



Peak Season! Steak Salad & Maple-Glazed Pears

with Blue Cheese & Walnuts



40min



2 Servings

If the aromas of peak season pears and sweet potatoes don't make your stomach growl, the juicy sizzling steaks will. This autumnal meal features tender steaks atop a fresh spinach salad with the roasted fruit and veggies, plus blue cheese, toasted walnuts, and a drizzle of the warm pan vinaigrette. The combination of textures and flavors create an ultra-satisfying dinner that you'll have on repeat all year long.

What we send

- 1 sweet potato
- 1 pear
- 1 oz walnuts ¹⁵
- 10 oz pkg sirloin steaks
- 1 pkt Dijon mustard ¹⁷
- 1 oz maple syrup
- 3 oz baby spinach
- 1 oz blue cheese crumbles ⁷

What you need

- olive oil
- kosher salt & ground pepper
- red wine vinegar (or apple cider vinegar) ¹⁷

Tools

- rimmed baking sheet
- medium skillet

Cooking tip

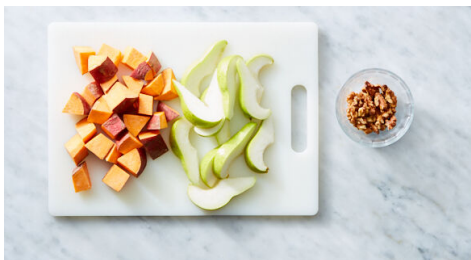
It's peak season for pears, which means they're at their most delicious!

Allergens

Milk (7), Tree Nuts (15), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 810kcal, Fat 54g, Carbs 52g, Protein 30g



1. Prep ingredients

Preheat oven to 450°F with a rack in the lower third.

Cut **sweet potato** into 1-inch pieces. Halve **pear** lengthwise, remove core and stem, then cut each half into ½-inch thick wedges.

Transfer **walnuts** to a rimmed baking sheet. Bake on lower oven rack until toasted and fragrant, 6-8 minutes (watch closely as nuts can burn easily). Transfer to a bowl.



4. Make vinaigrette

Reduce skillet heat to medium. Add **2 tablespoons water** and cook, stirring and scraping up any browned bits from the bottom, about 30 seconds.

Off heat, add **Dijon mustard, ½ teaspoon maple syrup, 2 tablespoons oil**, and **1 teaspoon vinegar**. Whisk to combine; thin with water to reach desired consistency. Season to taste with **salt and pepper**.



2. Roast pears & potatoes

Add **pears** and **sweet potatoes** to same rimmed baking sheet, keeping them separate. Toss with **2 tablespoons oil** and **a pinch each of salt and pepper**.

Roast on lower oven rack until browned and tender, flipping halfway through, 25-30 minutes.



5. Glaze pears & potatoes

Toss **sweet potatoes** and **pears** with **remaining maple syrup**. Continue roasting until caramelized, about 5 minutes.



3. Sear steaks

Pat **steaks** 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 well browned and medium-rare, 2-4 minutes per side (or longer for desired doneness). Transfer to a cutting board.



6. Finish & serve

Toss **spinach** with **a drizzle of oil and vinegar** and **a pinch of salt**. Thinly slice **steaks** against the grain, if desired.

Serve **spinach** with **pears, sweet potatoes, walnuts, blue cheese**, and **steak with any resting juices** over top. Drizzle with **warm vinaigrette**. Enjoy!