

# 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

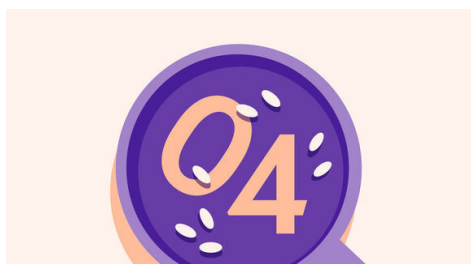


#### 1. Prep ingredients

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.

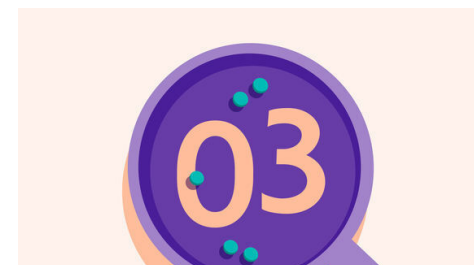


#### 5. Cook zucchini & serve

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).

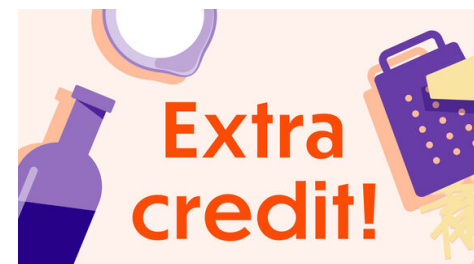
Add **remaining onions** to skillet with **steak**; cover and simmer until tender, about 10 minutes.

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!

When you rate your meals we can give you more of the flavors you love. Tell us what you thought of this recipe on the app or website.