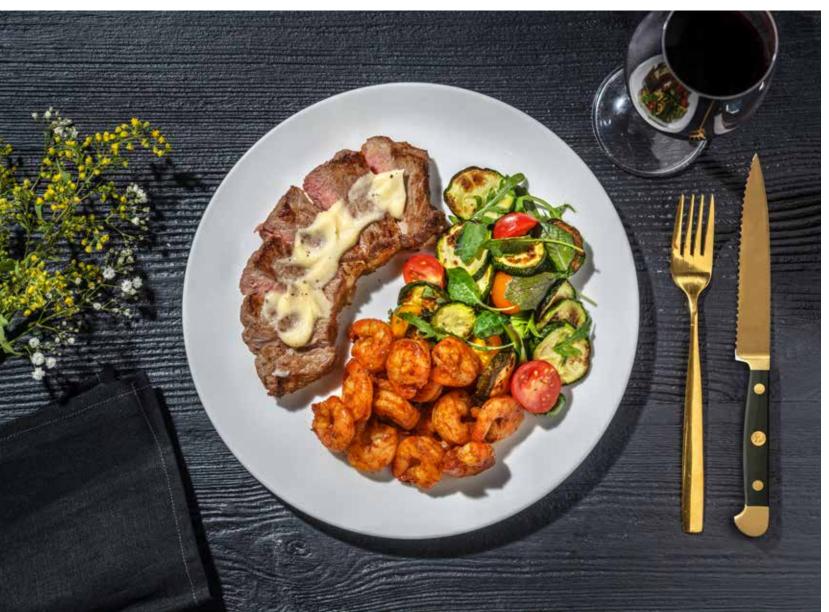


Steaks and Montreal-Spiced Shrimp

with Zucchini and Heirloom Tomatoes

Steak Night

40 Minutes











Montreal Steak Spice



Red Wine Vinegar



Spring Mix

Tarragon





Garlic Puree





Zucchini

Start here

- Before starting, remove 2 tbsp butter (dbl for 4 ppl) from the fridge and set aside to come up to room temperature.
- Preheat the oven to 425°F.
- Wash and dry all produce.

Bust out

2 Baking sheets, medium bowl, measuring spoons, strainer, aluminum foil, large bowl, small bowl, whisk, large non-stick pan, paper towels

Ingredients

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	2 Person	4 Person
Beef Steak	340 g	680 g
Shrimp	285 g	570 g
Montreal Steak Spice	½ tbsp	1 tbsp
Tarragon	7 g	14 g
Red Wine Vinegar	1 tbsp	2 tbsp
Baby Heirloom Tomatoes	113 g	227 g
Garlic Puree	1 tbsp	2 tbsp
Spring Mix	56 g	113 g
Zucchini	400 g	800 g
Unsalted Butter*	2 tbsp	4 tbsp
Sugar*	1/4 tsp	½ tsp
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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Prep

- Halve tomatoes.
- Cut **zucchini** into ½-inch rounds.
- Roughly chop tarragon leaves.
- Add half the garlic puree and
 2 tbsp softened butter (dbl for 4 ppl) to a small bowl. Season with salt and pepper, then stir to combine. Set aside.



Make tarragon dressing and roast zucchini

- Whisk together vinegar, 1 tbsp tarragon,
 2 tbsp oil and ¼ tsp sugar (dbl all for 4 ppl) in a large bowl. (TIP: Add more tarragon, to taste, if desired.) Season with salt and pepper, to taste. Set aside.
- Add zucchini and 1 tbsp oil (dbl for 4 ppl) to an unlined baking sheet. Season with salt and pepper, then toss to coat.
- Roast in the **middle** of the oven until tendercrisp, 15-17 min.



Prep steaks and shrimp

- Using a strainer, drain and rinse **shrimp**, then pat dry with paper towels.
- Transfer to a medium bowl and drizzle with ½ tbsp oil (dbl for 4 ppl). Add Montreal Steak Spice and remaining garlic puree, then toss to combine.
- Pat **steaks** dry with paper towels. Season with **salt** and **pepper**, then drizzle with ½ **tbsp oil** (dbl for 4 ppl).



Cook steaks

- Heat a large non-stick pan over mediumhigh heat.
- When hot, add **1 tbsp oil** (dbl for 4 ppl), then **steaks**. Sear until golden-brown, **1-2** min per side.
- Remove the pan from heat and transfer steaks to another unlined baking sheet.
- Bake in the top of the oven until cooked to desired doneness, 5-8 min.**



Cook shrimp

- Reheat the same pan over medium-high.
- When hot, add **shrimp**. Cook, stirring occasionally, until **shrimp** just turn pink,
 2-3 min.**



Finish and serve

- Transfer steaks to a plate. Divide garlic butter between steaks, then loosely cover with foil and set aside to rest, 2-3 min.
- Meanwhile, add zucchini, tomatoes and spring mix to the bowl with dressing, then toss to coat.
- Divide **salad**, **steaks** and **shrimp** between plates.

Dinner Solved!