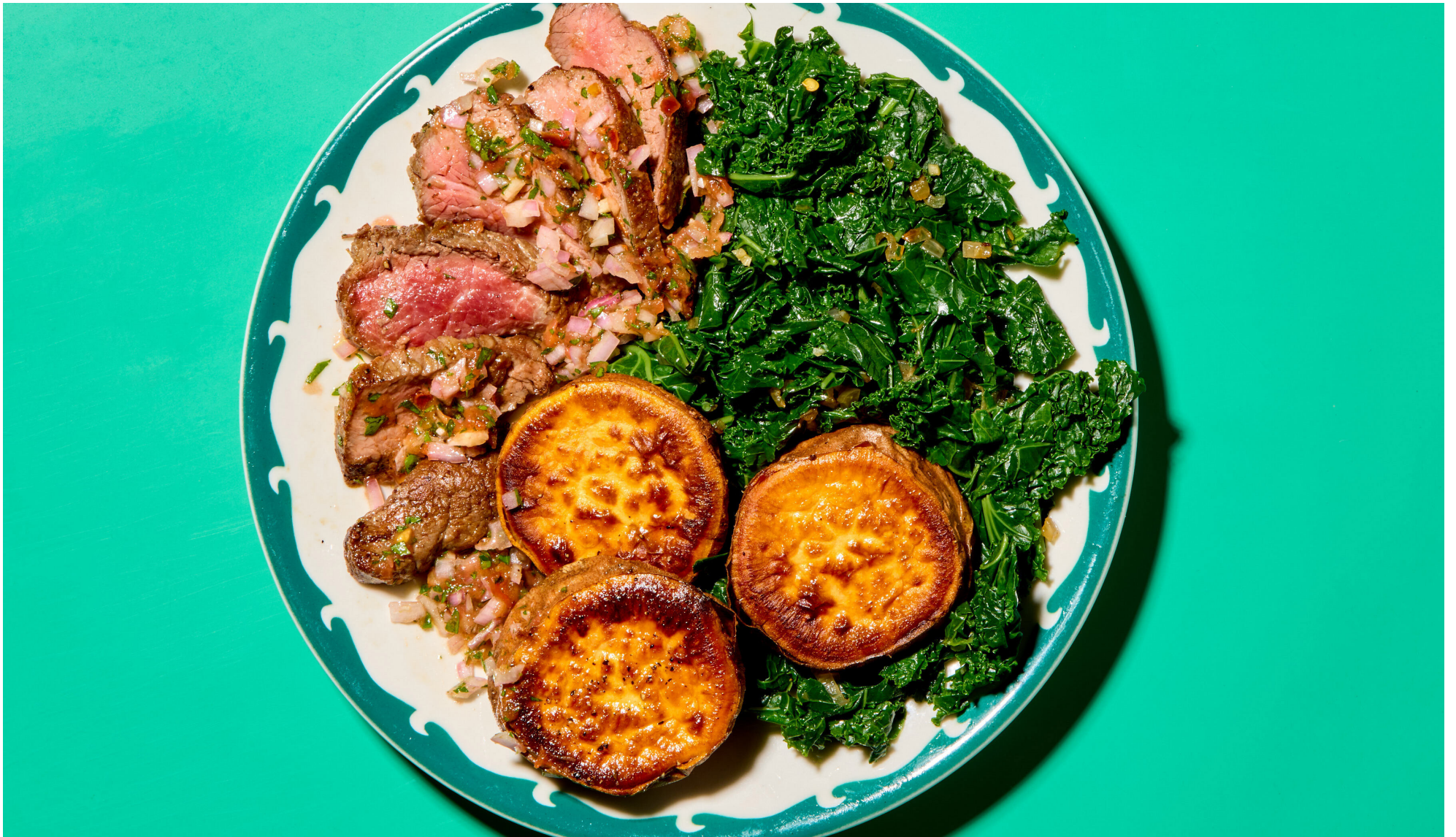


DINNERLY



Low-Cal Seared Steak with Tomato Chimichurri

Sautéed Kale & Roasted Sweet Potatoes



40-50min



2 Servings

Herby and bright, chimichurri gives us alllll the reasons to consider every night a good night for steak. Really we'll take any excuse to enjoy this garlicky, tomatoey, shalloty, parsley-y no-cook sauce. Alongside, roasted sweet potatoes and sautéed kale, both of which are also delicious swiped through that herby chimichurri. We've got you covered!

