



# MONTREAL SHAVED STEAK HASH

*Butternut squash, kale & tomatoes, lemon-garlic crema*

**COOK TIME**  
25 MIN

**SERVINGS**  
2

**NET CARBS PER SERVING**  
20 GRAMS

**CALORIES PER SERVING**  
420

**MENU**  
PALEO // KETO // GLUTEN-FREE

Classic comfort food, perfect for early fall. Here, steak hash is prepared with shaved sirloin steak seasoned with a Montreal spice blend (featuring paprika, coriander, celery seed, and dried mustard). It's served over a bed of butternut squash, kale, and grape tomatoes, then drizzled in a lemon-garlic crema. Toasted pecans and sliced scallion add a light crunch on top.

## INGREDIENTS (10 ITEMS)

- 10 oz **Shaved sirloin steak**
- ¾ tsp **Montreal spice blend**
- ¼ cup **Lemon-garlic crema** T E
- 5 ¼ oz **Butternut squash**
- 3 ½ oz **Green kale\***
- 2 ¾ oz **Grape tomatoes**
- 2 ½ oz **Yellow onions**
- 1 ½ tbsp **Apple cider vinegar**
- ½ oz **Pecans** T
- 1 whole **Scallion**

## WHAT YOU'LL NEED

medium sauté pan  
large sauté pan with lid  
measuring cup & spoons  
peeler

## ALLERGENS

- T TREE NUT
- E EGG



Certified gluten-free by the Gluten Intolerance Group's Gluten-Free Food Service (GFFS) program.

**GREEN CHEF IS PROUD** to be a USDA Certified Organic company. All produce is organic unless otherwise labeled.

\*You may receive a different color variety of this ingredient.

Wash and dry fresh produce. Wash hands and surfaces after handling raw meat. Consuming raw or undercooked meat can be harmful to your health. Go to [help.greenchef.com](https://help.greenchef.com) for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at [help@greenchef.com](mailto:help@greenchef.com)

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## 1 TOAST NUTS

- Place **pecans** in a dry medium sauté pan over medium heat. Toast 3-4 minutes, or until fragrant, shaking pan frequently.
- Transfer **nuts** to cutting board. Roughly chop cooled **nuts**.

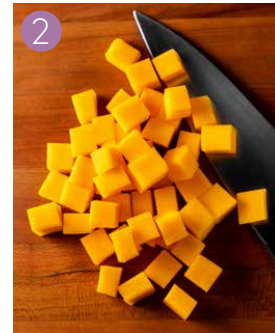


## 2 PREP SQUASH

- Remove any seeds from **butternut squash** with a spoon. Carefully peel squash. Medium dice into about ½-inch pieces.

## 3 PREP KALE, TOMATOES & SCALLION

- Remove center stems from **green kale**; discard. Roughly chop **leaves** into bite-size pieces.
- Halve **grape tomatoes**.
- Thinly slice **scallion**; discard root end.



## 4 START HASH

- Heat about 1 ½ tablespoons cooking oil in a large sauté pan over medium-high heat. Add **squash** to hot pan. Season with salt and pepper. Stir. Cook 3-4 minutes, or until squash begins to brown slightly, stirring occasionally.
  - Add **yellow onions** and **kale**. Season with about 1 teaspoon of the **Montreal spice blend**. Stir. Cook 1-2 minutes, or until kale begins to wilt, stirring occasionally.
  - Reduce heat to medium. Add ¼ cup water to pan. Stir. Cover pan with lid. Cook 6-8 minutes, or until squash is fork tender, stirring occasionally.
- See Step 6 to finish.*



## 5 COOK STEAK

- Heat about 1 tablespoon cooking oil in pan used for nuts over medium-high heat. Add **shaved sirloin steak** to hot pan. Season with pepper and remaining **spice blend**.\* Stir to combine. Cook 4-5 minutes, or until steak is fully cooked (or to desired doneness), stirring occasionally. (Shaved steak is fully cooked when it is no longer pink.)

*\*Take Note: The spice blend already contains salt.*



## 6 FINISH HASH

- Add **tomatoes** and **apple cider vinegar** to pan with squash and kale. Stir. Cook 1 minute, uncovered. Salt and pepper to taste.

## 7 PLATE YOUR DISH

- Divide **hash** between plates. Top with **Montreal-spiced shaved steak**. Drizzle with **lemon-garlic crema**. Top with **nuts** and **scallion**.
- Enjoy!

