



## Grilled Sirloin Skewers

with Zucchini, Mint, & Rice



20-30min



2 Servings

We've borrowed this recipe from "Martha Stewart's Grilling." If you don't have a grill or grill pan, preheat the broiler with top rack 6 inches from the heat source. Add zucchini to a rimmed baking sheet and broil until lightly charred and tender, 4-6 minutes. Heat 1 tablespoon oil in a medium skillet (preferably cast-iron) over medium-high. Add sirloin skewers and cook until browned, about 6 m...



## What we send

- quick-cooking brown rice
- sirloin steaks
- scallions
- zucchini
- fresh mint
- crushed red pepper flakes
- lime
- wooden skewers
- garlic

## What you need

- kosher salt & ground pepper
- olive oil

## Tools

- fine-mesh sieve
- large saucepan

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

## Allergens

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

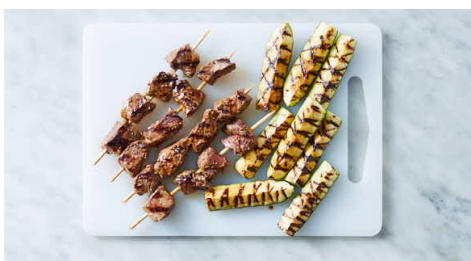
## Nutrition per serving

Calories 690.0kcal, Fat 36.0g, Proteins 35.0g, Carbs 63.0g



### 1. Soak skewers & cook rice

Soak wooden skewers in a shallow bowl or baking dish. Bring a large saucepan of **salted water** to a boil. Add **rice** to boiling water. Cook (like pasta) uncovered, over high heat until tender, 22-25 minutes. Drain rice well and return to saucepan. Cover to keep warm.



### 4. Grill steaks & zucchini

Heat a grill or grill pan to high and **oil** the grates. Transfer **zucchini** to grill and cook until lightly browned on one side, 3-5 minutes. Flip zucchini, then transfer **steak skewers** to grill. Reduce heat to medium and cook until steak is deeply browned and zucchini is tender, turning occasionally, 6-8 minutes.



### 2. Prep ingredients

Trim ends from **scallions**, then thinly slice. Halve **zucchini** crosswise, then quarter each half lengthwise. Pick **mint leaves** from stems; finely chop 2 teaspoons leaves, keep the remaining leaves whole. Peel and finely chop **1/2 teaspoon garlic**. Finely grate **1/2 teaspoon lime zest**, then separately squeeze **1 tablespoon juice**. Cut any remaining lime into wedges.



### 5. Finish rice

Stir **scallions, chopped mint, lime zest**, and **2 teaspoons oil** into **rice**. Season with **a pinch each salt and pepper**.



### 3. Prep skewers & dressing

Pat **steaks** dry, then cut into 1-inch pieces. Evenly divide steak pieces, threading onto skewers. Lightly rub steak and **zucchini wedges** with **oil**. Season all over with **3/4 teaspoon salt** and **a few grinds of pepper**. In a medium bowl, combine **lime juice** and **garlic**. Whisk in **2 tablespoons oil**; season to taste with **salt** and **pepper**.



### 6. Finish & serve

Serve **rice, steak skewers**, and **zucchini** with **dressing** spooned over skewers. Garnish with **whole mint leaves** and **a pinch each of crushed red pepper and salt**. Serve with **any lime wedges** on the side. Enjoy!