



Warm Steak Salad

with Squash and Winter Greens

PRONTO 30 Minutes



Beef Strips



Kale, chopped



Butternut Squash, cubes



Shallot



Garlic



Balsamic Vinegar



Pepitas



Garlic Salt



Feta Cheese

HELLO BALSAMIC VINEGAR

Tangy and sweet, which means it pairs perfectly with beef!

START HERE

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

Bust Out

Baking Sheet, Large Non-Stick Pan, Parchment Paper, Measuring Spoons

Ingredients

| | 2 Person | 4 Person |
|-------------------------|----------|----------|
| Beef Strips | 285 g | 570 g |
| Kale, chopped | 113 g | 227 g |
| Butternut Squash, cubes | 170 g | 340 g |
| Shallot | 50 g | 100 g |
| Garlic | 6 g | 12 g |
| Balsamic Vinegar | 2 tbsp | 4 tbsp |
| Pepitas | 28 g | 56 g |
| Garlic Salt | 1 ½ tsp | 3 tsp |
| Feta Cheese | ¼ cup | ½ cup |
| Sugar* | ½ tsp | 1 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 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 **squash** with **1 tbsp oil** (dbl for 4 ppl) and **half the garlic salt**, on a parchment-lined baking sheet. Season with **pepper**. Roast in **middle** of oven, stirring halfway through cooking, until tender, 20-22 min.



4. COOK BEEF

Heat the same pan over medium-high. When hot, add **1 tbsp oil** (dbl for 4 ppl) then **beef**, **shallots** and **remaining garlic salt**. Cook, stirring occasionally, until browned, 4-6 min.** Remove the pan from the heat. Add **garlic** and **remaining vinegar**. Cook, stirring often, until fragrant and coated, 1 min.



2. PREP

Peel, then thinly slice **shallot**. Peel, then mince or grate **garlic**. Pat the **beef** dry with paper towels, then season with **salt** and **pepper**. Add **half the vinegar**, **½ tsp sugar** and **2 tbsp oil** (dbl both for 4 ppl) to a large bowl. Season with **salt** and **pepper**. Whisk to combine. Add **kale** and toss to coat. Set aside.



5. FINISH AND SERVE

Divide **kale** between plates. Top with **roasted squash** and **beef mixture**. Sprinkle over **feta** and **pepitas**.



3. TOAST SEEDS

Heat a large non-stick pan over medium heat. Add the **pepitas** 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.

Dinner Solved!