



MAY
2016

Spanish Steak Salad

with Roasted Red Peppers & Rosemary-Garlic Vinaigrette

Oven-roasting takes garlic from bold and pungent to sweet and mellow. Here, garlic and rosemary are roasted together to create the base for an unbeatable vinaigrette. Drizzled over sliced steak, roasted red peppers, and tangy feta cheese, this salad is hard to beat.



Prep: 5 min
Total: 25 min



level 1



nut
free



Sirloin Steak



Spring Mix



Red Bell
Pepper



Demi Baguette



Feta



Garlic



Rosemary



White Wine
Vinegar

Ingredients

	2 People	4 People
Sirloin Steak	12 oz	24 oz
Spring Mix	2 oz	4 oz
Red Bell Pepper	1	2
Demi Baguette	1)	2
Feta Cheese	2)	1 Cup
Garlic	2 Cloves	4 Cloves
Rosemary	¼ oz	¼ oz
White Wine Vinegar	1 T	2 T
Olive Oil*	2 T+1t	4 T+2 t

*Not Included

Allergens

- 1) Wheat
- 2) Milk

Tools

Baking sheet, Tin foil, Large pan, Large bowl

Ruler

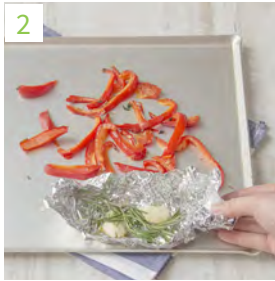
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Nutrition per person Calories: 747 cal | Fat: 45 g | Sat. Fat: 15 g | Protein: 49 g | Carbs: 39 g | Sugar: 3 g | Sodium: 723 mg | Fiber: 3 g



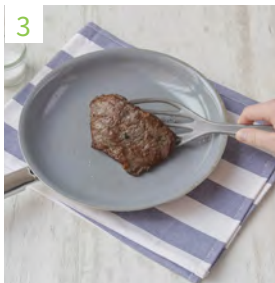
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1 Prep: Wash and dry all produce. Preheat the oven to 425 degrees. Strip the **rosemary** from the stems. Crush the **garlic** cloves with the flat of your knife. Core, seed, and thinly slice the **bell pepper**.



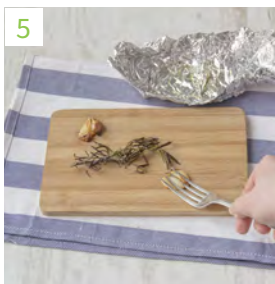
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2 Roast the peppers and garlic: Toss the **bell pepper** on a baking sheet with a drizzle of **olive oil** and a pinch of **salt** and **pepper**. Wrap the **garlic** and **rosemary** in tin foil with a large drizzle of **olive oil**. Place the foil bundle on the baking sheet with the peppers. Place in the oven for 15 minutes, tossing the peppers halfway through cooking, until they are slightly charred and the garlic is soft.



3

3 Cook the steak: Heat a drizzle of **olive oil** in a large pan over medium-high heat. Season the **steak** on all sides with **salt** and **pepper**. Add the steak to the pan and cook for 2-3 minutes per side, until browned, but not yet cooked to desired doneness. Transfer the steak to the baking sheet in the oven to finish cooking for 4-8 minutes, or until cooked to desired doneness. **HINT:** The steak may finish cooking before the peppers. Set the steak aside to rest whenever it is cooked to your preferred temperature.



5

4 Toast the baguette: Cut the **baguette** into ½-inch slices on a diagonal. Once the **peppers, garlic,** and **steak** are done, remove them from the baking sheet. Place the baguette slices on the baking sheet, drizzle with **olive oil**, and return to the oven for about 5 minutes, until toasted.

5 Make the vinaigrette: Meanwhile, mash the **garlic** with a fork until smooth. Finely chop the **rosemary**. In a large bowl, whisk together the roasted garlic, ½ **teaspoon rosemary**, **1 Tablespoon white wine vinegar**, and a large drizzle of **olive oil** (to taste). Season with **salt** and **pepper**.

6 Assemble the salad: Thinly slice the **steak** against the grain. Toss the **roasted red peppers** and **spring mix** with enough **rosemary garlic vinaigrette** to coat. Plate the **Spanish steak salad** topped with sliced steak and **feta cheese**. Serve the **baguette toasts** to the side and enjoy!

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