



# Carb Smart Sesame Steaks

with Green Veggie Stir-Fry

Carb Smart

Quick

25 Minutes



Beef Steak



Green Beans



Sugar Snap Peas



Edamame



Green Onions



Lime



Sesame Seeds



Soy Sauce Mirin Blend



Garlic Salt

## HELLO SESAME SEEDS

*These little seeds explode with flavour when toasted!*

## Start here

- Before starting, preheat the broiler to high.
- Wash and dry all produce.

## Bust out

Baking sheet, measuring spoons, zester, aluminum foil, measuring cups, large non-stick pan, paper towels

## Ingredients

	2 Person	4 Person
Beef Steak	285 g	570 g
Green Beans	170 g	340 g
Sugar Snap Peas	113 g	227 g
Edamame	56 g	113 g
Green Onions	2	4
Lime	1	2
Sesame Seeds	1 tbsp	2 tbsp
Soy Sauce Mirin Blend	4 tbsp	8 tbsp
Garlic Salt	1 tsp	2 tsp
Oil*		
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.*

## Contact

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## 1 Prep

Trim, then halve **snap peas**. Trim, then cut **green beans** into 1-inch pieces. Thinly slice **green onions**. Zest, then juice **half the lime**. Cut **remaining lime** into wedges.



## 2 Toast sesame seeds

Heat a large non-stick pan over medium heat. When hot, add **sesame seeds** to the dry pan. Toast, stirring often, until golden-brown, 3-4 min. (**TIP:** Keep your eye on them so they don't burn!) Transfer **sesame seeds** to a plate.



## 3 Cook steaks

Pat **steaks** dry with paper towels. Season with **half the garlic salt** and **pepper**. Heat the same pan over medium-high. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **steaks**. Sear until golden-brown, 1-2 per side. Remove the pan from heat, then transfer **steaks** to an unlined baking sheet. Broil in the **middle** of the oven, flipping halfway through, until cooked to desired doneness, 5-8 min.\*\*



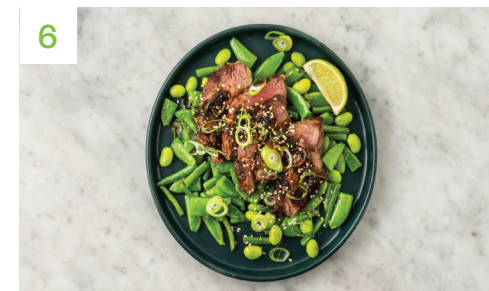
## 4 Stir-fry veggies

While **steaks** broil, heat the same pan over medium-high. When hot, add **¼ cup water** (dbl for 4 ppl), then **green beans** and **edamame**. Cook, stirring occasionally, until **green beans** start to soften, 3-4 min. Add **½ tbsp oil** (dbl for 4 ppl), then **snap peas**. Season with **remaining garlic salt** and **pepper**. Cook, stirring occasionally, until **veggies** are tender-crisp, 2-3 min. Remove the pan from heat, then sprinkle with **lime zest**. Transfer **veggies** to a plate and cover to keep warm.



## 5 Make sauce

Add **soy sauce mirin blend**, **half the green onions** and **½ tbsp lime juice** (dbl for 4 ppl) to the same pan. Bring to a simmer over medium and cook, stirring occasionally, until **sauce** thickens slightly, 2-3 min.



## 6 Finish and serve

When **steaks** are done, transfer to a clean cutting board. Cover loosely with foil and let rest, 2-3 min. Thinly slice **steaks**. Divide **veggies** between plates. Top with **steaks**, then drizzle **sauce** over top. Sprinkle with **sesame seeds** and **remaining green onions**. Squeeze over a **lime wedge**, if desired.

## Dinner Solved!