



More than Food

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Seared Steak & Charred Nectarine Salad

with Feta, Pecans, and Basil

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



Sirloin Steak



Nectarines



Shallot



Spring Mix



Basil



Feta
Cheese



Pecans



Red Wine Vinegar

Ingredients

	2 People	4 People
Sirloin Steak	10 oz	20 oz
Nectarines	2	4
Shallot	1	2
Spring Mix	4 oz	8 oz
Basil	½ oz	1 oz
Feta Cheese	1)	2 oz
Pecans	2)	2 oz
Red Wine Vinegar	2 T	4 T
Olive Oil*	2 T	4 T

*Not Included

Allergens

- 1) Dairy
- 2) Tree Nuts

Tools

Large Pan, Whisk,
Large Bowl, Baking Sheet

Ruler

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Nutrition per person Calories: 659 cal | Carbs: 24 g | Fat: 42 g | Protein: 46 g | Fiber: 6 g | Sodium: 252 mg

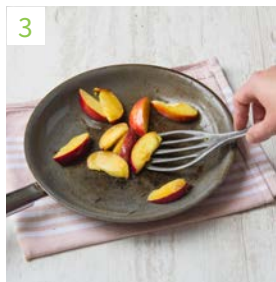


1 Preheat the oven to 400 degrees. Thinly slice the **basil leaves**. Halve and pit the **nectarines**, then thinly slice into wedges. Mince the **shallot**.

HINT: If you have a grill, both the steak and the nectarines can be cooked there so fire it up!

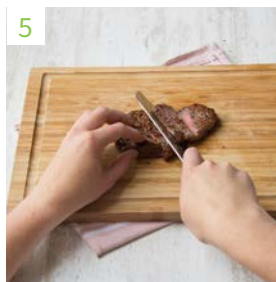


2 Heat ½ **Tablespoon oil** in a large pan over medium heat. Season the **steak** on all sides with **salt** and **pepper**. Sear the steak for 3-4 minutes per side, until golden brown. Transfer to a baking sheet and finish cooking in the oven for 5-7 minutes, or until cooked to desired doneness. Let the steak rest for 5 minutes.



3 **Char the nectarines:** add the **nectarines** to the same pan over high heat. Sear for 1-2 minutes, or until caramelized and charred. Set aside.

4 **Make the vinaigrette:** in a large bowl, whisk together the **shallot**, **red wine vinegar**, and **1½ Tablespoons olive oil**. Season with **salt** and **pepper**.



5 Thinly slice the **steak** against the grain. Toss the **spring mix** and **basil** into the vinaigrette. Top with the **steak**, **nectarines**, **feta**, and **pecans**. Enjoy!