

Fs sku0824 hero

Seared Steak and Onion Rings

with Celery & Goat Cheese Salad



30-40min



4 Servings

A good piece of meat needs little more than salt and pepper to make it sing. But when seared steak shares the plate with onion rings and a cool celery and goat cheese salad, it only gets better. We got the onions super crunchy in the oven, no deep-frying necessary. Get those started, mix up the salad, then sear the steak. Cook, relax and enjoy!

What we send

- celery
- shallot
- flank steak
- red onion
- red wine vinegar
- fresh parsley

What you need

- 1 large egg
- all-purpose flour ¹
- coarse salt
- freshly ground pepper
- olive oil

Tools

- large 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

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

Nutrition per serving

Calories 682.0kcal, Fat 35.2g, Proteins 43.3g, Carbs 46.0g



1. Prepare breading

Preheat oven to 425°F. Place **½ cup flour** in a medium bowl and season with **salt** and **pepper**. Beat **2 large eggs** with **1 tablespoon oil** in a separate medium bowl. Place **panko** in a shallow baking dish.



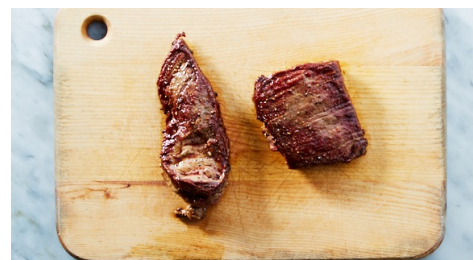
4. Make salad

Meanwhile, trim ends from **shallot**, then halve, peel and finely chop **¼ cup**. Whisk **chopped shallot, vinegar**, and **3 tablespoons oil** in a medium bowl. Thinly slice **celery** and add to bowl. Chop **parsley stems and leaves** and add to celery. Crumble **goat cheese**, add to bowl, season to taste with **salt** and **pepper**, then toss to combine.



2. Bread onion rings

Trim ends from **onions**, then peel and slice into ½-inch thick rounds. Separate slices into rings, add to **flour** and toss to coat. Shake off excess flour and transfer onion to **eggs**; toss to coat. Add onion rings to **panko** and toss gently to coat; transfer to a **lightly oiled** baking sheet.



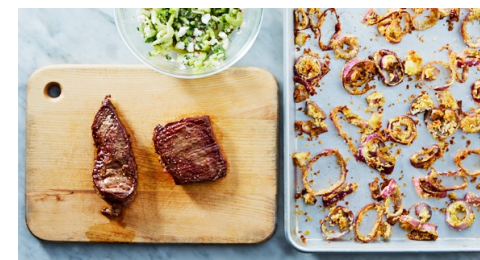
5. Brown steaks

Heat **1 tablespoon oil** in a large skillet over medium-high heat. Season **steaks** all over with **salt** and **pepper** and cook, turning once, until deeply browned, 5 minutes total. Using tongs, hold steaks up on their edges to brown, about 2 minutes more. (Thicker steaks may require a few more minutes of cooking.) Let rest 5 minutes.



3. Bake onion rings

Sprinkle **any remaining panko** on top of **onion rings**, then drizzle with **2 tablespoons oil** and season with **salt**. Bake, flipping halfway through, until golden brown and crunchy, 12-15 minutes.



6. Serve

Slice **steaks** against the grain, if desired, and serve topped with **celery salad** and **onion rings** alongside. Enjoy!