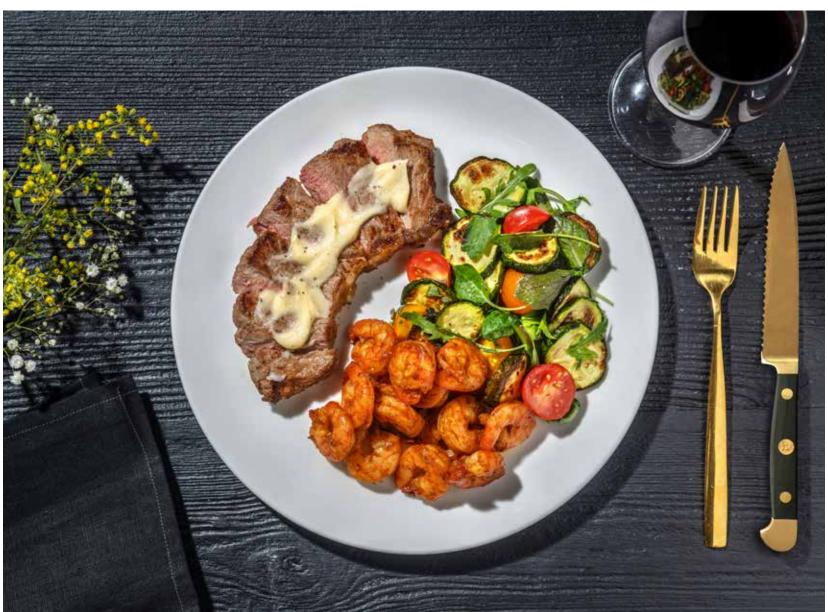


Steaks and Sautéed Shrimp

with Zucchini and Heirloom Tomatoes

Steak Night

40 Minutes









Montreal Steak Spice









Red Wine Vinegar



Baby Heirloom

Tarragon



Garlic Puree





Spring Mix



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

| ingi calcino | | |
|------------------------|----------|----------|
| | 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* | | |
| 0.1: 10 + | | |

Salt and Pepper*

- * Pantry items
- ** Cook shrimp and steak to minimum internal temperatures of 74°C/165°F and 63°C/145°F (for mediumrare), 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.



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 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
 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.

