



**GET  
GRILLIN'**

## Chili-Rubbed Steak with Summer Farro Salad

 20-30min  2 Servings

This meal is for steak lovers who love the char the grill brings. Our Pat La Frieda flat iron steaks are tender and juicy and meaty enough to complement the smokey spice rub on top. Slice the steak thinly and serve it with our summery grain salad of corn, cherry tomatoes, cucumbers, farro and herbs. A mustard vinaigrette brings it all together.



## What we send

- 17
- 17

## What you need

- coarse salt
- freshly ground black pepper
- olive oil

## Tools

**Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.**

**For recipes containing garlic, you'll find one head of garlic in your box.**

**We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.**

### Allergens

Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

### Nutrition per serving

Calories 545kcal



### 1. Prepare the farro

Bring a medium pot of water to a boil, add the farro, reduce to a simmer and cook until tender, about 15 minutes. Drain and set aside.



### 2. Prepare the steak rub

Meanwhile, combine chili powder, paprika, cayenne, and 1/2 teaspoon each of salt and pepper. Rub over the steaks and let sit for 10 minutes.



### 3. Remove corn kernels

Shuck corn if necessary, then stand one of the ears of corn in a medium bowl and slice down the sides, catching the kernels in the bowl. Repeat with second ear. Add the farro to the bowl.



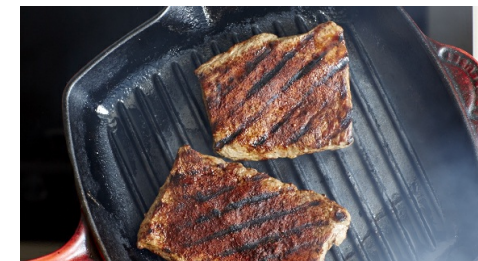
### 4. Prep salad

Halve or quarter the cherry tomatoes. Remove the ends from the cucumbers, then slice into rounds. Remove root end from scallion and finely slice crosswise. Remove dill sprigs from stems and chop sprigs (1/2 cup). Add all ingredients to the bowl with corn and farro.



### 5. Make the dressing

Whisk together vinegar, mustard, and 1/2 teaspoon salt and a few grinds of pepper. Slowly whisk in 3 tablespoons olive oil. Add to salad and toss well.



### 6. Grill steak

Heat a grill, grill pan, or skillet over medium high heat. Brush grill or skillet with oil and cook steaks to desired doneness, about 2-3 minutes per side for medium. Let rest 5 minutes before slicing. Serve with salad. Enjoy!