



Teppanyaki-Inspired Steaks and Shrimp

with Veggie Chow Mein and Mushroom-Teriyaki Sauce

Shareables

Spicy

40 Minutes

Swap



Striploin
Steak
370 g | 740 g

Double



Striploin
Steak
740 g | 1480 g

Customized Protein

+ Add

Swap

or

*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](https://www.hellofresh.ca)



Top Sirloin Steak
285 g | 570 g



Shrimp
285 g | 570 g



Chow Mein
Noodles
200 g | 400 g



Zucchini
1 | 2



Mushrooms
113 g | 227 g



Broccolini
170 g | 340 g



Green Onion
2 | 4



Teriyaki Sauce
8 tbsp | 16 tbsp



Soy Sauce Mirin
Blend
4 tbsp | 8 tbsp



Sriracha
2 tsp | 4 tsp



Zesty Garlic
Blend
1 tbsp | 2 tbsp



Sesame Oil
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 | Unsalted butter, oil, salt, pepper, sugar

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

1



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**.

4



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.

2



Cook steak

🔄 Swap | **Striploin Steak**

✖2 Double | **Striploin Steak**

- Heat a medium non-stick pan (use a large non-stick 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.

5



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.

3



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.

6



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.

Measurements
within steps

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

2 | Cook steak

🔄 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****

2 | Cook steaks

✖2 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**.

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