WHAT WE SEND

- 1 sweet potato
- 1 bunch curly kale
- 1 shallot
- ¼ oz fresh parsley
- 1 plum tomato
- 1 pkt crushed red pepper
- ½ lb pkg sirloin steak

WHAT YOU NEED

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

TOOLS

- large saucepan
- parchment paper
- rimmed baking sheet
- box grater
- medium heavy skillet (preferably cast-iron)

ALLERGENS

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

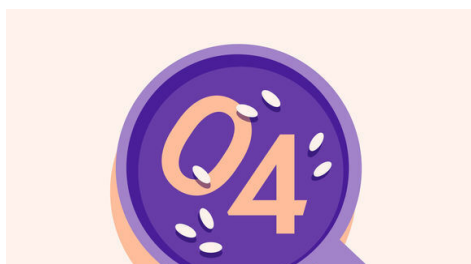
NUTRITION PER SERVING

Calories 640kcal, Fat 40g, Carbs 43g, Protein 25g



1. Roast sweet potatoes

Preheat oven to 425°F with a rack in the center. Bring a large saucepan of **salted water** to a boil. Scrub **sweet potato**; cut into 1-inch thick rounds. On a parchment-lined rimmed baking sheet, toss sweet potatoes with **1 tablespoon oil**; season with **salt** and **pepper**. Bake on center rack until browned and tender, flipping pieces halfway through, 30–35 minutes.



4. Cook steaks

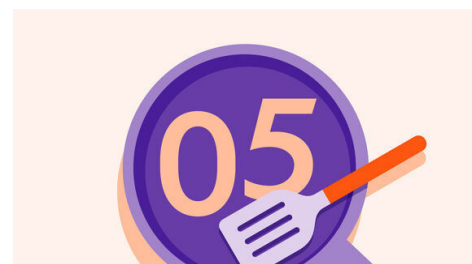
Pat **steaks** dry, then season all over with **salt** and **pepper**. Heat **1 tablespoon oil** in a medium heavy skillet over medium-high. Add steaks and cook until well browned and medium-rare, 3–4 minutes per side (or longer for desired doneness). Transfer to a cutting board to rest. Cool skillet for 1 minute.



2. Prep ingredients

Strip **kale leaves** from tough stems; discard stems. Cut leaves into 2-inch pieces. Finely chop **shallots**. Finely chop **2 large garlic cloves**. Pick **parsley leaves** from stems and finely chop; discard stems. Cut **tomato** in half lengthwise.

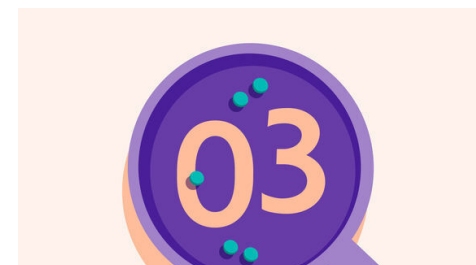
Place box grater in a large bowl. Grate **cut side of tomatoes** on large holes of grater until tomato flesh is reduced to pulp; discard skins.



5. Sauté kale & serve

Add **1½ tablespoons oil** and **remaining shallots, garlic, and crushed red pepper** to skillet. Cook over medium heat until aromatics are softened and fragrant, about 1 minute. Add **kale** and cook, stirring frequently, 2 minutes; season to taste with **salt** and **pepper**.

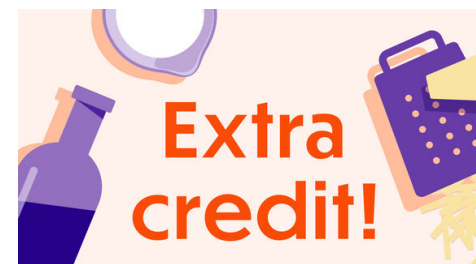
Thinly slice **steaks**, if desired. Serve with **tomato chimichurri, kale, and sweet potatoes**. Enjoy!



3. Make sauce; blanch kale

Stir **parsley, 2 tablespoons oil, ½ tablespoon vinegar**, and **half each of the shallots, garlic, and crushed red pepper** into **tomato pulp**; season to taste. Set aside until ready to serve.

Add **kale** to boiling water; cook, stirring occasionally, until tender, 4–5 minutes. Drain into colander; set aside, occasionally pressing on kale to release excess moisture.



6. Check us out!

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