



Steak and Montreal Spiced Shrimp

with Grilled Zucchini and Heirloom Tomatoes

Long Weekend Grill 40 Minutes



Beef Steak



Shrimp



Montreal Steak Spice



Tarragon



Red Wine Vinegar



Baby Heirloom Tomatoes



Garlic Puree



Spring Mix



Zucchini

HELLO SHRIMP

All of our shrimp are sourced in a sustainable manner that helps preserve the health of the oceans!

Start here

- Before starting, wash and dry all produce.
- Lightly oil the grill.
- While you prep, preheat grill to 500°F over medium-high heat.
- Remove 2 tbsp butter (dbl for 4 ppl) from the fridge and set aside.

Bust Out

Medium bowl, measuring spoons, strainer, aluminum foil, large bowl, small bowl, whisk, paper towels, silicone brush

Ingredients

	2 Person	4 Person
Beef Steak	340 g	680 g
Shrimp	285 g	570 g
Montreal Steak Spice	1 tbsp	2 tbsp
Tarragon	7 g	14 g
Red Wine Vinegar	1 tbsp	2 tbsp
Baby Heirloom Tomatoes	113 g	227 g
Garlic Puree	1 tbsp	2 tbsp
Spring Mix	56 g	113 g
Zucchini	400 g	800 g
Unsalted Butter*	2 tbsp	4 tbsp
Sugar*	¼ tsp	½ tsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook shrimp and steak to minimum internal temperatures of 74°C/165°F and 63°C/145°F, respectively. Steak size will affect doneness.

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

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1

Prep
Halve **tomatoes**. Cut **zucchini** in half lengthwise. Brush **zucchini** with **½ tbsp oil** (dbl for 4 ppl), then season with **salt** and **pepper**. Roughly chop **tarragon leaves**. Add **half the garlic puree** and **2 tbsp room temp butter** (dbl for 4 ppl) to a small bowl. Season with **salt** and **pepper**, then stir to combine. Set aside.



2

Make tarragon dressing
Whisk together **vinegar**, **tarragon**, **2 tbsp oil** and **¼ tsp sugar** (dbl both for 4 ppl) in a large bowl. Season with **salt** and **pepper**. Set aside.



3

Prep steak and shrimp
Drain and rinse **shrimp**, using a strainer, then pat dry with paper towels. Transfer to a medium bowl and drizzle with **½ tbsp oil** (dbl for 4 ppl). Add **Montreal Steak Spice** and **remaining garlic puree**, then toss to combine. Pat **steak** dry with paper towels. Season with **salt** and **pepper**, then drizzle with **½ tbsp oil** (dbl for 4 ppl).



4

Grill steaks

Add **steak** to one side of the grill. Cook **steak**, flipping once, until cooked to desired doneness, 4-6 min per side.**



5

Grill shrimp and zucchini

Add **shrimp** and **zucchini** to the other side of the grill. Cook, flipping **shrimp** once, until **shrimp** is cooked through and **zucchini** is tender, 2-3 min per side.**



6

Finish and serve

Transfer **steak** to a plate. Divide **garlic butter** between **steaks**, then loosely cover with foil and set aside to rest, 2-3 min. While **steak** rests, chop **zucchini** into 1-inch pieces. Add **zucchini**, **tomatoes** and **spring mix** to the large bowl with **dressing**, then toss to coat. Divide **salad**, **steak** and **shrimp** between plates.

Dinner Solved!