



BRAZILIAN-STYLE STEAK WITH SHRIMP STEW

plus Rice, Roasted Broccoli & Chimichurri

INGREDIENTS

2 PERSON | 4 PERSON



1 | 2
Seafood Stock Concentrate
Contains: Fish, Shellfish



¾ Cup(s) | 1½ Cup(s)
Jasmine Rice



1 tsp | 2 tsp
Chili Powder



10 oz | 20 oz
Bavette Steak



1 tsp | 2 tsp
Garlic Powder



2 oz | 4 oz
Chimichurri



2 | 4
Tomato Paste



1 | 2
Bell Pepper*



¼ oz | ½ oz
Cilantro



10 oz | 20 oz
Shrimp
Contains: Shellfish



2 | 4
Chicken Stock Concentrates



1 | 2
Coconut Milk
Contains: Treenuts



8 oz | 16 oz
Broccoli



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



*The ingredient you received may be a different color.

HELLO

BAVETTE STEAK

Often called "the butcher's cut" because it's so tasty, they keep it for themselves!



PREP: 5 MIN | COOK: 35 MIN | CALORIES: 1120



SHAKE IT UP

Giving your coconut milk a good shake before opening helps the liquids and solids come together quickly during cooking.

BUST OUT

- Small pot
- Paper towels
- Baking sheet
- Large pan
- Kosher Salt
- Black Pepper
- Cooking Oil

MORE IS MORE

For **2X protein or veggies**, cook in batches or larger cooking vessels (this may require longer cook times—follow the visual and temperature cues). For **3 servings**, reduce the seasoning (and any other ingredients for the protein) by a quarter if the protein is less than the 4-serving amount. For **6 servings**, simply triple the 2-serving recipe.

For HelloCustom nutritional information, please refer to HelloFresh.com.

HOW WAS YOUR MEAL?



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1 START PREP & COOK RICE

- Adjust rack to top position and preheat oven to 425 degrees.
- In a small pot, combine **rice**, **1¼ cups water (2¼ cups for 4 servings)**, and a **pinch of salt**. Bring to a boil, then cover and reduce heat to low. Cook until rice is tender, 15-18 minutes.
- Keep covered off heat until ready to serve.



2 FINISH PREP & ROAST BROCCOLI

- While rice cooks, **wash and dry produce**.
- Cut **broccoli** into bite-size pieces if necessary. Halve, core, and slice **bell pepper** into ¼-inch strips. Roughly chop **cilantro**.
- Toss broccoli on a baking sheet with a **drizzle of oil**, **salt**, and **pepper**. Roast on top rack until browned and tender, 15-20 minutes.



3 COOK STEAK

- Meanwhile, pat **steak*** dry with paper towels and season all over with **salt** and **pepper**.
- Heat a **drizzle of oil** in a large pan over medium-high heat. Add steak and cook to desired doneness, 4-7 minutes per side.
- Turn off heat; transfer steak to a cutting board to rest. Wipe out pan.



4 START STEW

- Heat a **drizzle of oil** in same pan over medium heat. Add **bell pepper** and season with **salt and pepper**. Cook, stirring occasionally, until just beginning to soften, 30-60 seconds.
- Reduce heat to low, add **tomato paste**, and cook, stirring constantly, until fragrant and tomato paste has darkened in color, 30-60 seconds.



5 FINISH STEW

- Rinse **shrimp*** under cold water, then pat dry with paper towels.
- Stir shrimp, **chili powder**, **garlic powder**, and **half the cilantro** into pan with **bell pepper mixture**. (**Not a fan of cilantro? Leave it out!**) Cook, stirring, until fragrant and shrimp are coated, 30-60 seconds.
- Stir in **½ cup water (¾ cup for 4 servings)**, **coconut milk**, **seafood stock concentrate**, and **chicken stock concentrates**. Bring to a simmer and cook, stirring occasionally, until stew has thickened and shrimp are opaque and cooked through, 3-5 minutes. Taste and season with **salt** and **pepper**.



6 FINISH & SERVE

- Thinly slice **steak** crosswise.
- Fluff **rice** with a fork.
- Divide rice, **shrimp stew**, and **broccoli** between plates in separate sections. Top rice with steak and drizzle with as much **chimichurri** as you like. Garnish stew with **remaining cilantro** and serve.

*Beef is fully cooked when internal temperature reaches 145°.

*Shellfish is fully cooked when internal temperature reaches 145°.