

Mexican Steak Taco Bowl

Everyone loves the vibrant fresh flavors of Mexico. We took marinated tender sirloin steak with a fresh tomato salsa and put it on hearty rice. Then we topped it with crunchy tortilla chips for a taste that has you ready for a sunny margarita or cerveza.

20 Minutes to the Table

10 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Saucepan
Skillet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Rice
Sirloin
Mexican Seasoning
Fresh Salsa
Tortilla Chips

Make The Meal Your Own

If you ordered the **Carb Conscious version**, we sent you veggie "rice" instead of the white rice. This change along with eliminating the tortilla chips, reduces the **carbs per serving to 31g**. Skip steps 1 and 2. Prior to step 3., heat 1 Tbsp olive oil in a large skillet over high heat. Sauté the veggie "rice" until it starts to brown, about 2 to 3 minutes. Remove from the heat and set aside. Use in place of the rice in step 5.

Craving a salad instead? Let the rice and beef cool, then toss with chopped, fresh romaine.

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.

Good To Know

Be sure to generously season your steaks with salt and pepper before cooking; the salt adds flavor while also keeping the meat tender. Chef Max recommends using ½ tsp of each.

Health snapshot per serving – 455 Calories, 38g Protein, 14g Fat, 45g Carbs, 12 Smart Points

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

INGREDIENTS: Sirloin, Rice, Tortilla Chips, Tomatoes, Corn, Black Beans, Queso Fresco, Lime Juice, Cilantro, Red Onion, Garlic, Spices

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1. Getting Organized

Put a saucepan of water on to boil and pre heat oven to 400.

2. Cook the Rice

Add the **Rice** to the boiling water. Reduce heat to medium and simmer uncovered for 15 to 20 minutes. Drain and return to the saucepan. Cover and set aside.

3. Season the Steak

While the rice is cooking, pour the **Mexican Seasoning** into a bowl or a Ziploc bag add ½ tsp each salt and pepper. Pat the **Sirloin** dry with a towel and then toss in the seasoning to coat.

4. Cook the Steak

Heat 1 Tbsp oil in an oven-safe skillet over high heat. When the oil is very hot, add the steaks. Cook undisturbed until the seasoning starts to darken on the bottom, about 45 seconds. Flip the steaks and continue cooking until the other side has browned, another 45 seconds.

- **If you prefer your steak medium-rare**, transfer the skillet to the oven and cook 4 minutes. Remove to a plate and let rest for 5 minutes.
- **If you prefer your steak medium**, transfer the skillet to the oven and cook 5 to 6 minutes. Remove to a plate and let rest for 5 minutes.
- **If you prefer your steak medium-well or well done**, transfer the skillet to the oven and cook 7 to 8 minutes. Remove to a plate and let rest for 5 minutes.

After the steaks have rested, place them horizontally on a cutting board. Using a sharp knife, cut the steaks into even strips (we aim for ½" x 1" pieces).

5. Put It All Together

Mix 1 Tbsp of olive oil into the **Fresh** Salsa. Serve the rice topped with sliced steak and salsa. Crumble the **Tortilla Chips** on top and drizzle with any extra liquid from the salsa. Season with salt and pepper to taste.

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

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.

Instructions for two servings.

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