



Carb Smart Tagliata Steak Salad

with Basil Pesto and Arugula

Carb Smart

30 Minutes



Beef Steak



Baby Tomatoes



Arugula and Spinach Mix



Basil Pesto



Balsamic Vinegar



Parmesan Cheese, shredded



Zucchini



Garlic Salt

HELLO ARUGULA AND SPINACH MIX

The best of both worlds: sweet spinach and peppery arugula!

Start here

Before starting, wash and dry all produce.

Bust out

Medium bowl, measuring spoons, large bowl, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Beef Steak	285 g	570 g
Baby Tomatoes	113 g	227 g
Arugula and Spinach Mix	113 g	227 g
Basil Pesto	¼ cup	½ cup
Balsamic Vinegar	1 tbsp	2 tbsp
Parmesan Cheese, shredded	¼ cup	½ cup
Zucchini	200 g	400 g
Garlic Salt	1 tsp	2 tsp
Oil*		
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 our meal kit labels for the most current allergen 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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1 Prep

Halve **tomatoes**. Cut **zucchini** into ¼-inch rounds.



2 Cook zucchini

Heat a large non-stick pan over medium high heat. When hot, add ½ **tbsp oil** (dbl for 4 ppl), then **zucchini**. Season with ¼ **tsp garlic salt** (dbl for 4 ppl) and **pepper**. Cook, stirring occasionally, until tender-crisp, 4-5 min. Transfer **zucchini** to a medium bowl. Add **1 tbsp pesto** (dbl for 4 ppl), then toss to coat. Cover to keep warm.



3 Cook steaks

Pat **steaks** dry with paper towels. Season with ½ **tsp garlic salt** (dbl for 4 ppl) and **pepper**. Heat the same pan over medium. When hot, add ½ **tbsp oil** (dbl for 4 ppl), then **steaks**. Pan-fry until cooked to desired doneness, 5-8 min per side.**



4 Make salad

While **steaks** cook, add **vinegar** and **1 tbsp pesto** (dbl for 4 ppl) to a large bowl. Season with **remaining garlic salt** and **pepper**, then stir to combine. Add **tomatoes** and **arugula and spinach mix**, then toss to combine.



5 Finish and serve

Let **steaks** rest for 5 min, then thinly slice. Divide **steaks, zucchini** and **salad** between plates. Spoon **remaining pesto** over **steaks**. Sprinkle **Parmesan** over **zucchini and salad**.

Dinner Solved!