

# MARLEY SPOON



## Fast! Za'atar Steak

with Quinoa Salad & Feta



ca. 20min



2 Servings

This 20-minute meal is bursting with fresh Mediterranean flavor! Here we pan-sear tender sirloin steaks in a hot skillet, creating a perfectly browned crust. After cooking, a za'atar and fresh herb post-cooking marinade take the juicy steaks to the next level. We pair this quick-cooking cut with a vibrant quinoa salad studded with feta cheese, charred zucchini, and fresh tomatoes.



## What we send

- 3 oz white quinoa
- 1 zucchini
- 2 scallions
- garlic
- 1 lemon
- 1 plum tomato
- ¼ oz za'atar spice blend <sup>2</sup>
- 10 oz pkg sirloin steaks
- 2 oz feta <sup>1</sup>

## What you need

- kosher salt & ground pepper
- neutral oil
- olive oil
- sugar

## Tools

- small saucepan
- medium skillet
- microplane or grater

## Allergens

Milk (1), Sesame (2). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 790kcal, Fat 57g, Carbs 38g, Protein 33g

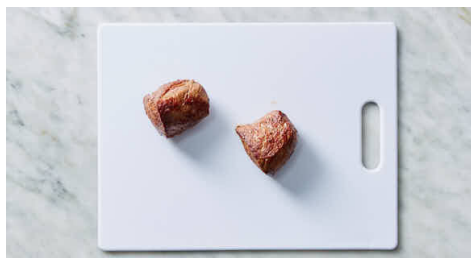


## THIS IS A CUSTOMIZED RECIPE STEP

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

### 1. Cook quinoa

In a small saucepan, combine **quinoa**, **¾ cup water**, and **½ teaspoon salt**. Bring to a boil. Cover, reduce heat to medium-low, and cook until tender and water is absorbed, 15-20 minutes. Transfer to a large bowl.



### 4. Sear steaks

Pat **steaks** dry, then season all over with **salt** and **pepper**. Heat **1 tablespoon neutral oil** in the reserved skillet over medium-high. Add steaks and cook until well browned and medium-rare, 2-3 minutes per side (or longer for desired doneness).



### 2. Char zucchini

Meanwhile, cut **zucchini** into a ½-inch pieces. Heat **1 tablespoon neutral oil** in a medium skillet over medium-high. Add zucchini and cook, stirring occasionally, until softened and charred in spots, 5-7 minutes. Transfer to bowl with **quinoa**. Add **1 tablespoon water** to skillet; scrape up browned bits from bottom, then add to bowl with zucchini and quinoa. Reserve skillet for step 4.



### 5. Marinate seared steaks

Transfer steaks to bowl with **za'atar marinade** and toss to coat. Let steaks rest in marinade until ready to serve.



### 3. Prep ingredients

Trim **scallions**; thinly slice, keeping dark greens separate. Finely grate **½ teaspoon garlic**. Squeeze **1 ½ tablespoons lemon juice** into a small bowl. Cut **tomato** into ½-inch pieces.

In a 2nd medium bowl, combine **scallion dark greens**, **garlic**, **3 tablespoons olive oil**, **1 teaspoon za'atar**, and **all but 1 teaspoon of the lemon juice**. Season marinade with **salt** and **pepper**.



### 6. Finish & serve

To bowl with **quinoa and veggies**, add **tomatoes**, **scallion whites** and **light greens**, **remaining lemon juice**, **1 tablespoon olive oil**, and **¼ teaspoon each of sugar and salt**; stir to combine. Season to taste with **salt** and **pepper**. Crumble **feta** over top. Thinly slice **steaks**, if desired. Serve **steaks** with **za'atar marinade** on top alongside **quinoa salad**. Enjoy!