

Wellness at Blue Apron

blueapron.com/pages/wellness

600 CALORIES OR LESS

To find out more about Wellness at Blue Apron visit us at

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
- 1/2 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



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

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 1/2 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 1/2 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 1/4 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

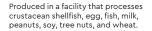
- Add the **dressing** to the bowl of prepared lettuce and tomatoes; toss to coat. Taste, then season with salt and pepper if desired.
- Serve the salad topped with the cooked beef, cooked squash, and pita croutons. Enjoy!





Calories: XXX, Total Carbohydrates: XXXg, 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).



Blue Apron, LLC

