



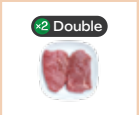
Steak with Chimichurri

with Spinach-Arugula Salad

Keto Special

Quick

25 Minutes



Double Beef Steak
570g | 1140g

Custom Recipe + Add Swap or *2 Double

If you chose to double 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)



Beef Steak
285 g | 570 g



Lime
1 | 2



Parsley
7 g | 14 g



Garlic, cloves
1 | 2



Broccoli, florets
227 g | 454 g



Arugula and Spinach Mix
113 g | 227 g



Feta Cheese, crumbled
1/4 cup | 1/2 cup



Baby Tomatoes
113 g | 227 g



Chili Flakes
1 tsp | 2 tsp



Cilantro
7 g | 14 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 | Oil*, salt*, pepper*

Cooking utensils | Measuring spoons, zester, aluminum foil, large bowl, small bowl, measuring cups, whisk, large non-stick pan, paper towels

1



Make chimichurri

• Before starting, wash and dry all produce.

- Finely chop **parsley** and **cilantro**.
- Peel, then mince or grate **garlic**.
- Zest, then juice **lime**.
- Add **parsley**, **cilantro**, **garlic**, **lime juice**, **¼ tsp** (½ tsp) **lime zest** and **¼ tsp** (½ tsp) **chili flakes** to a small bowl.
- Add **1 ½ tbsp** (3 tbsp) **oil**, then whisk to combine. Season with **salt** and **pepper**, then set aside.

2



Finish prep

*2 Double | Beef Steak

- Cut **broccoli** into bite-sized pieces.
- Pat **steaks** dry with paper towels. Season with **salt** and **pepper**.

3



Cook steak

- Heat a large non-stick pan over medium-high heat.
- When hot, add **½ tbsp** (1 tbsp) **oil**, then **steaks**.
- Pan-fry until cooked to desired doneness, 5-8 min per side.**
- When **steaks** are done, remove from heat and transfer to a plate.
- Loosely cover with foil and set aside to rest for 2-3 min.

4



Pan-fry veggies

- Reheat the same pan over medium-high.
- When hot, add **½ tbsp** (1 tbsp) **oil**, then **broccoli**, **tomatoes** and **¼ cup** (½ cup) **water**. Season with **salt** and **pepper**.
- Cook, stirring occasionally, until **broccoli** is tender-crisp, 4-5 min.

5



Finish and serve

- Whisk together **vinegar**, **¼ tsp** (¼ tsp) **sugar** and **1 tbsp** (2 tbsp) **oil** in a large bowl. Add **arugula and spinach mix**, then toss to coat.
- Divide **steak** and **salad** between plates.
- Top **salad** with **veggies** and **feta**.
- Spoon **chimichurri** over **steaks** and **salad**.

Measurements within steps **1 tbsp** (2 tbsp) **oil**
2 person 4 person Ingredient

2 | Finish prep

*2 Double | Beef Steak

If you've opted for **double steak**, prepare and cook it in the same way the recipe instructs you to prepare and cook the **regular portion of steak**. Work in batches, if necessary.

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



Issue with your meal? Scan the QR code to share your feedback.