



## Tamari-Glazed Organic Steak

with Farro & Bell Pepper Stir-Fry



20-30min



2 Servings

Farro is one of the oldest cultivated wheat grains, grown in the Fertile Crescent thousands of years ago. And, like all good things, farro has stood the test of time due to its nutty flavor, delightfully chewy texture, and nutrient density. Nowadays, farro is primarily grown in Italy and is used in soups, salads, and as a side—similar to rice, barley, or quinoa.



## What we send

- 1 bell pepper
- 2 scallions
- 2 oz tamari soy sauce <sup>6</sup>
- 4 oz farro <sup>1</sup>
- 3 oz baby spinach
- 10 oz pkg organic sirloin steak

## What you need

- kosher salt & ground pepper
- balsamic vinegar (or apple cider vinegar) <sup>17</sup>
- sugar
- neutral oil

## Tools

- medium saucepan
- fine-mesh sieve
- medium heavy skillet

## Allergens

Wheat (1), Soy (6), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

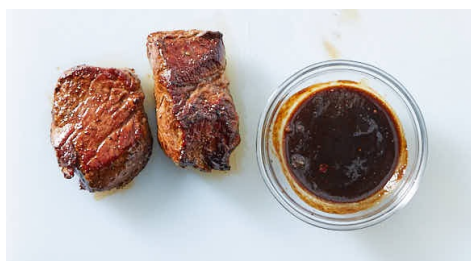
## Nutrition per serving

Calories 570kcal, Fat 20g, Carbs 56g, Protein 46g



### 1. Prep ingredients

Bring a medium saucepan of **salted water** to a boil. Quarter **pepper**, discard stem seeds, then cut crosswise into ½-inch thick slices. Trim **scallions**, then thinly slice. In a small bowl, stir to combine **tamari**, **3 tablespoons vinegar**, and **2 teaspoons sugar** until sugar is dissolved. Set aside until step 4.



### 4. Glaze steaks

Add **tamari-vinegar** mixture to skillet with **steaks** and cook, flipping steaks until glazed, and sauce is reduced to ¼ cup, about 2 minutes. Transfer steaks to a cutting board to let rest, 5 minutes. Transfer **glaze** to a small bowl. Rinse skillet and wipe dry.



### 2. Cook farro

Add **farro** to saucepan with boiling **salted water** and cook until tender, 18-20 minutes. Drain well in a fine-mesh sieve and return farro to saucepan.



### 5. Stir-fry peppers & farro

While **steak** rests, heat **2 teaspoons oil** in same skillet over high. Add **peppers** and cook until crisp-tender, 2-3 minutes. Add **farro**, **half of the scallions**, and **1 tablespoon oil**. Cook, stirring, until warmed through, about 2 minutes. Stir in **half of the glaze** until farro and peppers are coated.



### 3. Sear steaks

Pat **steaks** dry and season all over with **salt** and **pepper**. Heat **2 teaspoons oil** in a medium, heavy skillet over medium-high. Add steaks and cook until medium-rare and deeply browned, about 3 minutes per side (or longer for desired doneness).



### 6. Finish & serve

Add **spinach** to skillet with **farro** and stir until wilted, about 1 minute. Season to taste with **salt** and **pepper**. Very thinly slice **steak**. Serve **farro stir-fry** topped with **sliced steak and any juices**. Drizzle **remaining glaze** over top and garnish with **remaining sliced scallions**. Enjoy!