



**NUTRITION** per serving 55g carbohydrates 23g fat 43g protein 135mg sodium | low-calorie, gluten-free, dairy-free, soy-free, nut-free



Calories  
601



Prep & Cook Time  
25-35 min.



Cook Within  
6 days



Difficulty  
Easy



Spice Level  
Mild

#### IN YOUR BOX

- 2 Garlic Cloves
- 2 Roma Tomatoes
- 1 Yellow Onion
- 1 Zucchini
- 2 Flat Iron Steaks
- ½ Cup Parboiled White Rice
- 1 Vegetable Base Packet
- 1 tsp. Dried Oregano
- ½ tsp. Red Pepper Flakes
- 2 tsp. Red Wine Vinegar

#### IN YOUR KITCHEN

- Olive Oil
- Salt
- Pepper
- Cooking Spray
- Baking Sheet
- Small Pot
- Mixing Bowl
- Small Bowl
- Medium Non-Stick Pan

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HOME CHEF

## Brazilian Flat Iron Steak

with tomato rice and marinated zucchini

## BEFORE YOU COOK

- Take a minute to read through the recipe before you start—we promise it will be time well spent!
- Preheat oven to **425 degrees**
- Prepare a baking sheet with foil and cooking spray
- Thoroughly rinse produce and pat dry

## WHILE YOU COOK

- **Heads up!** Only add half the tomatoes to the rice to start. The other half will be added when rice is finished cooking.

## FROM THE CHEF

Seasoning meat early on allows salt to penetrate and flavor the steaks thoroughly.

### Did you know...

The simple combination of garlic, red wine vinegar, oregano, red pepper flakes, and olive oil makes for a flavor sensation with a sum greater than its parts. Super tasty and highly versatile, you can use this as a marinade and a sauce for both meats and vegetables.



1

## Prepare the Ingredients

Mince **garlic**. Cut **tomato** into ¼” dice. Peel and halve **onion**. Cut halves into ¼” dice. Trim **zucchini** ends and cut on an angle into ¼” slices. Rinse **steaks**, pat dry, and season both sides with a large pinch of **salt and pepper**.



4

## Sear and Cook the Steaks

Place a medium non-stick pan over medium-high heat. Add 1 tsp. **olive oil** and **steaks**. Sear steaks, about 2-3 minutes per side, or until brown. Remove steaks from pan and place on baking sheet. Pour **reserved marinade** over steaks and bake 5-7 minutes, or until steaks reach a minimum internal temperature of 145 degrees. Remove from oven and allow steaks to rest for 3 minutes.



2

## Prepare the Rice

Place a small pot over medium heat. Add 1 tsp. **olive oil**, **onions**, and a pinch of **salt and pepper**. Stir, cover, and cook 3 minutes, or until onions are tender and translucent. Stir in **rice**, half the **tomatoes**, **vegetable base packet**, and ¾ cup **water**. Increase heat to high and bring to a boil. Reduce heat to medium-low, cover, and simmer until rice is tender, about 15-18 minutes. *Rice should have some liquid left, making the texture creamy.* Stir in remaining **tomatoes**, cover, set aside, and keep warm.



5

## Cook the Zucchini

Place pan from previous step over medium-high heat (no need to wipe clean). Add **zucchini with marinade** to hot pan. Stir regularly and cook until zucchini is tender but still has a slight crunch, about 3-4 minutes. Season to taste with **salt and pepper**.



3

## Marinate Zucchini

While rice is cooking, combine **garlic**, **oregano**, **red pepper flakes** (start with ¼ tsp., taste, and add more if desired), **red wine vinegar**, and 1 Tbsp. **olive oil** in a medium mixing bowl. Pour half the **marinade** into a small bowl for **steaks** in later step. Add **zucchini** to remaining marinade and toss to coat completely.



6

## Plate the Dish

Place a mound of **tomato rice** on each plate. Place **zucchini** next to rice and place **steak** in front.