

Dukkah-Spiced Steaks & Freekeh

with Brussels Sprouts, Figs & Marinated Radish

4 SERVINGS

⌚ 35-45 MINS

 **Blue Apron**
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Ingredients



4 Steaks



½ lb Brussels Sprouts



½ cup Plain Nonfat Greek Yogurt



1 cup Cracked Freekeh



1 Lemon



1 Tbsp Sugar



1 Watermelon Radish



4 Dried Turkish Figs



1 Tbsp Dukkah Seasoning¹



BLUE APRON
x
Chef
Edouardo Jordan

For four weeks, Blue Apron is delighted to partner with Edouardo Jordan, Seattle-based chef and restaurant owner, whose mission is to nourish the community with Southern-focused dishes and education through culinary history.



Serve with Blue Apron wine that has this symbol
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¹. Za'atar, Ground Coriander, Ground Fennel Seeds, Ground Cumin & Black Sesame Seeds

1 Cook the freekeh

- Fill a medium pot $\frac{3}{4}$ of the way up with salted water; cover and heat to boiling on high.
- Once boiling, add the **freekeh** and cook, uncovered, 24 to 26 minutes, or until tender. Turn off the heat.
- Drain thoroughly and return to the pot.



2 Prepare the ingredients & marinate the radish

- Meanwhile, wash and dry the fresh produce.
- Medium dice the **figs**. Place in a bowl; cover with $\frac{1}{3}$ cup of hot water. Set aside to rehydrate at least 10 minutes.
- Zest the **lemon** to get 2 teaspoons (or use the small side of a box grater). Quarter and deseed the lemon.
- Quarter the **radish** lengthwise, then thinly slice crosswise. Place in a bowl; add the **sugar** and the **juice of 2 lemon wedges**. Season with salt and pepper; stir to combine. Set aside to marinate, stirring occasionally, at least 10 minutes. Taste, then season with salt and pepper if desired.
- Cut off and discard the stem ends of the **brussels sprouts**; halve lengthwise, then thinly slice crosswise.



3 Cook the steaks

- Pat the **steaks** dry with paper towels; season with salt and pepper on all sides.
- In a large pan (nonstick, if you have one), heat **2 tablespoons of olive oil** on medium-high until hot.
- Add the seasoned steaks. Cook, turning occasionally, 8 to 10 minutes for medium-rare, or until browned and cooked to your desired degree of doneness.*
- Leaving any browned bits (or fond) in the pan, transfer to a cutting board and let rest at least 5 minutes.



4 Cook the brussels sprouts & figs

- While the steaks rest, to the pan of reserved fond, add the **sliced brussels sprouts** and **rehydrated figs**, including the liquid (carefully, as the liquid may splatter). Season with salt and pepper. Cook on medium-high, stirring occasionally and scraping up any fond, 3 to 4 minutes, or until softened and the liquid has cooked off.
- Turn off the heat.



5 Finish & serve your dish

- In a bowl, combine the **yogurt** and **half the dukkah**; season with salt and pepper.
- To the pot of **cooked freekeh**, add the **cooked brussels sprouts and figs**, **lemon zest**, and the **juice of the remaining lemon wedges**. Season with salt and pepper; stir to combine.
- Find the lines of muscle (or grain) on the **rested steaks**; slice crosswise against the grain.
- Serve the **sliced steaks** with the **finished freekeh**. Top the freekeh with the **marinated radish** (discarding any liquid). Top the steaks with the **dukkah yogurt**. Garnish with the **remaining dukkah**. Enjoy!



*An instant-read thermometer should register 145°F.

NUTRITION PER SERVING (AS PREPARED)**

Calories: 620, Total Carbohydrates: 60g, Dietary Fiber: 10g, Added Sugars: 3g, Total Fat: 24g, Saturated Fat: 8g, Protein: 42g, Sodium: 1160mg.

**For information about our wellness labels visit us at blueapron.com/wellness. To view this meal's FULL NUTRITION FACTS and any customizations you may have applied, select this recipe from your Current page in the Blue Apron app or blueapron.com.

CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).

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

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