

Teppanyaki-Inspired Steaks and Shrimp

with Veggie Chow Mein and Mushroom-Teriyaki Sauce

Shareables

Spicy

40 Minutes



Steak 370 g | 740 g



Customized Protein Add

🗘 Swap

×2 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 🎥



Top Sirloin Steak



285 g | 570 g

285 g | 570 g



Chow Mein Noodles



Zucchini

1 | 2

200 g | 400 g



Mushrooms



170 g | 340 g

113 g | 227 g



Green Onion 2 | 4



8 tbsp | 16 tbsp



Soy Sauce Mirin Blend



4 tbsp | 8 tbsp



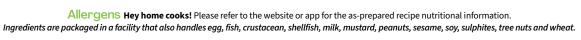
2 tsp | 4 tsp



Zesty Garlic Blend 1 tbsp | 2 tbsp



Sesame Oil 1 tbsp | 2 tbsp



Cooking utensils | Aluminum foil, baking sheet, measuring cups, measuring spoons, medium bowl, large pot, paper towels, strainer, medium non-stick pan, large non-stick pan



Prep

- Before starting, preheat oven to 450°F.
- Add 10 cups hot water to a large pot (use same for 4 ppl).
- Cover and bring to a boil over high heat.
- Wash and dry all produce.
- Cut zucchini lengthwise, then cut into
 ¼-inch half-moons. Trim broccolini ends, then cut into 1-inch pieces.
- Add zucchini, broccolini, half the Zesty Garlic Blend and ½ tbsp (1 tbsp) oil to an unlined baking sheet. Season with salt and pepper. Roast in the middle of the oven for 8 min. (NOTE: Veggies will finish roasting in step 2.)
- Meanwhile, thinly slice mushrooms and green onions.



Make sauce and cook shrimp

- Meanwhile, using a strainer, drain and rinse shrimp. Pat dry with paper towels. Season with salt and pepper.
- Heat a large non-stick pan over medium-high heat.
- When hot, add ½ tbsp (1 tbsp) oil, then shrimp. Cook, stirring often, until shrimp just turn pink, 2-3 min.**
- Remove from heat, then drizzle remaining sesame oil over top.



Cook steak

🔘 Swap | Striploin Steak 🗍

😢 Double | Striploin Steak

- Heat a medium non-stick pan (use a large nonstick pan for 4 ppl) over medium-high heat.
- While the pan heats, pat steak dry with paper towels. Season with salt, pepper and remaining Zesty Garlic Blend.
- When the pan is hot, add ½ tbsp (1 tbsp) oil.
 Sear steaks until golden, 1-2 min per side.
- Remove from heat, then transfer steak to the same sheet as veggies. Carefully return to oven and roast until veggies are tender and steak is cooked to desired doneness, 5-8 min.**
 Transfer steak to a cutting board. Cover loosely with foil. Set aside to rest, 3-5 min.



Cook chow mein

- Meanwhile, add chow mein noodles to the boiling water. Cook uncovered until tender, 1-2 min.
- Drain chow mein noodles, then rinse under warm water.
- Return chow mein noodles to the same pot, off heat. Add 1 tbsp (2 tbsp) butter and half the green onions. Toss gently to coat until butter melts.
- Using a pair of scissors, make a few snips in the pot to cut up **noodles**. Set aside.



Make teriyaki mushrooms

- Meanwhile, combine teriyaki sauce, soy sauce mirin blend, half the sesame oil and ¼ cup (½ cup) water in a medium bowl.
- Reheat the same pan (from step 2) over medium.
- When hot, add 2 tbsp (4 tbsp) butter, then mushrooms. Cook, stirring often, until golden-brown, 4-6 min.
- Add teriyaki mixture to the pan with mushrooms. Bring to a simmer. Cook, stirring often, until sauce thickens slightly, 2-4 min.
- Remove from heat. Season with salt and pepper, to taste.



Finish and serve

- Thinly slice steaks. Stir any steak resting juices into mushroom-teriyaki sauce.
- Add veggies to pot with chow mein noodles.
 Toss to combine.
- Divide steak, shrimp and veggie chow mein between serving platters.
- Drizzle mushroom-teriyaki sauce over steak and shrimp.
- Sprinkle **remaining green onions** over top.
- Serve sriracha alongside to drizzle over top, if desired.

2 | Cook steak

Measurements

within steps

🔘 Swap | Striploin Steak

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

1 tbsp

2 person

(2 tbsp)

oil

2 Cook steaks

😢 Double | Striploin Steak

If you've opted for **double striploin steak**, use a large pan for both 2 portions and 4 portions. Work in batches, as needed. Cook them in the same way the recipe instructs you to cook the **sirloin steaks**.