

DINNERLY



No Chop! Low-Cal Mediterranean Steak Pita

with Spinach Salad



20-30min



2 Servings

Dinner needs to be on the table ASAP. Do you A) Order take-out for the umpteenth time? Or B) Make this steak pita? Personally, we'd choose B. This dish requires absolutely no prepwork—just season and cook the steak, warm the pitas, and toss the spinach in a quick homemade dressing. So put your knife away and enjoy your Dinnerly without the stress or mess! We've got you covered!

WHAT WE SEND

- ¼ oz ground coriander
- 2 Mediterranean pitas ^{1,6,11}
- 3 oz baby spinach
- 4 oz tzatziki ^{7,15}
- ½ lb pkg sirloin steak

WHAT YOU NEED

- kosher salt & ground pepper
- olive oil
- white wine vinegar (or apple cider vinegar) ¹⁷
- sugar

TOOLS

- medium nonstick skillet

ALLERGENS

Wheat (1), Soy (6), Milk (7), Sesame (11), Tree Nuts (15), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 530kcal, Fat 32g, Carbs 37g, Protein 27g



1. Prep steak

Pat **steak** dry, then thinly slice into strips. Toss in a medium bowl with **1 teaspoon coriander**, **½ teaspoon salt**, and **a few grinds of pepper**; set aside until step 3.



2. Warm pitas & cook steak

Brush both sides of each **pita** with **oil**. Heat a medium nonstick skillet over medium-high. Cook **pitas**, one at a time, until lightly toasted and warmed through, about 1 minute per side. Transfer to a plate; cover to keep warm.

Heat **1 tablespoon oil** in same skillet over medium-high. Add **steak**; cook until browned on both sides, 3–4 minutes.



3. Make salad & serve

In a medium bowl, whisk to combine **1 tablespoon each of oil and vinegar** with **a pinch of sugar**; season to taste with **salt** and **pepper**. Add **spinach**; toss to coat. Spread **some of the tzatziki** over each **pita**, then top with **some of the salad and steak**. Drizzle with **remaining tzatziki**.

Serve **steak pitas** with **remaining salad** alongside. Enjoy!



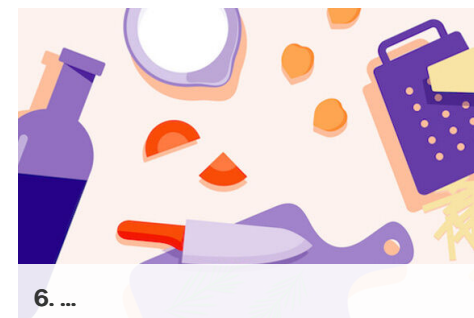
4. ...

What were you expecting, more steps?



5. ...

You're not gonna find them here!



6. ...

Kick back, relax, and enjoy your Dinnerly!