

## Remoulade Steak with Creole Rice & Beans

Get ready for a taste of New Orleans in this Cajun-inspired dish. We're serving juicy steak smothered in our signature remoulade sauce alongside roasted kale and Creole red beans and rice. It's a family-friendly feast that's on the table in thirty-minutes.

**30** *Minutes to the Table*

**30** *Minutes Hands On*

**1 Whisk** *Super Easy*

### Getting Organized

#### EQUIPMENT

Large Skillet  
Mixing Bowl  
Large Ziplock Bag (or  
Lidded Container)

#### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

#### 5 MEEZ CONTAINERS

Rice  
Remoulade Sauce  
Kale  
Steak  
Creole Seasoned Beans

### 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** – 820 Calories, 23g Fat, 54g Protein, 101g Carbs, 15 Freestyle Points

**Lightened-Up Health snapshot per serving** – 640 Calories, 19g Fat, 70g Carbs, 11 Freestyle Points using 2/3 of the rice, rice blend, and remoulade sauce.

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

INGREDIENTS: Steak, White Rice, Kale, Kidney Beans, Black Beans, Great Northern Beans, Yellow Onion, Green Onion, Celery, Tomato, Mayonnaise, Dijon Mustard, Ketchup, Miso, Oregano, Thyme, Garlic, Paprika, Black Pepper, Cayenne, Sriracha, Parsley, Bay Leaf, Chicken Stock, Lemon, .

*meez* meals

### 1. Get Organized

Preheat your oven to 425 degrees and put a saucepan of water on to boil.

### 2. Cook the Rice and Warm the Sauce

Add the **Rice** to the boiling water and cook, uncovered, until desired tenderness, about 15 to 20 minutes. Turn off the heat. Drain the rice and leave in the colander until step 5. Put the **Remoulade Sauce** in the now empty (but still warm) saucepan, cover and let sit with the heat off until step 6. (We're heating it here, but you do not want to cook it, so leave the flame turned off.)

### 3. Roast the Kale

While the rice is cooking, arrange the **Kale** in a single layer on a rimmed baking sheet and drizzle with olive oil, salt, and pepper. Bake until the edges start to crisp, about 12 to 15 minutes.

### 4. Cook the Steak

While the rice and kale are cooking, heat 1 Tbsp of olive oil in a large skillet over high heat. 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. Do not wipe out the skillet.

### 5. Make the Creole Rice & Beans

While the steaks are resting, return the now-empty skillet to the stove over low heat. Add the **Creole Seasoned Beans** and ¼ cup of water. Cook until the beans are aromatic and warmed throughout, stirring frequently, about 5 minutes. Remove from the heat, add the cooked rice to the skillet and gently stir everything together.

### 6. Put It All Together

Top the creole rice & beans with the steak and cover with the remoulade sauce. Serve alongside the roasted kale and enjoy!

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

Instructions for two servings.

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