

Seared Steak & Kale Salad

with Parmesan Sweet Potatoes



30-40min



4 Servings

What's not to love about this meal? Sweet potatoes are topped with grated Parmesan and roasted in the oven, resulting in a sweet and salty roasted potato that's just right. The sherry vinaigrette, which includes smoky, charred scallions and tangy Dijon, is used as a flavor boost in two places—the kale salad and as a finishing sauce that adds a little pep to each bite of steak. Cook, relax, and ...

What we send

- sweet potato
- baby kale
- whole grain mustard ¹⁷
- Parmesan ⁷
- scallions
- sherry wine vinegar ¹⁷
- flank steaks

What you need

- kosher salt & ground pepper
- olive oil
- sugar

Tools

- rimmed baking sheet

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

Milk (7), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

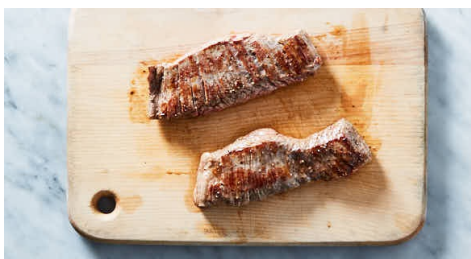
Nutrition per serving

Calories 530kcal, Fat 30g, Carbs 32g, Proteins 29g



1. Roast sweet potatoes

Preheat oven to 450°F with a rack in the top position. Scrub **sweet potatoes**, then slice into ¼-inch rounds (no need to peel). On a rimmed baking sheet, toss potatoes with **2 tablespoons oil**, **¾ teaspoon salt**, and **a few grinds pepper**. Roast on top rack until almost tender, about 15 minutes.



4. Sear steaks

Add **steaks** to same skillet, and cook, until lightly charred and cooked to medium, 4-6 minutes per side. Transfer to a cutting board to let rest for 5 minutes.



2. Prep ingredients

Trim ends from **scallions**. Finely grate **Parmesan**. Pat **steaks** dry. Rub all over with **oil**, and season generously with **salt** and **pepper**. In a large bowl, whisk together **vinegar**, **mustard**, **1 teaspoon sugar**, and **¼ cup oil**; season to taste with **salt** and **pepper**.



5. Finish sweet potatoes

Meanwhile, sprinkle **sweet potato rounds** with **Parmesan**. Return to the top oven rack and roast until cheese is melted and golden brown in spots, 5-7 minutes.



3. Char scallions

Heat a heavy, medium skillet, preferably cast-iron, over medium-high until almost smoking. Add **scallions** and cook until softened and charred in spots, 2-4 minutes. Transfer scallions to a cutting board to cool slightly, then coarsely chop and add to **dressing**. Transfer **¼ cup of the dressing** to a small bowl and set aside for step 6.



6. Finish salad & serve

Add **baby kale** to the **remaining dressing** in large bowl and toss to coat. Serve **steak** with **sweet potatoes** and **kale salad** alongside, and drizzle with **reserved ¼ cup dressing**. Enjoy!