



Carb Smart Steak Caesar Salad

with Kale and Parmesan

Carb Smart

30 Minutes



Beef Steak



Montreal Steak Spice



Garlic



Mayonnaise



Lemon



Baby Tomatoes



Mini Cucumber



Kale, chopped



Parmesan Cheese,
grated

HELLO STEAK

Patting your steak dry before seasoning and searing ensures even browning!

Start here

- Before starting, preheat your broiler to high.
- Wash and dry all produce.

Bust out

Baking sheet, measuring spoons, tongs, zester, aluminum foil, large bowl, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Beef Steak	340 g	680 g
Montreal Steak Spice	1 tbsp	2 tbsp
Garlic	3 g	6 g
Mayonnaise	4 tbsp	8 tbsp
Lemon	1	1
Baby Tomatoes	113 g	227 g
Mini Cucumber	66 g	132 g
Kale, chopped	113 g	227 g
Parmesan Cheese, grated	¼ cup	¼ cup
Oil*		

Salt and Pepper*

* Pantry items

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

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.

Carb Smart (50g or less) is based on a per serving calculation of the recipe's carbohydrate amount.

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Prep

Zest, then juice **half the lemon** (juice whole lemon for 4 ppl). Cut any **remaining lemon** into wedges. Peel, then mince or grate **garlic**. Halve **tomatoes**. Halve **cucumber** lengthwise, then cut into ¼-inch half-moons. Roughly chop **kale**.



Make Caesar dressing

While **steaks** cook, combine **mayo, lemon juice, lemon zest, half the Parmesan** and **garlic** in a large bowl.



Prep steaks

Pat **steaks** dry with paper towels. Season with **Montreal Steak Spice, salt** and **pepper**.



Dress salad

Add **kale** to the large bowl with **dressing**. Toss with tongs to soften, 1-2 min. Add **tomatoes** and **cucumbers**. Season with **salt** and **pepper**, then toss to combine.



Cook steaks

Heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **steaks**. Sear until golden-brown, 1-2 per side. Transfer **steaks** to a foil-lined baking sheet. Broil in the **centre** of the oven until cooked to desired doneness, 5-8 min.** When **steaks** are done, transfer to a plate and loosely cover with foil. Set aside to rest, 2-3 min.



Finish and serve

Thinly slice **steaks**. Divide **salad** between plates, then top with **steak**. Sprinkle **remaining Parmesan** over top. Squeeze over a **lemon wedge**, if desired.

Dinner Solved!