



Seared Lemon-Pepper Steak

with Kale Caesar & Garlic-Parm Rolls



20-30min



4 Servings

You can forget about the lemon-pepper spice jar that's been sitting in the pantry, because we've freshened up the classic flavor blend by using finely grated lemon zest and coarsely cracked black pepper. The juicy steaks are served alongside (or on top of!) a kale Caesar along with toasted garlic-Parmesan rolls. Cook, relax, and enjoy!

What we send

- lemon
- garlic
- Dijon mustard ¹⁷
- curly kale
- steak, flank

What you need

- coarse kosher salt
- freshly ground pepper
- olive oil

Tools

- box grater or microplane
- medium skillet
- 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

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

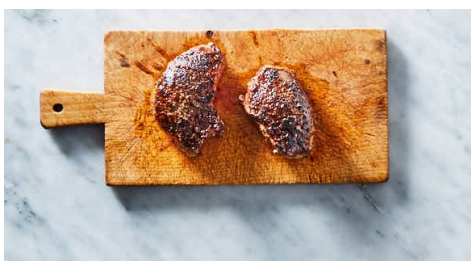
Nutrition per serving

Calories 521kcal, Fat 34g, Carbs 23g, Proteins 31g



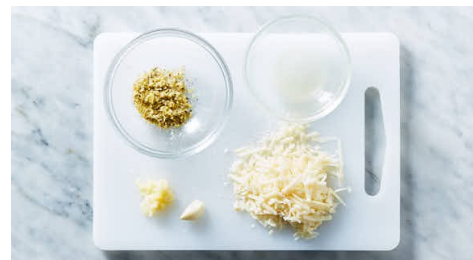
1. Prep kale

Strip **kale leaves** from stems and tear into bite-size pieces, discarding stems. Place kale in a large bowl with **1 teaspoon oil**, **½ teaspoon salt**, and **a few grinds pepper**. Using your hands, squeeze and massage the kale until softened, about 10 times.



4. Cook steak

Pat **steaks** dry, rub with **oil**, then coat 1 side with **lemon zest-pepper mixture**. Heat **2 teaspoons oil** in a heavy, medium skillet over medium-high. Add steaks, lemon-pepper side-down; cook until well browned and medium-rare, 4-6 minutes per side (longer for thicker steaks). Reduce heat if browning too quickly. Let rest on a cutting board.



2. Prep ingredients

Zest **lemon** into a small bowl. Squeeze **1½ tablespoons lemon juice** into a 2nd bowl. Peel **3 garlic cloves**; grate **1 teaspoon** into bowl with lemon juice, leaving 3rd clove whole. Into lemon zest, add **¾ teaspoon each salt and coarsely cracked pepper** and combine, rubbing together with fingers to incorporate. Grate **Parmesan** using the large holes of a box grater.



5. Make garlic bread

Preheat broiler with rack in top position. Slice **rolls** in half horizontally and place on a baking sheet, cut side-up. Broil until lightly toasted, about 1 minute (watch closely). Rub cut sides with **reserved whole garlic clove**, then drizzle with **oil**. Sprinkle **half of the Parmesan** on top and broil until cheese is melted and bubbling, about 1 minute.



3. Make Caesar dressing

To bowl with **lemon juice** and **garlic**, add **mustard** and **mayonnaise**. Whisk in **2 tablespoons oil**. Season to taste with **salt** and **pepper**.



6. Dress salad & serve

Toss **kale** with **Caesar dressing** and **remaining Parmesan**, and season to taste with **salt** and **pepper**. Very thinly slice steak across the grain. Serve **steak** and **any accumulated juices** alongside **kale Caesar salad** and **cheesy garlic bread**. Enjoy!