

DINNERLY



Low-Carb Balsamic-Honey Glazed Steak with Sautéed Kale



under 20min



2 Servings

What's sweet, tangy, and unbelievably satisfying? Tonight's dinner! Bring the fancy restaurant feels to your dining room table with this super chef-y balsamic-glazed steak, featuring our favorite green sidekick—garlicky sautéed kale. The best part? This balanced plate only feels fancy, because it comes together with one skillet in under 20 minutes. We've got you covered!

WHAT WE SEND

- garlic
- 1 bunch curly kale
- ½ oz pkt honey
- ½ lb pkg ranch steaks

WHAT YOU NEED

- balsamic vinegar (or white wine vinegar) ¹⁷
- olive oil
- kosher salt & ground pepper
- butter ⁷

TOOLS

- medium skillet

ALLERGENS

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

NUTRITION PER SERVING

Calories 410kcal, Fat 25g, Carbs 12g, Proteins 27g



1. Prep veggies

Thinly slice 1 **large garlic clove**.

Remove and discard tough center stems from **kale**, then tear leaves into large pieces.



2. Prep glaze

In a small bowl, whisk **honey** with 1½ **tablespoons vinegar** and 1 **tablespoon water**.



3. Sauté kale

Heat 1 **tablespoon oil** in a medium skillet over medium-high. Add **sliced garlic** and cook until fragrant, 15–30 seconds.

Add **kale** in batches; cook, stirring, until wilted, 2–3 minutes (add 1–2 **tablespoons water** at a time if skillet is dry). Transfer to a bowl and cover to keep warm so kale continues to wilt. Wipe out skillet.



4. Cook steak

Pat **steaks** dry and season all over with **salt** and **pepper**. Heat ½ **tablespoon oil** in same skillet over medium-high. Cook steaks until well browned and medium-rare, 2–3 minutes per side (or longer for desired doneness). Transfer to a cutting board to rest. Remove skillet from heat.



5. Finish glaze & serve

Add 1 **tablespoon butter** and **honey mixture** to same skillet off heat. Whisk until butter is melted and **glaze** is thick and glossy, about 1 minute. Thinly slice **steaks**, if desired.

Serve **steaks** with **balsamic-honey glaze** spooned over top and **sautéed kale** alongside. Enjoy!



6. Add a carb!

We made this a low carb meal on purpose, but feel free to add a side of roasted potatoes or crusty garlic bread for soaking up all the delicious glaze!