



Carb Smart Forager Steak Salad

with Garlicky Mushrooms and Roasted Onions

Carb Smart

25 Minutes



Beef Steak



Mushrooms



Seed Blend



Baby Spinach



Yellow Onion



Red Wine Vinegar



Garlic, cloves



Baby Tomatoes



Montreal Steak Spice



Crispy Shallots

HELLO MONTREAL STEAK SPICE

The perfect blend of spices for steak!

Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

Bust out

Baking sheet, measuring spoons, large bowl, parchment paper, whisk, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Beef Steak	285 g	570 g
Mushrooms	113 g	227 g
Seed Blend	28 g	28 g
Baby Spinach	113 g	227 g
Yellow Onion	113 g	226 g
Red Wine Vinegar	1 tbsp	2 tbsp
Garlic, cloves	2	4
Baby Tomatoes	113 g	227 g
Montreal Steak Spice	½ tbsp	1 tbsp
Crispy Shallots	28 g	56 g
Sugar*	½ tsp	1 tsp
Unsalted Butter*	2 tbsp	4 tbsp
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.

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Roast onions

Peel, then cut **onion** into 2-inch pieces. Add **onions**, **¼ tsp sugar** and **½ tbsp oil** (dbl both 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, stirring halfway through, until tender, 20-22 min.



Cook steaks

Heat the same pan over medium. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **steaks**. Sear until golden-brown, 2-3 min per side. Remove the pan from heat, then transfer **steaks** to the baking sheet with **onions**. Roast in the **middle** of the oven until cooked to desired doneness, 5-8 min.**



Prep

While **onions** roast, peel, then mince or grate **garlic**. Halve **tomatoes**. Quarter **mushrooms**. Add **vinegar**, **2 tbsp oil** and **¼ tsp sugar** (dbl both for 4 ppl) to a large bowl. Season with **salt** and **pepper**, then whisk to combine. Add **tomatoes**, then toss to coat. Set aside. Pat **steaks** dry with paper towels. Season with **half the Montreal Steak Spice** (use all for 4 ppl).



Cook mushrooms

While **steaks** roast, heat the same pan over medium. When hot, add **2 tbsp butter** (dbl for 4 ppl), then **mushrooms** and **garlic**. Cook, stirring occasionally, until **mushrooms** soften, 2-3 min. Season with **salt** and **pepper**.



Toast seeds

Heat a large non-stick pan over medium heat. When hot, add **seed blend** to the dry pan. Toast, stirring often, until golden-brown, 4-5 min. (**NOTE:** Keep your eye on them so they don't burn!) Transfer **seeds** to a plate.



Finish and serve

Slice **steaks**. Add **mushrooms**, **spinach** and **onions** to the bowl with **tomatoes**, then toss to combine. Divide **salad** between plates. Top with **steaks**. Sprinkle with **seeds** and **crispy shallots**. Drizzle any **remaining dressing** from the bowl over top.

Dinner Solved!