



More than Food

hellofresh.ca | hello@hellofresh.ca



MAY 2016

Share your masterpiece! Tag your photos with #HelloFreshLife and share on



## Spanish Steak Salad

with Roasted Red Peppers & Rosemary-Garlic Vinaigrette

Oven-roasting takes garlic from bold and pungent to sweet and mellow. Here, garlic and rosemary are roasted together to create the base for an unbeatable vinaigrette. Drizzled over sliced steak, roasted red peppers, and tangy goat cheese, salads don't get much better than this.

Prep: 35 min

level 1

nut free



Sirloin Steak



Spring Mix



Red Bell Pepper



Demi-Baguette



Goat Cheese



Garlic



Rosemary



White Wine Vinegar

## Ingredients

	2 People	4 People
Sirloin Steak	1	2
Spring Mix	56 g	113 g
Red Bell Peppers, Sliced	1	2
Demi-Baguette	1) 1	2
Goat Cheese	2) 30 g	60 g
Garlic	2 cloves	4 cloves
Rosemary	7 g	14 g
White Wine Vinegar	3) 1 tbsp	2 tbsp
Olive Oil*	4 tbsps	8 tbsps

\*Not Included

## Allergens

- 1) Wheat/Blé
- 2) Milk/Lait
- 3) Sulphites/Sulfites

## Tools

Baking sheet, Tin foil, Large pan, Large bowl

**Nutrition per person** Calories: 764 cal | Carbs: 39 g | Fat: 45 g | Protein: 53 g | Fiber: 6 g

Ruler

0 in 1/4 in 1/2 in 3/4 in 1 in



**1 Prep:** Preheat oven to 425°F. **Wash and dry all produce.** Strip the **rosemary leaves** from the stems. Crush the **garlic cloves** with the flat side of your knife.



**2 Roast the peppers and garlic:** Toss the **red bell peppers** on a baking sheet with a drizzle of **oil** and a pinch of salt and pepper. Wrap the **garlic** and **rosemary leaves** in foil with a drizzle of **oil**. Arrange the foil bundle and peppers on one side of the baking sheet. Bake in centre of oven, stirring the peppers halfway through baking, until they are slightly charred and the garlic is soft, about 15 min.



**3 Cook the steak:** Season the **steak** on both sides with salt and pepper. Heat a large pan over medium-high heat. Add a drizzle of **oil**, then steak to the hot pan. Cook until browned, 2 to 3 min per side. Transfer the steak to the other side of baking sheet in the oven. Bake in centre of oven until steak is cooked to desired doneness, 4 to 8 min. (**TIP:** Inserting a thermometer into a medium steak should display an internal temperature of 160°F. The steak may finish cooking before the peppers.) Set the steak aside to rest for 5 min.



**4 Toast the baguette:** Cut the **baguette(s)** into 1/2-inch slices. Once the peppers, garlic and steak are done baking, transfer them from the baking sheet to a cutting board. Arrange the bread slices on the baking sheet and drizzle with **oil**. Bake until slices are toasted, about 5 min.

**5 Make the vinaigrette:** Meanwhile, mash the **roasted garlic** with a fork in a large bowl until smooth. Finely chop **1/2 tsp roasted rosemary** (or **1 tsp** for 4 people). Stir into garlic with **white wine vinegar** (**DO:** measure) and a drizzle of **oil**. Season with salt and pepper. Add **roasted red peppers** and **spring mix**. Toss to coat.

**6 Plate:** Thinly slice the steak against the grain. Serve sliced steak on a bed of salad and crumble **goat cheese** otop. Serve with toasted baguette. Enjoy!