



Steak Salad with Warm Oregano Vinaigrette:

Martha Stewart & Marley Spoon Does Lunch



ca. 20min



2 Servings

What is life these days without being able to look forward to your next tasty meal? Put down the instant noodles! Unhand the soggy sandwich! Treat yourself to an exciting lunch - whether you're at home, or at work (or if that's the same place). This hearty steak salad is everything lunch should be: easy, quick, light enough to not weigh you down, but filling enough to keep you going until dinnertime. Eat the lunch you deserve!

What we send

- garlic
- ¼ oz dried oregano
- 1 pkt crushed red pepper flakes
- 10 oz sirloin steaks
- 1 plum tomato
- 1 cucumber
- 3 oz baby spinach
- 1½ oz feta cheese ⁷

What you need

- red wine vinegar (or white wine vinegar)
- olive oil
- kosher salt & ground pepper

Tools

- medium skillet

Allergens

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

Nutrition per serving

Calories 500kcal, Fat 33g, Carbs 14g, Protein 39g



1. Prep ingredients

Finely chop **2 teaspoons garlic**.



2. Make marinade

In a medium bowl, combine **garlic, 2 tablespoons each of vinegar and oil, 1 teaspoon oregano, ¼ teaspoon crushed red pepper flakes** (or more, depending on heat preference), and **a pinch each of salt and pepper**.



3. Cook steaks

Pat **steak** dry and season all over with **salt** and **pepper**. Heat **1 tablespoon oil** in a medium skillet over medium-high. Add steaks and cook until browned, 2-3 minutes per side for medium rare (or longer for desired doneness).



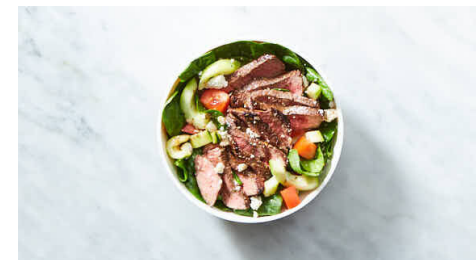
4. Marinate steaks

Transfer **cooked steaks** to bowl with **marinade** and toss to coat. Set aside to marinate for 4-5 minutes.



5. Assemble salad

While **steaks** marinate, cut **tomato** into 1-inch pieces. Peel **cucumber**, halve lengthwise and scoop out seeds, then cut crosswise into ½-inch thick half-moons. Transfer **spinach** to bowls and top with cucumbers and tomatoes.



6. Finish & serve

Remove **steaks** from **marinade** (do not discard), then thinly slice. Place **steak** on top of **salad** and drizzle with **remaining marinade**. Crumble **feta** on top. Enjoy!