

# Garlic and Herb-Dressed Steak

with Heirloom Tomato Salad



35 Minutes





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 🦫

Striploin Steak

370 g | 740 g

Striploin Steak 740 g | 1480 g







Top Sirloin Steak 285 g | 570 g

Ciabatta Roll 1 2





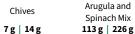
Baby Heirloom Tomatoes 113 g | 227 g

Garlic, cloves 1 | 2





Chives









1 | 2

Goat Cheese 1/2 cup | 1 cup







1 | 2



Thyme 7g | 7g



Red Wine Vinegar 1 tbsp | 2 tbsp



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



## Pickle shallots

- Before starting, preheat the oven to 450°F.
- · Wash and dry all produce.
- Peel, then thinly slice shallot.
- Add shallots, vinegar, ½ tsp (1 tsp) sugar, 1/4 tsp (1/2 tsp) salt and 1/4 cup (1/2 cup) water to a small pot.
- Bring to a simmer over medium-high heat.
- · Cook, stirring often, until sugar dissolves, 1-2 min. Remove the pot from heat. Transfer shallots, including pickling liquid, to a medium bowl.
- Place in the fridge to cool.



#### Make croutons

- Meanwhile, cut ciabatta into 1-inch pieces, then arrange on a parchment-lined baking sheet.
- Drizzle ½ tbsp (1 tbsp) oil over top. Season with **salt** and **pepper**, then toss to coat.
- Toast in the top of the oven, tossing halfway through, until lightly golden, 5-8 min.



# Prep

- Meanwhile, halve tomatoes.
- Core, then cut **pear** into 1/4-inch slices.
- Zest, then juice half the lemon. Cut remaining lemon into wedges.
- Strip 1 tbsp (2 tbsp) thyme leaves from stems, then finely chop.
- Thinly slice chives.
- Peel, then mince or grate garlic.



### Cook steak

🛂 Double | Striploin Steak

## 🗘 Swap | Striploin Steak

- Pat **steaks** dry with paper towels. Season with thyme, garlic, salt and pepper.
- Heat a large non-stick pan over medium-high heat.
- When hot, add ½ tbsp (1 tbsp) oil, then steak. Sear until golden brown, 3-4 min per side.\*\*
- When **steaks** are done, transfer to a cutting board.
- Cover loosely with foil and let rest, 5 min.



#### Toss salad

- While steaks rest, add 1 tbsp (2 tbsp) lemon juice,  $\frac{1}{4}$  tsp ( $\frac{1}{4}$  tsp) lemon zest,  $\frac{1}{4}$  tsp ( $\frac{1}{2}$ tsp) **sugar** and **1 tbsp** (2 tbsp) **oil** to a large bowl. Season with **salt** and **pepper**, then whisk to combine.
- Add tomatoes, pears, arugula and spinach mix and croutons. Toss to combine.



## Finish and serve

- Drain shallots and discard pickling liquid.
- Thinly slice steaks.
- Divide salad between plates.
- Top with pickled shallots and steak.
- Crumble goat cheese over top.
- Sprinkle with chives.
- Squeeze a lemon wedge over steak, if desired.

Measurements within steps

1 tbsp (2 tbsp) 2 person

oil

## 4 | 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.

#### 4 | Cook steak

#### 😡 Double | Striploin Steak

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