



ARGENTINE-SPICED STEAK

with Spinach Quinoa Salad and Green Onion Chimichurri

PRONTO



HELLO CHIMICHURRI

Our twist on an Argentinean condiment is made with the addition of green onions and lemon

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 529



Beef Steak



White Quinoa



Lemon



Garlic



Green Onions



Red Bell Pepper



Baby Spinach



Paprika-Cumin-Garlic Blend



Parsley



Vegetable Broth Concentrate

BUST OUT

- Garlic Press
- Baking Sheet
- Measuring Cups
- Strainer
- Small Bowl
- Salt and Pepper
- Medium Pot
- Olive or Canola oil
- Paper Towel
- Large Non-Stick Pan

INGREDIENTS

2-person | 4-person

• Beef Steak	340 g		680 g
• White Quinoa	½ cup		1 cup
• Lemon	1		1
• Garlic	10 g		10 g
• Green Onions	2		4
• Red Bell Pepper	190 g		380 g
• Baby Spinach	113 g		227 g
• Paprika-Cumin-Garlic Blend	1 tbsp		2 tbsp
• Parsley	10 g		20 g
• Vegetable Broth Concentrate	1		2

ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soja, les sulfites, les noix et le blé.

0 Seafood/Fruit de Mer	6 Mustard/Moutarde
1 Wheat/Blé	7 Peanut/Cacahuète
2 Milk/Lait	8 Sesame/Sésame
3 Egg/Oeuf	9 Sulphites/Sulfites
4 Soy/Soja	10 Crustacean/Crustacé
5 Tree Nut/Noix	11 Shellfish/Fruit de Mer

*Laver et sécher tous les aliments.

**Cuire jusqu'à une température interne minimale de 63°C/145°F.



START STRONG

Preheat the oven to **450°F** (to finish cooking the steak). Start prepping when the oven comes up to temperature!



1 PREP Wash and dry all produce.* In a medium pot, bring **1 cup water** (double for 4 ppl) to a boil. Mince or grate **1 garlic clove** (double for 4 ppl). Thinly slice **green onions**, keeping **green** and **white** parts separate. Core, then thinly slice **bell pepper(s)**. Roughly chop **spinach** and **parsley**. Zest **half the lemon** (1 lemon for 4 ppl), then cut the lemon into wedges.



4 ROAST STEAK Roast the **steak** in the centre of the oven until cooked to desired doneness, 4-6 min. (**TIP:** Cook to a min. internal temp. of 63°C/145°F for medium-rare; steak size will affect doneness.**) Meanwhile, heat the same pan over medium-high heat. Add a drizzle of **oil**, then the **peppers** and **green onion whites**. Cook until softened, 3-4 min.



2 COOK QUINOA In a strainer, rinse the **quinoa**. Add the quinoa and **half the paprika-cumin-garlic blend** to the pot with the boiling water. Reduce heat to medium-low. Cover and cook until the quinoa is tender and all the water has been absorbed, 12-15 min.



5 MAKE CHIMICHURRI Add the **spinach** to the pan with the **peppers**. Stir together until wilted, 1-2 min. Season with **salt** and **pepper**. Remove the pan from the heat and set aside. In a small bowl, combine the **green onion greens, garlic, lemon zest, half the parsley** and **1 tbsp oil** (double for 4 ppl). Season with **salt** and **pepper**.



3 SEAR STEAK Meanwhile, pat the **steak** dry with paper towels. Sprinkle with the **remaining spice blend** and season with **salt** and **pepper**. Heat a large non-stick pan over medium-high heat. Add a drizzle of **oil**, then the steak. Pan-fry until golden-brown, 2-3 per side. Remove the pan from the heat and transfer the steak to a baking sheet. Carefully wipe the pan clean.



6 FINISH AND SERVE Stir the **broth concentrate(s), veggies, remaining parsley** and **1 tbsp oil** (double for 4 ppl) into the pot with the **quinoa**. Thinly slice **steak**. Divide quinoa, steak and **chimichurri** between plates. Squeeze over a **lemon wedge**, if desired

FRESH!

A squeeze of lemon can really brighten up the dish!

