





**LOW CARB**

**LOW CALORIE**

## Grilled Steak

with Tomato-Ciabatta Panzanella Salad

 20-30min  4 Servings

If you don't have a grill or grill pan, preheat the broiler with the top rack 6 inches from the heat source. Place ciabatta directly on the oven rack and toast until lightly charred, 1-3 minutes per side (watch closely, as broilers vary). Heat 1 tablespoon oil in a large skillet over medium-high, add steaks and cook until well browned and medium-rare, 4-6 minutes per side.



## What we send

- shallot
- garlic
- ciabatta rolls <sup>1,6</sup>
- flank steak
- fresh parsley
- harissa spice blend
- grape tomatoes

## What you need

- kosher salt & ground pepper
- olive oil
- red wine vinegar

## Tools

### Allergens

Wheat (1), Soy (6). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

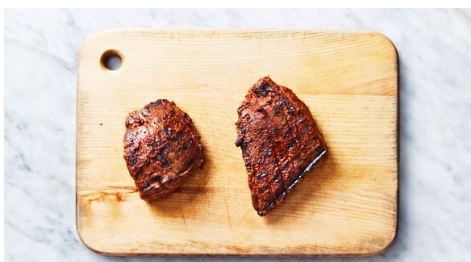
### Nutrition per serving

Calories 420kcal, Fat 19g, Carbs 40g, Proteins 27g



### 1. Prep ingredients

Halve **grape tomatoes** lengthwise. Peel **2 large garlic cloves**; finely chop 1 clove, leaving the 2nd clove whole. Peel and thinly slice **shallot**. Pick **parsley leaves** from **stems**; keep leaves whole and thinly slice stems.



### 4. Grill steaks

Preheat grill or grill pan to high. Pat **steaks** dry. Rub with **oil** and sprinkle all over with **salt** and **1 tablespoon of the harissa spice**. Add steaks to grill or grill pan and cook until well browned and medium-rare, 5-7 minutes per side. Transfer to a cutting board to rest until ready to serve.



### 2. Marinate tomatoes

In a large bowl, combine **halved tomatoes, parsley stems, chopped garlic, shallots, 2 tablespoons vinegar, ¼ cup oil**. Season to taste with **salt** and **several grinds of pepper**. Set aside to marinate until step 6.



### 5. Grill ciabatta

Place **sliced ciabatta** on grill or grill pan and cook until lightly charred and crisp, 1-3 minutes per side (watch closely). Remove from grill and rub on one side with **whole garlic clove**. Tear ciabatta into 2-inch pieces.



### 3. Prep ciabatta




Cut each **ciabatta** in half crosswise to make eight pieces. Brush with **olive oil** on both sides and season with **salt** and **pepper**.



### 6. Finish & serve

Add **ciabatta cubes** and **whole parsley leaves** to the bowl with **marinated tomatoes**; toss to combine. Season to taste with **salt** and **pepper**. Very thinly slice **steaks** across the grain and serve alongside **panzanella salad**. Enjoy!

Questions about the recipe? Cooking hotline: **866-228-4513** (Mon - Fri 9AM-9PM)

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