



JUL  
2016

## Seared Steak & Nectarine Salad

with Feta, Pecans, and Shallot Vinaigrette

A quick flash in a hot pan transforms juicy nectarines from sweet to nearly candy-like. Tossed with perfectly seared steak and tangy feta, this salad is bound to become a part of your summer repertoire.



Prep: 5 min  
Total: 25 min



level 1



gluten free



Sirloin Steak



Red Wine  
Vinegar



Shallot



Arugula



Feta Cheese



Pecans



Nectarine

## Ingredients

	2 People	4 People
Sirloin Steak	12 oz	24 oz
Red Wine Vinegar	2 T	4 T
Shallot	1	2
Arugula	4 oz	8 oz
Feta Cheese	1) ¼ Cup	½ Cup
Pecans	2) 1 oz	2 oz
Nectarine	1	2
Olive Oil*	1 T	2 T

\*Not Included

## Allergens

- 1) Milk
- 2) Tree Nuts

## Tools

Large pan, Baking sheet, Small bowl, Large bowl

Ruler

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**Nutrition per person** Calories: 455 cal | Fat: 22 g | Sat. Fat: 5 g | Protein: 46 g | Carbs: 21 g | Sugar: 10 g | Sodium: 256 mg | Fiber: 6 g

1



**1 Prep: Wash and dry all produce.** Preheat the oven to 400 degrees. Halve, pit, and slice the **nectarine** into wedges. Halve, peel, and mince the **shallot**.

2



**2 Cook the steak:** Heat a drizzle of **olive oil** on a grill pan or large pan over medium-high heat. Season the **steak** on all sides with **salt** and **pepper**. Sear for 3-4 minutes per side, until golden brown. Transfer to a baking sheet and place in the oven for 4-8 minutes, or until cooked to desired doneness.

3



**3 Char the nectarine:** Add the **nectarine** to the same pan over medium-high heat. Sear for 2-3 minutes, turning once, until caramelized and charred. Remove from the pan and set aside.

5



**4 Make the vinaigrette:** In a small bowl, whisk together the **shallot**, **red wine vinegar**, and a large drizzle of **olive oil** (to taste). Season with **salt** and **pepper**.

**5 Finish:** Thinly slice the **steak** against the grain. Toss the **arugula** in a large bowl with enough **vinaigrette** to coat. Top with the **seared steak**, **charred nectarine**, **feta**, and **pecans**. Enjoy!

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