



# Seared Flat Iron Steak

with Baby Carrots & Harissa Green Lentils

Spice up your traditional steak dinner with this easy North African twist. Tender, seasoned flat iron steaks are first seared to create a beautiful crust, then finished in your oven to your preferred doneness. Tender rainbow carrots and hearty, slow-braised lentils are drizzled with our signature Moroccan harissa vinaigrette for an exotic pop of flavor and the perfect balance of heat.

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## SUPPLIES TO GATHER

- Preheated oven (middle rack at 450°F)
- Oven-safe saute pan with a lid (10 inches or larger)
- Kitchen knife & cutting board
- Microwave-safe bowl
- Cooking spoon
- Kitchen tongs
- Kitchen towel
- Paper towels
- Plate
- Salt & pepper

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## GOBBLE DINNER KIT

- Flat iron steaks
- Braised green lentils
- Harissa vinaigrette
- Baby rainbow carrots

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## DID YOU KNOW?

Harissa is a spiced chili pepper paste native to North Africa and the Middle East. It typically includes roasted red peppers and serrano chili peppers as well as garlic, olive oil, and other spices.

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**910 EST CALORIES PER SERVING (2 SERVINGS PER KIT)**

Let's get cooking! Flip me over.

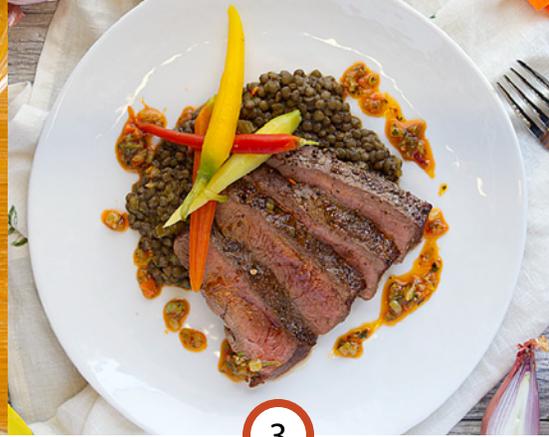
Gobble



1



2



3

Set the oven rack to the middle position, and preheat to 450°F.

Pat the **flat iron steaks** dry with paper towels. Season both sides with salt and pepper.

Place a saute pan onto the stovetop, add 1-2 tbsp. of cooking oil, and set the heat to medium-high. When the oil is hot, place the **flat iron steaks** into the pan.

**Be careful for any oil splatter.** Cook for 2 min. Then lower the heat to medium, use tongs to turn over the steaks, and cook for 2 additional min.

Meanwhile use your kitchen knife and cutting board to slice the **baby rainbow carrots** lengthwise in half.

Next, add the **baby rainbow carrots** into the pan, and use tongs to position the **flat iron steaks** on top of the carrots. Cook for 2 additional min. Then turn off the heat.

Place the pan into the oven, and cook for 3 min for **medium** or cook to your desired doneness.\*

Meanwhile, place the **braised green lentils** and 1-2 tbsp. of water into a microwave-safe bowl covered with a damp paper towel. Microwave for 1 min. Then stir, and microwave for 1 additional min.

Then mix the lentils together as desired with the **harissa vinaigrette**, reserving a spoonful of the harissa vinaigrette for the final plating

**Use a dry, folded kitchen towel to carefully remove the pan from the oven.** Use tongs to transfer the **flat iron steaks** from the pan to the cutting board, and rest for 2-3 min before slicing.

While the **flat iron steaks** rest, keep the kitchen towel wrapped around the hot pan handle, and carefully return the pan with the **baby rainbow carrots** to the stovetop. Add 2-3 tbsp. of water into the pan, and set the heat to medium. Cover the pan with a lid, and cook for 3 min or until tender. Turn off the heat.

After allowing the steaks to rest, use your kitchen knife and cutting board to slice the **flat iron steaks** against the grain (perpendicular to the direction of the muscle fibers). Cutting against the grain results in a more tender bite of steak.

Let's plate: spoon the harissa lentils onto the center of your plate. Plate the baby carrots and the sliced flat iron steak over the lentils. Spoon the remaining harissa vinaigrette around dish as desired.

#### **\*DONENESS**

**Rare: 1.5 mins · Medium: 3 mins**

**Medium-Well: 4.5 mins · Well Done: 5+ mins**

\*Our chef recommends medium for flat iron steak

#### Please note:

cooking times may vary due to different appliances and temperatures. Adjust cooking times accordingly.