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

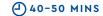
To make the spiced, candied walnuts, you'll cook them briefly in the pan with our bold shawarma blend and honey to develop that sweet, sticky coating. Transferring them to parchment-lined or lightly greased plate is key so they don't stick to the plate as they cool!





PREMIUM

2 SERVINGS





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

Ingredients



2 Flank Steaks



½ cup Pearl Couscous



2 ears of Corn



4 oz Sweet Peppers



2 Scallions



2 cloves Garlic



1 Lime



1 bunch Mint



1 bunch Parsley



1 Tbsp Capers



½ cup Tzatziki¹



1 ½ oz Feta Cheese



1 Tbsp Honey



1/4 cup Roasted Walnuts



1/4 tsp Crushed Red Pepper Flakes



1 Tbsp Shawarma Spice Blend²



1 Tbsp Za'atar Seasoning³

- 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.} cucumber-yogurt sauce

1 Prepare the ingredients

- Remove the **honey** from the refrigerator to bring to room temperature.
- Fill a medium pot 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.

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