



# Steaks and Sautéed Shrimp

with Zucchini and Heirloom Tomatoes

Steak Night

40 Minutes



Beef Steak



Shrimp



Montreal Steak Spice



Tarragon



Red Wine Vinegar



Baby Heirloom Tomatoes



Garlic Puree



Spring Mix



Zucchini

HELLO MONTREAL STEAK SPICE  
*The perfect blend of spices for shrimp!*

## 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

	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*	¼ tsp	½ tsp
Oil*		
Salt and Pepper*		

\* Pantry items

\*\* Cook shrimp and steak to minimum internal temperatures of 74°C/165°F and 63°C/145°F (for medium-rare), respectively. 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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## 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.



## Cook steaks

- Heat a large non-stick pan over medium-high 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.\*\*



## 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 tender-crisp, 15-17 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.\*\*



## 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 **half the Montreal Steak Spice** (all for 4 ppl) 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).



## 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!