



Grilled BBQ Steak and Sweet Pepper Wraps with Corn and Baby Veggie Salad

Long Weekend Grill 35 Minutes

Customized Protein + Add Swap or x2 Double

If you chose to alter your protein, simply follow the icons and specific instructions on the back in the sidebar and you're set. You can also refer to your customized recipe online, visit [hellofresh.ca](https://www.hellofresh.ca)

Swap



Striploin Steak 370 g | 740 g

Swap



Tenderloin Steak 340 g | 680 g



Top Sirloin Steak 285 g | 570 g



Flatbread 2 | 4



Corn on the Cob 2 | 4



Sweet Bell Pepper 1 | 2



Mini Cucumber 2 | 4



Baby Tomatoes 113 g | 227 g



Chives 7 g | 14 g



Monterey Jack Cheese, shredded 1 cup | 2 cups



BBQ Sauce 4 tbsp | 8 tbsp



Mayonnaise 2 tbsp | 4 tbsp



Zesty Garlic Blend 1 tbsp | 2 tbsp



Seasoned Rice Vinegar 1 tbsp | 2 tbsp

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.

Pantry items | Sugar, oil, salt, pepper

Cooking utensils | Aluminum foil, large bowl, measuring spoons, medium bowl, paper towels, shallow dish, small bowl

1



Prep

- Before starting, wash and dry all produce.
- Lightly oil the grill. While you prep, preheat the grill to medium (approx. 400°F)

- Quarter **pepper**, then remove seeds and core.
- Thinly slice **cucumbers**.
- Halve **tomatoes**.
- Thinly slice **chives**
- Husk **corn**, then halve crosswise.

2



Make salad and BBQ-mayo sauce

- Add **vinegar**, $\frac{1}{2}$ **tsp** (1 **tsp**) **sugar** and **1 tbsp** (2 **tbsp**) **oil** to a medium bowl. Season with **salt** and **pepper**. Stir to mix.
- Add **cucumber**, **tomatoes** and **half the chives**. Toss to coat.
- Combine **mayo** and **half the BBQ sauce** in a small bowl.

3



Prep steak and veggies

🔄 Swap | Striploin Steak

🔄 Swap | Tenderloin Steak

- Add **corn**, **peppers** and **1 tbsp** (2 **tbsp**) **oil** to a large bowl. Season with **half the Zesty Garlic Blend**, **salt** and **pepper**. Toss to coat.
- Pat **steaks** dry with paper towels. Add **steak**, and **remaining BBQ sauce** to a shallow dish. Flip to coat. Season with **remaining Zesty Garlic Blend**, **salt** and **pepper**.

4



Grill veggies

- Add **corn** to grill. Close lid and grill, turning occasionally, until tender and grill marks form, 8-10 min.
- Add **peppers** to grill, skin side down. Close lid and grill, flipping once until tender and grill marks form, 4-5 min per side.

5



Grill steaks

- Add **steaks** to grill. Close lid and grill, flipping **steaks** once, until cooked to desired doneness, 3-6 min per side.**
- Transfer **veggies** and **steak** to a tray or plate. Loosely cover with foil and set aside to rest, 2-3 min.
- Add **flatbreads** to grill. Sprinkle **cheese** over **top**. Cover until **flatbreads** are toasted and **cheese** melts, 2-3 min.
- Thinly slice **peppers**.
- Thinly slice **steak**.

6



Finish and serve

- Cut **flatbread** in half crosswise. (**NOTE:** If you prefer to have 1 large wrap, leave whole.) Arrange on a clean surface. Top with **peppers** and **steak**.
- Divide **wraps**, **salad** and **corn** between plates.
- Drizzle **some BBQ-mayo sauce** over **wraps**
- Sprinkle **remaining chives** over **wraps**.
- Serve **any remaining sauce** on the side for dipping.

Measurements
within steps

1 tbsp (2 **tbsp**) **oil**
2 person 4 person Ingredient

3 | Prep steak and veggies

🔄 Swap | Striploin Steak

If you've opted for **striploin steak**, prep and cook it in the same way the recipe instructs you to prep and cook the **sirloin steak**.

3 | Prep steak and veggies

🔄 Swap | Tenderloin Steak

If you've opted for **tenderloin steak**, prep and cook it in the same way the recipe instructs you to prep and cook the **sirloin steak**.

** Cook to a minimum internal temperature of 63°C/145°F for medium-rare; steak size will affect doneness.