



Fs sku1701 hero

Garlic-Dijon Steak

with Onion Rings & Spinach Salad

 20-30min  4 Servings

This salad combines all of the elements of a steakhouse dinner. The steak is marinated in Dijon mustard and garlic, then is seared and thinly sliced, and is served alongside a tender baby spinach salad, topped with homemade onions rings, to add a delightful (and decadent) crunch. Cook, relax, and enjoy!

What we send

- garlic
- flank steak
- yellow onion
- baby spinach
- red radish
- cucumbers
- Dijon mustard ¹⁷

What you need

- all-purpose flour ¹
- apple cider vinegar
- kosher salt & ground pepper

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

Wheat (1), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 530kcal, Fat 38g, Carbs 20g, Proteins 26g



1. Marinate steaks

Preheat oven to 200°F. Peel and finely chop **2 large garlic cloves**. Pat **steaks** dry. In a shallow bowl, combine **garlic, Dijon mustard, 1 teaspoon salt, 1 tablespoon plus 2 teaspoons oil**, and **a few grinds pepper**. Reserve **1 tablespoon of marinade** for step 5. Add steaks to shallow bowl, then turn to coat. Let sit at room temperature.



4. Fry onion rings

In batches, dip **onions** in **batter**, coating completely, then carefully add to hot **oil**. Cook, turning once, until deep golden brown, 3-4 minutes. Transfer to a paper towel-lined plate. Repeat with remaining onions. Remove skillet from heat. Pour off **all but 2 tablespoons oil**. Transfer onion rings to baking sheet, then keep warm in oven.



2. Prep ingredients

Peel **onion**, removing papery skin and thin top layer, then cut into ½-inch rings. Carefully separate rings, then pat dry. Trim stem ends from **radishes** and **cucumbers**, then thinly slice crosswise. In a large bowl, combine **1 tablespoon vinegar** and **3 tablespoons oil**. Season to taste with **salt** and **pepper**.



5. Cook steaks

Wipe off **marinade**. Heat **reserved onion oil** in skillet over medium-high. Add **steaks** to skillet, then cook until deeply browned and medium-rare, 4-6 minutes per side. Transfer to cutting board and spread with **reserved marinade**. Let rest 5 minutes.



3. Make batter

In medium bowl, combine **½ cup flour, 1¼ teaspoons salt**, and **a few grinds pepper**. Whisk in **½ cup plus 1 tablespoon water** (be sure to measure water correctly). Whisk until smooth. Batter should have the consistency of pancake batter. Lightly dust **onion rings** with **⅓ cup flour**, then tap off excess. Heat **¼-inch oil** in a large heavy skillet over medium-high.



6. Assemble salad & serve

Add **spinach, cucumbers**, and **radishes** to bowl with **vinaigrette**. Toss to combine, then season to taste with **salt** and **pepper**. Very thinly slice steaks across the grain. Serve **steaks** with **salad** and **onion rings**. Enjoy!