

Za'atar Steak & Candied Walnuts

with Pearl Couscous, Feta & Vegetables

INGREDIENT IN FOCUS

Pearl couscous, known as “ptitim” in Israel, is actually a special type of pasta. Semolina and wheat flours are rolled into little balls (or pearls), then toasted for nutty flavor and pleasantly chewy texture.

TECHNIQUE TO HIGHLIGHT

To make the spiced, candied walnuts, you'll cook them briefly in the pan with our bold shawarma blend and honey to develop that sweet, sticky coating. Transferring them to parchment-lined or lightly greased plate is key so they don't stick to the plate as they cool!



PREMIUM

2 SERVINGS

⌚ 40-50 MINS



Serve a bottle of Blue Apron wine with this symbol: Rich & Decadent.
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Ingredients

- | | | |
|--|---|--|
|  2 Flank Steaks |  1 Lime |  1 Tbsp Honey |
|  ½ cup Pearl Couscous |  1 bunch Mint |  ¼ cup Roasted Walnuts |
|  2 ears of Corn |  1 bunch Parsley |  ¼ tsp Crushed Red Pepper Flakes |
|  4 oz Sweet Peppers |  1 Tbsp Capers |  1 Tbsp Shawarma Spice Blend ² |
|  2 Scallions |  ½ cup Tzatziki ¹ |  1 Tbsp Za'atar Seasoning ³ |
|  2 cloves Garlic |  1 ½ oz Feta Cheese | |

1. cucumber-yogurt sauce

2. Ground Coriander, Cumin Seeds, Garlic Powder, Smoked Sweet Paprika & Ground Turmeric

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

1 Prepare the ingredients

- Remove the **honey** from the refrigerator to bring to room temperature.
- Fill a medium pot $\frac{3}{4}$ of the way up with salted water; cover and heat to boiling on high.
- Wash and dry the fresh produce.
- Roughly chop the **walnuts**.
- Remove any husks and silks from the **corn**; cut the kernels off the cobs.
- Cut off and discard the stems of the **peppers**; remove the cores, then medium dice.
- Thinly slice the **scallions**, separating the white bottoms and hollow green tops.
- Peel and roughly chop **2 cloves of garlic**.
- Quarter the **lime**.
- Pick the **mint** leaves off the stems.
- Roughly chop the **parsley** leaves and stems.



2 Make the candied walnuts

- In a large pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **chopped walnuts** and enough of the **shawarma spice blend** to coat (you may have extra); season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until lightly toasted.
- Add the **honey** (kneading the packet before opening). Cook, stirring constantly, 1 to 2 minutes, or until coated.
- Transfer to a parchment paper-lined (or lightly greased) plate in an even layer to avoid sticking. Set aside to cool. Taste, then season with salt and pepper if desired.
- Rinse and wipe out the pan.



3 Cook the vegetables

- In the same pan, heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the **corn kernels** and **diced peppers** in an even layer. Cook, without stirring, 3 to 4 minutes, or until lightly browned (be careful, as the corn may pop as it cooks).



Step 3 continued:

- Add the **sliced white bottoms of the scallions**, **chopped garlic**, and **as much of the red pepper flakes as you'd like**, depending on how spicy you'd like the dish to be; season with salt and pepper. Cook, stirring occasionally, 1 to 2 minutes, or until the vegetables are browned and softened.
- Turn off the heat; stir in the **juice of 2 lime wedges**.
- Transfer to a bowl and cover with foil to keep warm.
- Rinse and wipe out the pan.

4 Cook the steaks

- Pat the **steaks** dry with paper towels; season on both sides with salt, pepper, and enough of the **za'atar** to coat (you may have extra).
- In the same pan, heat **1 tablespoon of olive oil** on medium-high until hot.
- Add the seasoned steaks. Cook 3 to 5 minutes per side for medium-rare (125°F), 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; let rest at least 5 minutes.



5 Cook the couscous

- Meanwhile, add the **couscous** to the pot of boiling water. Cook, uncovered, 5 to 7 minutes, or until tender. Turn off the heat.
- Drain thoroughly and return to the pot.



6 Finish & serve your dish

- To the pot of **cooked couscous**, add the **cooked vegetables**, **capers**, **cheese** (crumbling before adding), the **juice of the remaining lime wedges**, and a drizzle of **olive oil**. Stir to combine. Taste, then season with salt and pepper if desired.
- Find the lines of muscle (or grain) on the **rested steaks**; slice crosswise against the grain.
- Serve the **sliced steaks** with the **finished couscous**. Top the steaks with the **tzatziki**. Garnish the couscous with the **candied walnuts**, **mint leaves** (tearing just before adding), **chopped parsley**, and **sliced green tops of the scallions**. Enjoy!



*The USDA recommends a minimum safe cooking temperature of 145°F for steak. Cook the steaks an additional 2 to 3 minutes to achieve this. Consuming raw or undercooked meat, poultry, fish, seafood or eggs may increase your risk of foodborne illness.

To view this recipe's full nutrition information, SEE FULL RECIPE in the current tab of your account at blueapron.com or in the Blue Apron app, then click on VIEW FULL NUTRITION. Food safety handling information: blog.blueapron.com/foodsafety

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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