**Massaman Steak Curry**

We think of Massaman curry as a tasty blend of Thai and Indian flavors. With cardamom, cinnamon, cloves, and cumin (to name a few of the spices), it’s heavily influenced Indian curries, yet still distinctly Thai. This week we’re tossing it with peppers, almonds and sirloin steak for a dinner the whole family will love.

**Getting Organized**

**EQUIPMENT**
- Two Saucepans
- Large Skillet

**FROM YOUR PANTRY**
- Olive Oil
- Salt & Pepper

**5 MEEZ CONTAINERS**
- Jasmine Rice
- Massaman Curry Sauce
- Steak
- Peppers & Almonds
- Herbs & Coconut

**Make The Meal Your Own**

For extra rich beef flavor, add 2 Tbsp water to the skillet with the peppers and almonds as soon as they are done cooking. Using a spatula, give everything a good stir, scraping all the flavorful bits off the bottom of the pan.

It’s important to let the steaks rest to keep them tender and juicy. Give them at least 3 to 5 minutes off the heat before you slice and serve.

**Good To Know**

Be sure to generously season your steak with salt and pepper before cooking; the salt adds flavor while also keeping the meat tender. Chef Max recommends using ½ tsp of each.

**Health snapshot per serving** – 730 Calories, 40g Protein, 37g Fat, 65g Carbs, 24 Smart Points

**Lightened up snapshot** – 540 Calories, 28g Fat, 39g Carbs and 17 Smart Points if you use 1/2 the rice and sauce.

**Have questions?** The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Coconut Milk, Steak, Jasmine Rice, Bell Peppers, Red Onion, Almonds, Rice Wine Vinegar, Brown Sugar, Tamari, Lime Juice, Coconut, Massaman Curry Paste, Ginger, Cilantro, Basil, Garlic
1. Get Organized
   Bring water to a boil in a large saucepan.

2. Cook the Rice
   Add the Jasmine Rice to the boiling water with a pinch of salt and boil uncovered until desired texture, about 12 to 15 minutes. Remove from heat, drain, return rice to pot and set aside.

3. Heat the Sauce
   While the rice is cooking, pour the Massaman Curry Sauce into a small saucepan. Simmer the sauce over medium-low heat until rapidly bubbling and slightly thickened, about 12 to 15 minutes.

4. Cook the Steak
   Heat 1 Tbsp of oil in a skillet over high heat. While the skillet is heating, pat the Steaks dry with a towel and season generously with salt and pepper (we recommend ½ tsp of each). When the skillet is very hot, add the steaks.

   Cook until the bottoms brown & sides start to color, about 3 minutes. Flip and continue cooking for 3 minutes if you prefer your steak medium-rare. (Cook for 4 minutes for medium, and 5 to 6 for well done). Set aside to rest for 5 min.

   Once the steaks have rested, place them horizontally on a cutting board. Using a sharp knife, cut the steaks into even strips (we aim for ½” x 1” pieces).

5. Cook the Vegetables
   Heat 1 Tbsp oil in the now-empty skillet over high heat. When the oil is hot, add the Peppers & Almonds and cook, stirring constantly, until the onions are translucent and the peppers are starting to brown on the edges, about 4 to 6 minutes.

6. Put It All Together
   Serve the rice topped with sliced steak and peppers. Spoon the curry sauce over the top the garnish with the Herbs & Coconut.

Instructions for two servings.
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