

DINNERLY



Puerto Rican Steak & Onions with Roasted Zucchini & Rice



1h



2 Servings

Bistec Encebollado is Puerto Rican comfort food at its finest. Pounded thin sirloin steak gets treated to a quick sear before simmering alongside onions, cilantro, taco seasoning, and tomato paste. The long simmer allows all of the flavors to meld together, resulting in a super tender and flavorful stew. Roasted zucchini and fluffy jasmine rice soak up all that savory stew-y goodness. We've got you covered!

WHAT WE SEND

- 1 yellow onion
- ¼ oz fresh cilantro
- ½ lb pkg sirloin steak
- ¼ oz taco seasoning
- 6 oz tomato paste
- 5 oz jasmine rice
- 1 zucchini

WHAT YOU NEED

- garlic
- kosher salt & ground pepper
- olive oil
- distilled white vinegar (or apple cider vinegar)

TOOLS

- meat mallet (or heavy skillet)
- medium skillet
- small saucepan
- rimmed baking sheet

ALLERGENS

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 650kcal, Fat 26g, Carbs 76g, Protein 25g

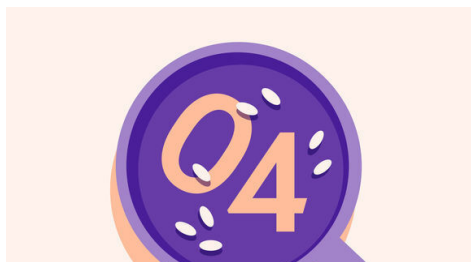


1. Prep ingredients

Thinly slice **onion**. Finely chop **1 teaspoon garlic**. Pick **cilantro leaves** from **stems**; finely chop leaves and stems, keeping separate.

Pat **steaks** dry. Using a meat mallet or heavy skillet, pound to ¼-inch thickness; season all over with **salt** and **pepper**.

In a medium skillet, heat **1 tablespoon oil** over high until lightly smoking.



4. Cook rice

Meanwhile, in a small saucepan, combine **rice**, **1¼ cups water**, and **½ teaspoon salt**; bring to a boil over high heat. Cover and cook over low heat until tender and water is absorbed, about 17 minutes. Keep covered off heat at least 10 minutes.

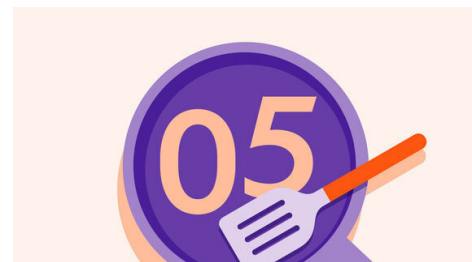
Preheat broiler with a rack 6 inches from heat source. Scrub **zucchini**; cut crosswise into ¾-inch thick rounds.



2. Make sauce

Add **steaks** and cook until bottom is deeply browned, about 3 minutes; transfer to a plate.

Lower heat to medium; add **1 tablespoon oil**, **half of the onions**, and a **pinch of salt**. Cook, stirring occasionally, until softened and just starting to brown in spots, 4–5 minutes. Add **garlic**, **cilantro stems**, and **taco seasoning**; cook until fragrant, about 1 minute.

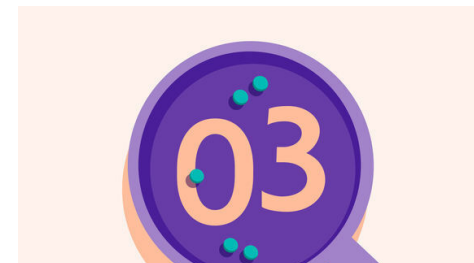


5. Cook zucchini & serve

On a rimmed baking sheet, toss **zucchini** with **1 tablespoon oil**; season with **salt** and **pepper**. Broil until browned, flipping halfway through, 10–12 minutes (watch closely as broilers vary).

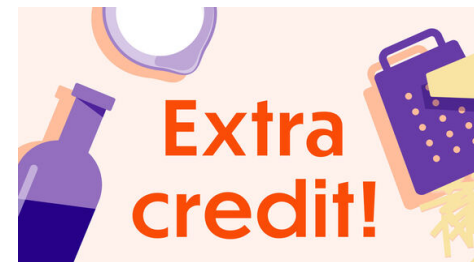
Add **remaining onions** to skillet with **steak**; cover and simmer until tender, about 10 minutes.

Serve **rice**, **zucchini**, and **steak** sprinkled with **cilantro**. Enjoy!



3. Simmer steak

Add **1 tablespoon tomato paste** to skillet; cook, stirring frequently, about 1 minute. Add **steaks**, **1 tablespoon vinegar**, and **½ cup water**; bring to a boil over high heat. Lower heat to maintain a gentle simmer, cover skillet, and cook for 30 minutes.



6. Rate your plate!

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