



Zesty Garlic Steak and BLT Salad

with Buttery Chive- Horseradish Sauce

Special

35 Minutes

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)

↻ Swap	↻ Swap
Striploin Steak 370 g 740 g	Tenderloin Steak 340 g 680 g



Top Sirloin Steak 285 g 570 g	Bacon Strips 100 g 200 g
Sweet Potato 3 6	Arugula and Spinach Mix 113 g 226 g
Baby Heirloom Tomatoes 113 g 227 g	Chives 7 g 14 g
Mayonnaise 2 tbsp 4 tbsp	Creamy Horseradish Sauce 2 tbsp 4 tbsp
White Wine Vinegar 1½ tbsp 3 tbsp	Zesty Garlic Blend 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, sugar, oil, salt, pepper

Cooking utensils | 2 baking sheets, large bowl, large non-stick pan, measuring spoons, medium bowl, paper towels, parchment paper, slotted spoon, whisk

1



Prep and roast sweet potatoes

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

- Line a baking sheet with parchment paper.
- Cut **sweet potatoes** into ½-inch wedges. Add **potatoes**, **half the Zesty Garlic Blend** and **1 tbsp** (2 tbsp) **oil** to baking sheet. Season with **salt** and **pepper**, then toss to coat.
- Roast in the **middle** of the oven, flipping halfway through, until tender and golden-brown, 22-25 min. (**NOTE:** For 4 ppl, roast in the middle and top of the oven, rotating sheets halfway through.)

2



Cook bacon

- Heat a large non-stick pan over medium heat.
- While pan heats, cut **bacon** into ½-inch pieces.
- When hot, add **bacon**. Cook, flipping occasionally, until crispy, 5-8 min. **
- Remove from heat. Using a slotted spoon, transfer **bacon** to a paper towel-lined plate. Set aside.
- Reserve **fat** in pan.

3



Prep and make dressing

- Halve **tomatoes**.
- Thinly slice **chives**.
- Add **1 tbsp** (2 tbsp) **vinegar**, **1 tbsp** (2 tbsp) **oil**, and **¼ tsp** (½ tsp) **sugar** to a large bowl. Season with **salt** and **pepper**, then stir to combine. Add **tomatoes**, then toss to coat.

4



Cook steak

[Swap](#) | [Striploin Steak](#)

[Swap](#) | [Tenderloin Steak](#)

- Heat the same pan from step 2 over medium-high. While pan heats, pat **steaks** dry with paper towels. Season with **remaining Zesty Garlic Blend**, **salt** and **pepper**.
- When hot, add **steaks**. Sear until golden-brown, 1-2 per side. (**NOTE:** Steaks will finish cooking in oven.)
- Remove from heat and transfer **steaks** to an unlined baking sheet.
- Cook in the **bottom** of the oven until cooked to desired doneness, 5-9 min. **

5



Make buttery chive-horseradish

- While **steaks** cook, heat **2 tbsp** (4 tbsp) **butter** in the microwave until melted, 30 sec. Cool **butter** for 2 min.
- Add **mayo**, **creamy horseradish sauce**, **half the chives** and **½ tbsp** (1 tbsp) **vinegar** to a medium bowl. Whisk to combine.
- Slowly add **cooled butter**, whisking to combine. Season with **salt** and **pepper**.

6



Finish and serve

- When **steaks** are done, transfer to a plate. Loosely cover with foil and set aside to rest, 2-3 min.
- Add **bacon** and **spinach and arugula mix** to bowl with **tomatoes**. Toss to coat.
- Thinly slice **steak**, then drizzle **half the buttery chive-horseradish sauce** over top.
- Divide **sweet potatoes**, **steak** and **salad** between plates.
- Sprinkle **remaining chives** over **sweet potatoes** and **steak**.
- Serve **remaining buttery chive-horseradish sauce** alongside for dipping.

Measurements
within steps

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

4 | Cook steak

[Swap](#) | [Striploin Steak](#)

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

4 | Cook steaks

[Swap](#) | [Tenderloin Steak](#)

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

** Cook steak to a minimum internal temperature of 63°C/145°F for medium-rare; steak size will affect doneness. Cook pork to a minimum internal temperature of 71°C/160°F.