



Fast! Pan-Roasted Steak & Cauliflower Rice

with Roasted Red Pepper Pesto



ca. 20min



2 Servings

Dinner on the table in 20 minutes—what's better than that? A quick-to-make tender pan-roasted sirloin steak dinner! The key to making a delicious, speedy supper is using flavor-packed ingredients. This plate features cauliflower rice, a fresh salad made from briny Kalamata olives, parsley, and sweet shallots, and pre-made roasted red pepper pesto. The pesto becomes a romesco-like sauce for the steak. It's the perfect bite!

What we send

- 12 oz cauliflower rice
- 10 oz pkg sirloin steaks
- ½ oz fresh parsley
- 1 oz Kalamata olives
- 1 shallot
- 2 oz roasted red pepper pesto ⁷

What you need

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

Tools

- small saucepan
- medium heavy skillet (preferably cast-iron)

Allergens

Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 360kcal, Fat 21g, Carbs 17g, Protein 29g



THIS IS A CUSTOMIZED RECIPE STEP

We've tailored the instructions below to match your recipe choices. Happy cooking!

1. Make cauliflower rice

In a small saucepan, heat **1 teaspoon oil** over medium-high. Add **cauliflower rice** and cook, stirring, until golden-brown, 2-3 minutes. Add **¼ cup water** and **¼ teaspoon salt** and bring to a boil. Cook until tender and liquid has evaporated, 1-2 minutes. Remove from heat and set aside, covered to keep warm, until ready to serve.



4. Dress salad

Transfer **sliced shallots**, **parsley leaves** (and stems, if using), and **olives** to a small bowl; toss with **a drizzle each of oil and vinegar**. Season to taste with **salt** and **pepper**.



2. Cook steaks

Meanwhile, pat **steaks** dry and season all over with **salt** and **pepper**. Heat **1 tablespoon oil** in a medium heavy skillet (preferably cast-iron) over medium-high. Add steaks and cook until well browned all over and medium-rare, 3-5 minutes per side (or longer for desired doneness).



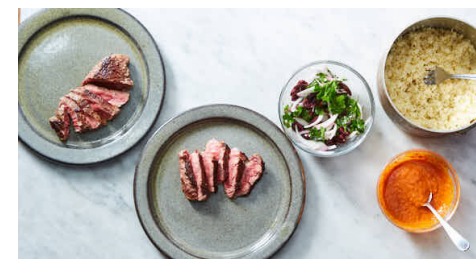
5. Slice steaks

Thinly slice **steaks**, if desired.



3. Prep salad

While **steaks** cook, pick **parsley leaves** from stems. (Alternatively, coarsely chop parsley leaves and stems together.) Tear or cut **olives** in half, remove any pits if necessary. Thinly slice **half of the shallot** (save rest for own use).



6. Serve

Fluff **cauliflower rice** with a fork and season to taste with **salt** and **pepper**. Serve **steak** alongside **cauliflower rice** and **red pepper pesto**, and top with **parsley and olive salad**. Enjoy!