



Forager Steak Salad

with Garlicky Mushrooms and Roasted Onions

Carb Smart

25 Minutes



Beef Steak



Mushrooms



Seed Blend



Kale, chopped



Yellow Onion



Red Wine Vinegar



Garlic



Mini Cucumber

HELLO KALE

This hearty leafy green is full of vitamins and fibre for a perfect balanced diet!

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	56 g
Kale, chopped	113 g	227 g
Yellow Onion	113 g	226 g
Red Wine Vinegar	2 tbsp	4 tbsp
Garlic	6 g	12 g
Mini Cucumber	66 g	132 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 our meal kit labels for the most current allergen information.

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

Carb Smart (50g or less) is based on a per serving calculation of the recipe's carbohydrate amount..

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Roast onions

Halve, 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 cooking, until tender, 20-22 min.



Cook steak

Heat the same pan over medium-high heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then the **steak**. Sear until golden-brown, 2-3 min per side. Remove the pan from the heat and transfer **steak** 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 **garlic**. Slice **cucumber** into ¼-inch rounds. Quarter **mushrooms**. Whisk together **vinegar**, **2 tbsp oil** and **¼ tsp sugar** (dbl both for 4 ppl) in a large bowl. Season with **salt** and **pepper**. Add **kale** and **cucumber**, then toss to coat. Set aside. Pat **steak** dry with paper towels. Season with **salt** and **pepper**.



Cook mushrooms

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



Toast seeds

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



Finish and serve

Slice **steak**. Add **mushrooms** and **roasted onions** to the bowl with **kale**. Toss to coat. Divide **salad** between plates, top with steak. Sprinkle with **toasted seeds**. Drizzle any **remaining dressing** from the bowl over top.

Dinner Solved!