



Seared Steaks and Gremolata

with Charred Corn and Greens

20-min



Beef Steak



Montreal Steak Spice



Arugula and Spinach Mix



Canned Corn



Baby Tomatoes



Parsley



Lemon



Garlic Puree

HELLO MONTREAL STEAK SPICE

A savoury blend of spices that complements grilled steak, chicken and seafood!

Start here

Before starting, wash and dry all produce.

Garlic Guide for Step 4:

- Mild: ¼ tsp
- Medium: ½ tsp
- Extra: 1 tsp

Bust out

Zester, measuring spoons, strainer, large bowl, small bowl, whisk, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Beef Steak	285 g	570 g
Montreal Steak Spice	½ tbsp	1 tbsp
Arugula and Spinach Mix	113 g	227 g
Canned Corn	¼ can	½ can
Baby Tomatoes	113 g	227 g
Parsley	14 g	28 g
Lemon	1	1
Garlic Puree	1 tsp	1 tsp
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.

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Char corn

Drain and rinse **corn**, then pat dry with paper towels. Heat a large non-stick pan over medium-high heat. When hot, add **a quarter of the corn** (dbl for 4 ppl) to the dry pan. Cook, stirring occasionally, until **corn** is lightly charred on both sides, 5-6 min. Transfer to a plate. Carefully wipe the pan clean.



Prep

While **corn** chars, halve **tomatoes**. Zest, then juice **lemon**. Finely chop **parsley**. Pat **steaks** dry with paper towels, then sprinkle **half the Montreal Steak Spice** all over (use all for 4 ppl).



Sear steaks

Heat the same pan (from step 1) over medium-high. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **steaks**. Pan-fry until cooked to desired doneness, 4-5 min per side.** Transfer to a plate to rest for 5 min, then thinly slice **steaks**.



Make gremolata and vinaigrette

While **steaks** cook, add **parsley**, **half the lemon zest**, **1 ½ tbsp oil** (dbl for 4 ppl) and **½ tsp garlic puree** to a small bowl. (NOTE: Reference garlic guide.) Season with **salt** and **pepper**, then stir to combine. (NOTE: This is your gremolata.) Whisk together **remaining lemon zest**, **2 tsp lemon juice**, **1 ½ tbsp oil**, **½ tsp garlic puree**, **salt** and **pepper** in a large bowl. (NOTE: Reference garlic guide.)



Make salad

Add **arugula and spinach mix**, **tomatoes** and **corn** to the large bowl with **vinaigrette**. Toss to combine.



Finish and serve

Divide **salad** and **steaks** between plates. Spoon **gremolata** over **steaks**.

Dinner Solved!