



Grilled Chimichurri Steak

with Couscous-Snap Pea Salad



30min



2 Servings

Don't let its size fool you—couscous is small but mighty! We combine the fluffy grain with crisp snap peas to create a hearty, healthy side dish to the star of the show: thinly sliced steak smothered in a homemade chimichurri sauce. With this much green on your plate, you know you'll be feeling good once it's empty. No grill? See cooking tip.

What we send

- ¼ oz fresh parsley
- 4 oz snap peas
- 3 oz couscous ¹
- ¼ oz dried oregano
- 10 oz pkg beef tenderloin
- garlic

What you need

- ¼ cup + 2 tsp olive oil
- kosher salt & ground pepper
- red wine vinegar (or white wine vinegar)

Tools

- grill or grill pan
- small saucepan

Cooking tip

Heat oil in heavy skillet over medium-high. Cook steaks until browned and medium-rare, 2-3 minutes per side (or longer for desired doneness).

Allergens

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

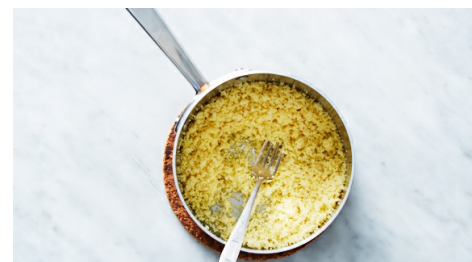
Nutrition per serving

Calories 600kcal, Fat 30g, Carbs 41g, Protein 41g



1. Prep ingredients

Preheat a grill to medium-high heat, if using. Finely chop **1 teaspoon garlic**. Finely chop **parsley leaves and stems**. Trim **snap peas**, then thinly slice crosswise.



2. Cook couscous

Heat **2 teaspoons oil** in a small saucepan over medium. Add **½ teaspoon of the chopped garlic**. Cook, stirring frequently, until softened and fragrant, about 2 minutes. Add **½ cup water** and **½ teaspoon salt**, then cover and bring to a boil. Add **couscous**; cover and remove from heat. Let stand for 5 minutes. Uncover and fluff couscous with a fork.



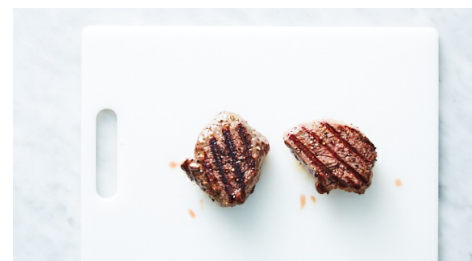
3. Make chimichurri

In a large bowl, combine **remaining chopped garlic**, **¼ cup oil**, **1 tablespoon each of vinegar and water**, **2 teaspoons dried oregano**, **½ teaspoon salt**, and **a few grinds of pepper**. Stir in **chopped parsley**. Transfer **3 tablespoons of the chimichurri** to a small bowl and reserve for step 6.



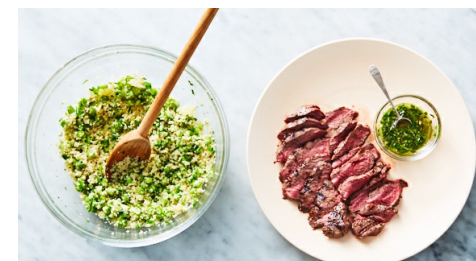
4. Make couscous salad

Add **couscous** and **snap peas** to the large bowl with **remaining chimichurri**. Stir to combine. Season to taste with **salt** and **pepper**.



5. Grill steaks

Heat a grill pan over medium-high, if using. Pat **steaks** dry. Lightly rub steaks with **oil** and season all over with **salt** and **pepper**. Add steaks to preheated grill or grill pan and cook until browned and medium-rare, 3-4 minutes per side (or longer for desired doneness). Transfer to a cutting board and let rest for 5 minutes.



6. Finish & serve

Thinly slice **steaks**, if desired, then transfer to plates and spoon **reserved chimichurri** over top. Serve **steaks** with **couscous-snap pea salad** alongside. Enjoy!