



## Low-Cal Chimichurri Steak

with Couscous-Snap Pea Salad



30min



2 Servings

If you don't have a grill or grill pan, this recipe is just as tasty cooked in a skillet. Heat 1 tablespoon oil in a heavy skillet over medium-high. Add the steaks and cook until browned and medium-rare, 3-4 minutes per side (or longer for desired doneness).



## What we send

- garlic
- ½ oz fresh parsley
- 4 oz snap peas
- 3 oz couscous <sup>1</sup>
- ¼ oz dried oregano
- 10 oz sirloin steaks

## What you need

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

## Tools

- small saucepan
- grill or grill pan

## 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 42g, Proteins 41g



### 1. Prep ingredients

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 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.



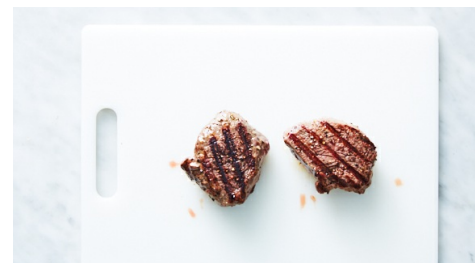
### 3. Make chimichurri

Meanwhile, preheat a grill to medium-high heat, if using. 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.



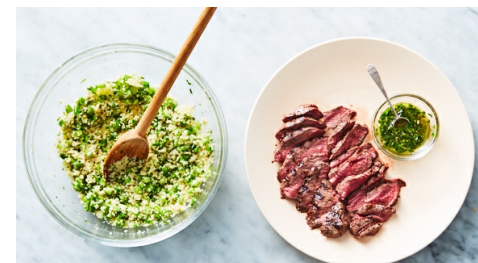
### 4. Make couscous salad

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!