

Za'atar-Spiced Steaks

with Rutabaga-Barberry Tabbouleh & Labneh Cheese

In this delicious, Iranian-inspired meal, we're using a special ingredient: barberries. These small, red fruits have a refreshing, tart flavor and can be used, like citrus peel, to add a zesty finish to all kinds of dishes. Iran is one of the world's largest growers of the fruit, which remains a part of the cuisine there and in many other parts of the world. You'll use them here to accent the earthiness of rutabaga (a turnip-like root vegetable) in a hearty tabbouleh. Let's bring this classic ingredient back in an exciting new way!



Ingredients

- 2 Flank Steaks
- ¾ Cup Bulgur
- 2 Cloves Garlic
- 1 Lemon
- 1 Pound Rutabaga
- 1 Bunch Mint
- 1 Large Bunch Parsley

Knick Knacks

- 3 Ounces Labneh Cheese
- 2 Tablespoons Pomegranate Molasses
- 1 Tablespoon Dried Barberries
- 2 Teaspoons Za'atar Steak Spice Blend
(Za'atar & Aleppo Pepper)

Makes 2 Servings

About 610 Calories Per Serving

Cooking Time: 25 to 35 minutes



1



Cook the bulgur:

Heat a small pot of salted water to boiling on high. Once boiling, add the **bulgur** and cook 12 to 14 minutes, or until tender but still slightly chewy. Using a fine strainer, thoroughly drain the bulgur. Set aside.

2



Prepare the ingredients:

While the bulgur cooks, wash and dry the fresh produce. Remove the steaks from the refrigerator to bring to room temperature. Peel and mince the garlic; smash with the flat side of your knife until it resembles a paste. Using a peeler, remove the lemon rind, avoiding the pith; mince to get 2 teaspoons of zest (or use a zester). Quarter and deseed the lemon. Using a sharp, sturdy knife, peel and small dice the rutabaga. Pick the mint and parsley off the stems. Discard the stems; roughly chop the leaves. In a small bowl, combine the **labneh cheese**, a pinch of the **garlic paste**, **half the mint** and the **juice of 2 lemon wedges**; season with salt and pepper to taste.

3



Cook the steaks:

While the bulgur continues to cook, pat the **steaks** dry with paper towels; season on both sides with salt, pepper and **half the spice blend** (reserve the remaining spice blend). In a large pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot. Add the seasoned steaks and cook 2 to 4 minutes per side for medium-rare, or until cooked to your desired degree of doneness. Transfer to a plate, leaving any browned bits (or fond) in the pan. Loosely cover the steaks with aluminum foil and set aside.

4



Start the tabbouleh:

Heat the pan of reserved fond on medium-high until hot. (If the pan seems dry, add 1 teaspoon of olive oil.) Add the **rutabaga**; season with salt and pepper. Cook, stirring occasionally, 6 to 8 minutes, or until browned and tender. Add the **remaining garlic paste and spice blend**; cook, stirring frequently, 30 seconds to 1 minute, or until fragrant. Stir in the **barberries, pomegranate molasses and 2 tablespoons of water**; cook, stirring occasionally, 30 seconds to 1 minute, or until thoroughly combined. Remove from heat.

5



Finish the tabbouleh:

Off the heat, add the **cooked bulgur, parsley, lemon zest and the juice of the remaining lemon wedges** to the pan of rutabaga. Drizzle with olive oil; stir to combine and season with salt and pepper to taste.

6



Plate your dish:

Find the lines of muscle (or grain) in the **cooked steak**; slice the steak against the grain. Add any juices from the sliced steak to the tabbouleh; stir to combine. Divide the **finished tabbouleh and sliced steak** between 2 plates. Garnish with the **remaining mint**. Serve with the **seasoned labneh cheese** on the side. Enjoy!