



Cal Smart Rainbow Steak Bowls with Blueberry Dressing

Calorie Smart

30 Minutes



Beef Steak



Blueberry Jam



White Wine Vinegar



Red Cabbage, shredded



Carrot



Yellow Potato



Roma Tomato



Montreal Steak Spice



Feta Cheese, crumbled



Mini Cucumber



Arugula and Spinach Mix

HELLO STEAK

Patting your steak dry before seasoning and searing ensures a perfectly browned steak!

Start here

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

Bust out

2 Baking sheets, measuring spoons, large bowl, parchment paper, whisk, large non-stick pan, paper towels, vegetable peeler

Ingredients

	2 Person	4 Person
Beef Steak	285 g	570 g
Blueberry Jam	2 tbsp	4 tbsp
White Wine Vinegar	½ tbsp	1 tbsp
Red Cabbage, shredded	113 g	226 g
Carrot	85 g	170 g
Yellow Potato	300 g	600 g
Roma Tomato	80 g	160 g
Montreal Steak Spice	1 tbsp	2 tbsp
Feta Cheese, crumbled	¼ cup	½ cup
Mini Cucumber	66 g	132 g
Arugula and Spinach Mix	113 g	227 g
Oil*		
Salt and Pepper*		

* Pantry items

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

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.

Calorie Smart (650kcal or less) is based on a per serving calculation of the recipe's kilocalorie amount.

Contact

Share your photos #HelloFreshLife
Call or email us | (855) 272-7002
hello@hellofresh.ca
HelloFresh.ca



Roast potatoes

Cut **potatoes** into ½-inch pieces. Add **potatoes** and **1 tbsp oil** (dbl for 4 ppl) to a parchment-lined baking sheet. Season with **salt and pepper**, then toss to coat. Roast in the **middle** of the oven, flipping halfway through, until tender and golden-brown, 25-28 min.



Cook steak

Heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **steaks**. Sear until golden-brown, 1-2 min per side. Remove the pan from heat and transfer **steaks** to another baking sheet. Bake in the **top** of the oven until cooked to desired doneness, 5-8 min.**



Prep

While **potatoes** roast, cut **cucumber** into ¼-inch rounds. Peel, then cut **carrot** in half lengthwise, then into ¼-inch half-moons. Cut **tomato** into ¼-inch pieces. Pat **steaks** dry with paper towels, then season with **Montreal Steak Spice**.



Finish and serve

Allow **potatoes** to cool slightly, 3-4 min. Slice **steaks**. Add **potatoes, arugula and spinach mix, carrots, cucumbers and tomatoes** to the large bowl with **cabbage and dressing**. Toss to combine. Divide **salad** between plates. Top with **steak**, then sprinkle **feta** over top.

Dinner Solved!



Marinate cabbage

Whisk together **blueberry jam, half the vinegar and 1 tbsp oil** (dbl both for 4 ppl) in a large bowl. Add **cabbage**. Season with **salt and pepper**, then toss to coat. Set aside.