



Easy Prep! Mediterranean Sheet Pan Steak

with Crispy Chickpeas



30min



2 Servings

Combining the best Mediterranean flavors on one sheet pan, this speedy dinner is a joy to eat and simple to prepare. Ras el hanout, a warm Arabic spice blend, flavors chickpeas that roast to golden crispiness alongside peppers, onions, and sirloin steak. We serve it all on toasted pita with a drizzle of lemon-garlic cream sauce for a casual, yet sophisticated meal.

What we send

- 1 red onion
- 1 bell pepper
- 15 oz can chickpeas
- ¼ oz ras el hanout
- 10 oz pkg sirloin steaks
- 1 lemon
- garlic
- 2 (1 oz) sour cream ⁷
- ¼ oz fresh parsley
- 2 Mediterranean pitas ^{1,6,11}

What you need

- olive oil
- kosher salt & ground pepper

Tools

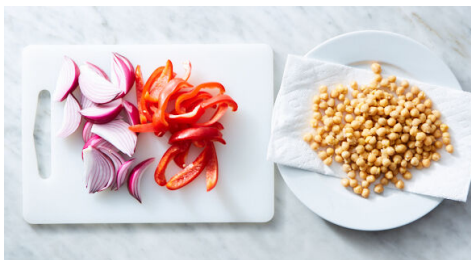
- rimmed baking sheet
- microplane or grater

Allergens

Wheat (1), Soy (6), Milk (7), Sesame (11). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 750kcal, Fat 34g, Carbs 85g, Protein 55g



1. Prep ingredients

Preheat broiler with a rack in the upper third.

Halve **onion**, then cut through the root end into ½-inch slices. Halve **pepper**, discard stem and seeds, then cut into ½-inch slices. Drain and rinse **chickpeas**, then pat very dry with paper towels.



4. Broil steak

When **veggies and chickpeas** have roasted 7-12 minutes, remove baking sheet from oven. Lay **steak** over veggies and chickpeas, return to upper oven rack and continue broiling until veggies are tender and charred, chickpeas are deeply golden and crisp, and steak is cooked, 8-10 minutes more (watch closely as broilers vary).



2. Broil veggies & chickpeas

On a rimmed baking sheet, toss **onions, peppers, and chickpeas** with **ras el hanout, 2 tablespoons oil, and a generous pinch each of salt and pepper**. Broil on upper oven rack until veggies start to soften and char in spots and chickpeas are golden and starting to crisp, 7-12 minutes (watch closely).



5. Toast pitas

Coarsely chop **parsley**.

Brush **pitas** generously with **oil**. Broil directly on top oven rack until lightly toasted, 1-2 minutes per side (watch closely).



3. Prep steak & sauce

Meanwhile, pat **steaks** dry. Rub all over with **oil** and season with **salt and pepper**; thinly slice.

Squeeze **1 tablespoon lemon juice** into a small bowl; grate in **¼ teaspoon garlic** and whisk in **all of the sour cream**; season to taste with **salt and pepper**. Cut **remaining lemon** into wedges.



6. Serve

Top **pitas** with **steak, veggies, and chickpeas**. Drizzle with **sour cream sauce** and sprinkle with **parsley**. Serve with **lemon wedges** for squeezing. Enjoy!