tomatillo, Red Onion, Lime, Cilantro, Coriander, Garlic

meez *meals*

1. Get Organized

Preheat oven to 425. Spray two baking sheets with cooking spray (you can also lightly spread olive oil or use parchment paper if you prefer).

2. Cook the Vegetables

Spread the **Hash Brown Potatoes** on one of the baking sheets in as thin a layer as possible.

Place the **Grape Tomatoes** and **Peppers & Onions** on the other sheet, Drizzle olive oil over the potatoes, tomatoes, pepper and onions and add salt and pepper.

Put the potatoes in the oven and cook for 10 to 12 minutes or until edges begin to look brown and crispy. (Wait to put the other baking sheet into the oven.)

After the potatoes have cooked for 10 to 12 minutes, turn the baking sheet and move it to the top shelf of the oven. Now put the other baking sheet into the oven on the bottom shelf. Cook until the potatoes are crispy and the tomatoes have burst open, about another 10 to 12 minutes. Remove the baking sheets and set aside.

3. Cook the Steak and Eggs

While the peppers and onions are cooking, heat 1 Tbsp of oil in a skillet over high heat. While the skillet is heating, pat the **Steak** dry with a towel and season generously with salt and pepper (we recommend ½ tsp of each). When the skillet 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.

While the steaks are resting, crack one egg in the now empty skillet over medium-high heat and cook until the white is opaque, and the yolk has set, about 1 to 2 minutes. Salt and pepper to taste. Repeat with additional eggs. (We cook one for each serving.)

4. Put it All Together

Serve the potatoes topped with the roasted veggies and steak. Drizzle the **Salsa Verde** generously over top, then finish with the eggs. Enjoy!

To test if the skillet is hot enough for the beef, hold your hand about 6 inches above the skillet. If you can feel serious heat, it's ready.

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.

Feel free to make your eggs however you like them best!

Instructions for two servings.

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