



Steak with Montreal Spiced Shrimp

with Grilled Zucchini and Heirloom Tomatoes

SPECIAL 40 Minutes



Due to order volume, you may receive an equivalent ingredient substitution for this recipe. Follow the recipe instructions, as usual, using the ingredients that you have received.

Thank you for your understanding & happy cooking!

- Beef Steak
- Shrimp
- Montreal Spice Blend
- Tarragon
- Red Wine Vinegar
- Baby Heirloom Tomatoes
- Garlic
- Spring Mix
- Zucchini

HELLO SHRIMP

All of our shrimp is sourced in a sustainable manner that helps preserve the health of the oceans

START HERE

- Before starting, wash and dry all produce. Lightly oil the grill.
- While you prep, preheat grill to 450°F over medium-high heat.
- Remove 2 tbsp butter (dbl for 4ppl) from the fridge and set aside.

Bust Out

Medium Bowl, Measuring Spoons, Strainer, Aluminum Foil, Large Bowl, Small Bowl, Whisk, Paper Towels

Ingredients

	2 Person	4 Person
Beef Steak	340 g	680 g
Shrimp	285 g	570 g
Montreal Spice Blend	1 tbsp	2 tbsp
Tarragon	7 g	14 g
Red Wine Vinegar	1 tbsp	2 tbsp
Baby Heirloom Tomatoes	113 g	227 g
Garlic	6 g	12 g
Spring Mix	56 g	113 g
Zucchini	200 g	400 g
Butter*	2 tbsp	4 tbsp
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.

*** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

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.

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1. PREP

Halve the **tomatoes**. Cut **zucchini** in half lengthwise. Brush **zucchini** with $\frac{1}{2}$ **tbsp oil** (dbl for 4ppl) and season with **salt** and **pepper**. Roughly chop **tarragon leaves**. Peel, then mince or grate **garlic**. Add the **garlic** and **2 tbsp room temp butter** (dbl for 4ppl) to a small bowl. Season with **salt** and **pepper** and stir to combine. Set aside.



4. GRILL STEAKS

Add **steak** to one side of grill. Cook **steak**, flipping once, until cooked to desired doneness, 4-6 min per side.**



2. MAKE TARRAGON DRESSING

Whisk together the **red wine vinegar**, **tarragon**, **2 tbsp oil** and $\frac{1}{4}$ **tsp sugar** (dbl both for 4ppl) in a large bowl. Season with **salt** and **pepper**. Set aside.



5. GRILL SHRIMP & ZUCCHINI

Add **shrimp** and **zucchini** to the other side of the grill. Cook, flipping **shrimp** once, until **shrimp** is cooked through and **zucchini** is tender, 2-3 min per side.***



3. PREP PROTEINS

Drain and pat **shrimp** dry with paper towels. Drizzle with $\frac{1}{2}$ **tbsp oil** (dbl for 4ppl), then season with **Montreal steak spice** in a medium bowl. Pat **steak** dry with paper towels. Season with **salt** and **pepper**, then drizzle with $\frac{1}{2}$ **tbsp oil** (dbl for 4ppl).



6. FINISH AND SERVE

Transfer **steak** to a plate. Divide **garlic butter** between **steaks** and loosely cover with foil and set aside to rest, 2-3 min. Chop the **zucchini** into 1-inch pieces. Add the **zucchini**, **tomatoes** and **spring mix** to the large bowl with the **dressing** and toss to coat. Divide the **salad**, **steak** and **shrimp** between plates.

Dinner Solved!