

# DINNERLY



## BBQ-Seared Coulotte Steak with Mac & Kale

Developed by Our Registered Dietitian



30-40min



2 Servings

Dinnerly's resident dietitian is bringing you meals that are both ultra-satisfying and super nourishing. Who said comfort food can't be both? Seared steak with barbecue sauce and kale sautéed with smoked paprika bring the smoky flavors you crave on BBQ night. We've got you covered!

## WHAT WE SEND

- 4 oz elbow macaroni <sup>2</sup>
- ¼ oz granulated garlic
- 1 bunch curly kale
- 10 oz pkg coulotte steak
- 2 oz shredded cheddar-jack blend <sup>1</sup>
- 2 oz barbecue sauce
- ¼ oz smoked paprika

## WHAT YOU NEED

- kosher salt & ground pepper
- olive oil
- butter <sup>1</sup>
- all-purpose flour <sup>2</sup>
- ½ cup milk <sup>1</sup>

## TOOLS

- small saucepan
- large pot
- medium heavy skillet (preferably cast-iron)

## ALLERGENS

Milk (1), Wheat (2). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## NUTRITION PER SERVING

Calories 780kcal, Fat 33g, Carbs 67g, Protein 51g

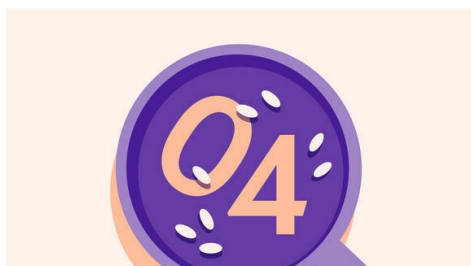


### 1. Boil pasta & prep

Bring a small saucepan of **salted water** to a boil. Add **pasta** and cook, stirring often to prevent sticking, until al dente, about 9 minutes. Drain pasta and set aside until step 5; reserve saucepan for step 3.

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

Pat **steak** dry; season all over with **salt** and **pepper**.



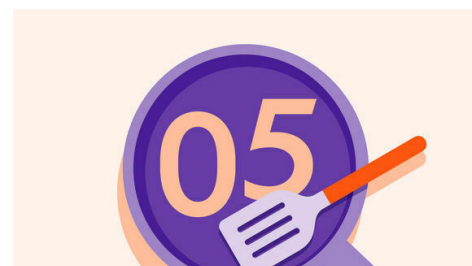
### 4. Cook kale

Heat **1 tablespoon oil** in a large pot over medium-high. Add **¼ teaspoon granulated garlic** and **¼ teaspoon smoked paprika**; cook, stirring, until fragrant, 15–30 seconds. Stir in **kale** and **¼ cup water**; cover and cook until tender, 5–8 minutes. Season to taste with **salt** and **pepper**. Cover to keep warm off heat.



### 2. STEAK VARIATION

Heat **1 tablespoon oil** in a medium heavy skillet over medium-high. Add **steak** and cook until well browned and medium rare, 4–5 minutes per side. Using tongs, hold steak on its side and cook fat-side down until golden brown and crisp, 1–2 minutes. Transfer to a cutting board to rest and brush with **some of the barbecue sauce**.



### 5. Finish & serve

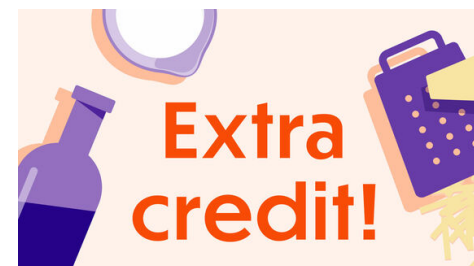
While **kale** cooks, reheat **cheese sauce**, if needed; stir in **pasta**.

Thinly slice **steak**. Serve **BBQ steak** with **mac** and **smoky kale** alongside and **remaining barbecue sauce** drizzled over top. Enjoy!



### 3. Make cheese sauce

Melt **1 tablespoon butter** in reserved saucepan over medium-high heat. Add **1 tablespoon flour** and **¼ teaspoon granulated garlic**; cook, stirring frequently, until fragrant, 30 seconds. Add **½ cup milk**; bring to a simmer, whisking to combine. Remove from heat; whisk in **cheese** until melted and season to taste with **salt** and **pepper**. Cover to keep warm off heat until step 5.



### 6. Cheese sauce too thick?

If the cheese sauce cools too much and is too thick by step 5, stir in an additional 1–2 tablespoons milk at a time, as needed, to loosen.