



Garlic and Herb-Dressed Steak

with Heirloom Tomato Salad

Special

35 Minutes

Customized Protein

+ Add

Swap

or

*2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)

Swap



Striploin Steak
370 g | 740 g

*2 Double



Striploin Steak
740 g | 1480 g



Top Sirloin Steak
285 g | 570 g



Ciabatta Roll
1 | 2



Baby Heirloom Tomatoes
113 g | 227 g



Garlic, cloves
1 | 2



Chives
7 g | 14 g



Arugula and Spinach Mix
113 g | 226 g



Lemon
1 | 2



Goat Cheese
1/2 cup | 1 cup



Shallot
1 | 2



Pear
1 | 2



Thyme
7 g | 7 g



Red Wine Vinegar
1 tbsp | 2 tbsp



Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Pantry items | Pepper, sugar, oil, salt

Cooking utensils | Aluminum foil, baking sheet, large bowl, large non-stick pan, measuring cups, measuring spoons, medium bowl, paper towels, parchment paper, small pot, whisk, zester

1



Pickle shallots

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

- Peel, then thinly slice **shallot**.
- Add **shallots**, **vinegar**, $\frac{1}{2}$ **tsp** (1 tsp) **sugar**, $\frac{1}{4}$ **tsp** ($\frac{1}{2}$ tsp) **salt** and $\frac{1}{4}$ **cup** ($\frac{1}{2}$ cup) **water** to a small pot.
- Bring to a simmer over medium-high heat.
- Cook, stirring often, until **sugar** dissolves, 1-2 min. Remove the pot from heat. Transfer **shallots**, including **pickling liquid**, to a medium bowl.
- Place in the fridge to cool.

4



Cook steak

*2 Double | [Striploin Steak](#)

[Swap](#) | [Striploin Steak](#)

- Pat **steaks** dry with paper towels. Season with **thyme**, **garlic**, **salt** and **pepper**.
- Heat a large non-stick pan over medium-high heat.
- When hot, add $\frac{1}{2}$ **tbsp** (1 tbsp) **oil**, then **steak**. Sear until golden brown, 3-4 min per side.**
- When **steaks** are done, transfer to a cutting board.
- Cover loosely with foil and let rest, 5 min.

** Cook to a minimum internal temperature of 63°C/145°F for medium-rare; steak size will affect doneness.

2



Make croutons

- Meanwhile, cut **ciabatta** into 1-inch pieces, then arrange on a parchment-lined baking sheet.
- Drizzle $\frac{1}{2}$ **tbsp** (1 tbsp) **oil** over top. Season with **salt** and **pepper**, then toss to coat.
- Toast in the **top** of the oven, tossing halfway through, until lightly golden, 5-8 min.

3



Prep

- Meanwhile, halve **tomatoes**.
- Core, then cut **pear** into $\frac{1}{4}$ -inch slices.
- Zest, then juice **half the lemon**. Cut **remaining lemon** into wedges.
- Strip **1 tbsp** (2 tbsp) **thyme leaves** from stems, then finely chop.
- Thinly slice **chives**.
- Peel, then mince or grate **garlic**.

5



Toss salad

- While **steaks** rest, add **1 tbsp** (2 tbsp) **lemon juice**, $\frac{1}{8}$ **tsp** ($\frac{1}{4}$ tsp) **lemon zest**, $\frac{1}{4}$ **tsp** ($\frac{1}{2}$ tsp) **sugar** and **1 tbsp** (2 tbsp) **oil** to a large bowl. Season with **salt** and **pepper**, then whisk to combine.
- Add **tomatoes**, **pears**, **arugula** and **spinach mix** and **croutons**. Toss to combine.

6



Finish and serve

- Drain **shallots** and discard pickling liquid.
- Thinly slice **steaks**.
- Divide **salad** between plates.
- Top with **pickled shallots** and **steak**.
- Crumble **goat cheese** over top.
- Sprinkle with **chives**.
- Squeeze a **lemon wedge** over **steak**, if desired.

Measurements
within steps

1 tbsp (2 tbsp) **oil**
2 person 4 person Ingredient

4 | Cook steak

[Swap](#) | [Striploin Steak](#)

If you've opted for **striploin steak**, cook it in the same way the recipe instructs you to cook the **sirloin steak**.

4 | Cook steak

*2 Double | [Striploin Steak](#)

If you've opted for **double striploin steak**, cook it in the same way the recipe instructs you to cook the **sirloin steak**.