



HELLO

### FAST & FRESH

A super-speedy meal designed by our chefs that delivers a delicious dinner to your table in 15 minutes or less!

### BUST OUT

- Paper towels
- Plastic wrap
- Medium pan
- Large bowl
- Small bowls
- Whisk
- Kosher salt
- Black pepper
- Cooking oil (1 tsp | 1 tsp)
- Olive oil (1 tsp | 1 tsp)
- Sugar (1 tsp | 2 tsp)



ANY ISSUES WITH YOUR ORDER? WE'D BE SIMMERING LIKE STEW OVER THERE TOO. SCAN HERE TO GET HELP!



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## KICKIN' CAJUN RANCH STEAK SALAD

Kale, Grape Tomatoes & Pickled Shallot

**FAST & FRESH**

BOX TO PLATE: 15 MINUTES



CALORIES: 530



**1 SIZZLE**



**10 oz | 20 oz**  
Ranch Steak

- **Wash and dry produce.**
- Pat **steak\*** dry and season with **salt** and **pepper**. Drizzle **oil** in a hot medium pan. Cook **steak** to desired doneness, 3-6 minutes per side. **TIP: While steak cooks, move on to Step 2!**



**3 MIX**



**3 oz | 6 oz**  
Buttermilk Ranch Dressing  
Contains: Eggs, Milk



**1½ TBSP | 3 TBSP**  
Sour Cream  
Contains: Milk



**1 TBSP | 1 TBSP**  
Cajun Spice Blend



**1 tsp | 2 tsp**  
Hot Sauce

- Place **kale** in a large bowl; using your hands, massage kale (**similar to how you would knead dough**) with a **drizzle of olive oil** and a **pinch of salt** until leaves are tender, 1 minute.
- In a second small bowl, whisk together **buttermilk dressing**, **sour cream**, **1 tsp Cajun Spice Blend** (**2 tsp for 4**), and as much **hot sauce** as you like.



**2 PREP**



**1 | 1**  
Lemon



**1 | 2**  
Shallot



**4 oz | 8 oz**  
Kale



**1 | 2**  
Mini Cucumber

- Trim, peel, and thinly slice **shallot**. Halve **lemon**. Remove and discard any large stems from **kale**; chop if desired. Trim and thinly slice **cucumber**.
- In a small microwave-safe bowl, mix **shallot**, **1 tsp sugar**, **juice from half the lemon**, **salt**, and **pepper** (**2 tsp sugar and juice from whole lemon for 4**). Cover bowl with plastic wrap and microwave 1 minute.
- Set aside to pickle, stirring occasionally.



**4 SERVE**

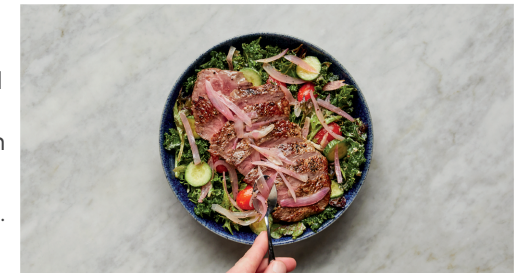


**2 oz | 4 oz**  
Mixed Greens



**4 oz | 8 oz**  
Grape Tomatoes

- Transfer **Cajun ranch dressing** to bowl with **kale**. Add **mixed greens**, **cucumber**, **tomatoes**, and **half the pickled shallot** (**draining first**); toss to combine. Season with **salt** and **pepper**.
- Thinly slice **steak** against the grain.
- Top **salad** with **steak** and **remaining pickled shallot** (**draining first**). Serve.



\*Steak is fully cooked when internal temperature reaches 145°.