



Pan-Seared Steak and Garlic Butter

with Roasted Squash and Snap Peas

FAMILY 20 Minutes



Beef Steak



Butternut Squash, cubes



Sugar Snap Peas



Garlic



Worcestershire Sauce



Parsley



Dried Thyme

HELLO HERB BUTTER

Adding a pat of butter to seared steak is a restaurant kitchen secret that boosts flavour.

START HERE

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

Bust Out

Paper Towels, Small Bowl, Large Non-Stick Pan, Parchment Paper, Baking Sheet, Medium Bowl

Ingredients

	4 Person
Beef Steak	570 g
Butternut Squash, cubes	680 g
Sugar Snap Peas	227 g
Garlic	6 g
Worcestershire Sauce	1 tbsp
Parsley	7 g
Dried Thyme	1 tsp
Butter*	3 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.

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1. ROAST SQUASH

Toss the squash on a parchment-lined **baking sheet** with $\frac{1}{2}$ **tsp dried thyme** and **1 tbsp oil**. Season with **salt** and **pepper**. Roast in **bottom** of the oven, until tender, 14-15 min.



4. COOK PEAS

Toss the **peas** in medium bowl with **1 tbsp oil** and **remaining garlic**. Season with **salt** and **pepper**. Once the **squash** is tender, carefully spread **peas** on top of the **squash**. Return to the oven until the **peas** are tender-crisp, 4-5 min.



2. PREP

While the **squash** roasts, roughly chop the **parsley**. Peel, then mince or grate the **garlic**. Combine **3 tbsp room-temp butter** with **half the garlic** and **half the parsley** in a small bowl. Season with **salt** and **pepper**. Set aside. Pat the **steaks** dry with paper towels. Season with **salt** and **pepper**.



5. FINISH AND SERVE

Divide the **steak, roasted squash** and **peas** between plates. Sprinkle the **remaining parsley** over the **veggies**. Drizzle over any **remaining liquid** on the plate over the **steak**.



3. COOK STEAK

Heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp oil**, then the **steaks**. Pan-fry until cooked to desired doneness, 3-5 min per side.** Transfer to a plate and brush **steak** on both sides with the **Worcestershire**. Dollop over the **garlic butter** and cover with foil to keep warm.

Dinner Solved!