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Seared Steak

with Spring Veggie Succotash and Mint-Chive Pesto

Succotash typically consists of summer's best veggies—corn, tomatoes, peppers, and lima beans. This version takes advantage of spring asparagus and peas for a deliciously seasonal spin. A bright herb sauce wakes up the entire dish!



30 min



level 1



gluten free



nut free



dairy free



Sirloin Steak



Zucchini



Red Onion



Asparagus



Peas



Mint



Chives



Lemon

Ingredients

	2 People	4 People
Sirloin Steak	12 oz	24 oz
Zucchini	1	2
Red Onion	1	2
Asparagus	6 oz	12 oz
Peas	4 oz	8 oz
Mint	¼ oz	½ oz
Chives	¼ oz	½ oz
Lemon	1	1
Olive Oil*	4 t	8 t

*Not Included

Allergens

None

Tools

Zester, Small Bowl,
Large Pan, Medium Pan

Ruler

0 in ¼ in ½ in ¾ in 1 in

Nutrition per person Calories: 489 cal | Fat: 26 g | Sat. Fat: 8 g | Protein: 45 g | Carbs: 27 g | Sugar: 11 g | Sodium: 95 mg | Fiber: 10 g

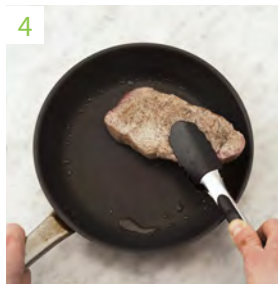
Make sure to wash and dry produce before prepping or cooking!



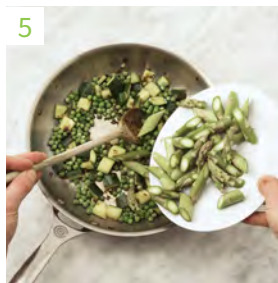
1 Prep the ingredients: Remove the **steak** from the refrigerator and bring to room temperature. Halve, peel, and dice the **onion**. Cut the **zucchini** into ½ -inch cubes. Trim the bottom inch of the **asparagus**, then cut into 1-inch pieces on a diagonal. Mince the **chives** and **mint leaves**. Zest and halve the **lemon**.



2 Make the mint-chive pesto: In a small bowl, combine the **mint**, **chives**, a large drizzle of **olive oil**, and a pinch of **salt** and **pepper**. Add a squeeze of **lemon juice**, to taste.



3 Start the succotash: Heat a drizzle of **oil** in a large pan over medium heat. Add the **diced onion** to the pan and cook for 4-5 minutes, until softened. Add the **zucchini** to the pan and cook, tossing for 5-6 minutes, until golden brown and softened. Season with **salt** and **pepper**. Set the pan aside off the heat –we'll come back to it later!



4 Sear the steak: Heat a drizzle of **oil** in a medium pan over medium-high heat. Pat dry the **steak** with a paper towel, then season on all sides with **salt** and **pepper**. Add the steak to the pan and cook for 4-7 minutes per side, until cooked to desired doneness. Remove from the pan and set aside to rest.

5 Finish the succotash: While the **steak** rests, add the **peas** and **asparagus** to the pan with the **zucchini**. Place over medium-high heat and cook, tossing for 4-5 minutes, until the **asparagus** is crisp-tender. Season with **salt** and **pepper**. Remove the pan from the heat and stir in a squeeze of **lemon juice** and a pinch of **lemon zest**.

6 Finish and plate: Thinly slice the **steak** against the grain and serve on a bed of **spring veggie succotash**. Drizzle with the **mint-chive pesto** and enjoy!