

Middle Eastern Beef Salad

with Chayote Squash & Za'atar Pita Croutons

2 SERVINGS











⌚ 25-35 MINS

 **Blue Apron**
blueapron.com



We're topping this flavor-packed salad with bites of tender beef seared in a coating of ras el hanout—a blend of cumin, coriander, cinnamon, and more—whose bold flavor is delightfully contrasted by our creamy yogurt dressing.

Ingredients

-  ½ lb Thinly Sliced Beef
-  2 Pocketless Pitas
-  4 oz Grape Tomatoes
-  1 Chayote Squash
-  1 clove Garlic
-  1 Romaine Lettuce Heart
-  ½ cup Plain Nonfat Greek Yogurt
-  1 Tbsp Rice Vinegar
-  1 Tbsp Ras el Hanout
-  1 Tbsp Za'atar Seasoning*

*Ground Sumac, Sesame Seeds, Salt, Ground Thyme, Whole Dried Oregano & Crushed Aleppo Pepper

Wellness at Blue Apron

To find out more about Wellness at Blue Apron visit us at blueapron.com/pages/wellness

600 CALORIES OR LESS



Serve a bottle of Blue Apron wine with this symbol: Fruity & Savory.
blueapron.com/wine

1 Prepare the ingredients

- Wash and dry the fresh produce.
- Roughly chop the **lettuce**.
- Halve the **tomatoes**.
- In a large bowl, combine the **chopped lettuce** and **halved tomatoes**.
- Peel **1 clove of garlic**; using a zester, finely grate into a paste (or use the small side of a box grater).
- Halve the **squash** lengthwise. If present, remove the pit, then medium dice the squash.



2 Make the pita croutons

- In a medium pan (nonstick, if you have one), heat **1 teaspoon of olive oil** on medium-high until hot.
- Working one at a time, add the **pitas**. Cook 1 to 2 minutes per side, or until heated through and pliable.
- While the pitas cook, in a bowl, combine **1 teaspoon of olive oil** and **half the za'atar** (you will have extra). Season with salt and pepper.
- Carefully transfer the **warmed pitas** to a work surface and brush or drizzle with the **za'atar oil**. Cut into bite-sized pieces.
- Wipe out the pan.



3 Cook the beef

- Meanwhile, separate the **beef**; pat dry with paper towels. Place in a bowl and season with salt, pepper, and **half the ras el hanout** (you will have extra); toss to coat.
- In the same pan, heat **½ teaspoon of olive oil** on medium-high until hot.
- Add the seasoned beef in an even layer. Cook, without stirring, 2 to 3 minutes, or until lightly browned. Continue to cook, stirring occasionally, 1 to 2 minutes, or until browned and just cooked through.
- Leaving any browned bits (or fond) in the pan, transfer to a plate and set aside to cool.



4 Cook the squash

- In the pan of reserved fond, heat **½ teaspoon of olive oil** on medium-high until hot.
- Add the **diced squash** in an even layer. Cook, without stirring, 3 to 4 minutes, or until lightly browned.
- Add **¼ cup of water** (carefully, as the liquid may splatter); season with salt and pepper. Loosely cover the pan with foil and cook, stirring occasionally, 3 to 4 minutes, or until the squash is softened and the water has cooked off.
- Add the **vinegar**. Cook, stirring frequently, 30 seconds to 1 minute, or until combined. Turn off the heat.



5 Make the dressing

- Meanwhile, in a bowl, combine the **yogurt**, **1 teaspoon of olive oil**, **1 tablespoon of water**, and **as much of the garlic paste as you'd like**. Taste, then season with salt and pepper if desired.



6 Make the salad & serve your dish

- Add the **dressing** to the bowl of **prepared lettuce and tomatoes**; toss to coat. Taste, then season with salt and pepper if desired.
- Serve the **salad** topped with the **cooked beef**, **cooked squash**, and **pita croutons**. Enjoy!



NUTRITION PER SERVING (AS PREPARED)**

Calories: XXX, Total Carbohydrates: XXg, Dietary Fiber: XXg, Added Sugars: XXg, Total Fat: XXg, Saturated Fat: XXg, Protein: XXg, Sodium: XXXXmg.

**See full Nutrition Facts on your Current page in the Blue Apron app or at blueapron.com.

CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).

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Produced in a facility that processes crustacean shellfish, egg, fish, milk, peanuts, soy, tree nuts, and wheat.

Blue Apron, LLC
New York, NY 10005

