

DINNERLY



Low-Carb Seared Steak & Romaine Salad

with Creamy Parmesan Dressing



under 20min



2 Servings

What better way to eat "healthier" than with a big ol' plate of steak (but also salad). Life is all about balance, and that's exactly what we're serving up: seared ranch steaks with a heaping side of romaine salad tossed in creamy Parmesan dressing. OMMMM feeling more balanced already. We've got you covered!

WHAT WE SEND

- 1 mini French roll ²
- 1 oz mayonnaise ^{3,4}
- $\frac{3}{4}$ oz Parmesan ¹
- 1 romaine heart
- $\frac{1}{2}$ lb pkg sirloin steak

WHAT YOU NEED

- olive oil
- kosher salt & ground pepper
- white wine vinegar (or apple cider vinegar)
- butter ¹
- garlic

TOOLS

- microplane or grater
- medium skillet

ALLERGENS

Milk (1), Wheat (2), Egg (3), Soy (4). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 460kcal, Fat 35g, Carbs 13g, Protein 24g

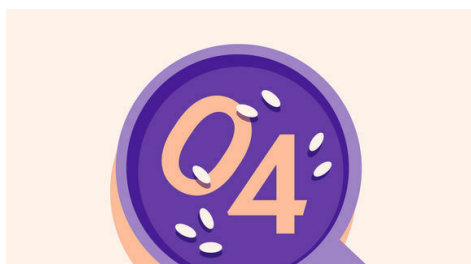


1. ROMAINE VARIATION

Finely chop $\frac{1}{2}$ **teaspoon** garlic.

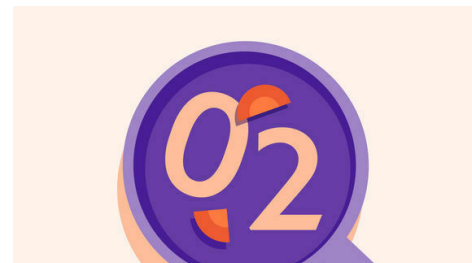
Cut **roll** into $\frac{1}{2}$ -inch pieces. Finely grate **Parmesan**, if necessary. Halve **lettuce** lengthwise, then cut crosswise into $\frac{1}{2}$ -inch pieces, discarding stem(s).

Pat **steaks** dry, then drizzle with **oil**; season all over with **salt** and **pepper**.



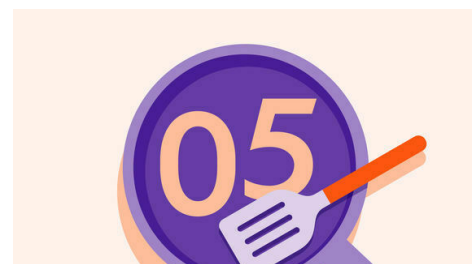
4. Cook steaks

Heat $\frac{1}{2}$ **tablespoon** **oil** in same skillet over medium-high. Add **steaks**; cook until well browned and medium-rare, 2–3 minutes per side (or longer for desired doneness). Transfer to a cutting board to rest.



2. Make dressing

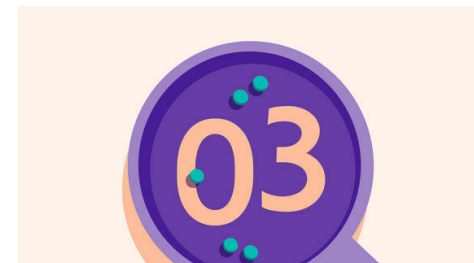
In a medium bowl, stir to combine **mayonnaise**, **chopped garlic**, $\frac{1}{2}$ **tablespoon** **water**, $\frac{1}{2}$ **teaspoon** **vinegar**, and **all but 1** **tablespoon** of the **Parmesan**. Season to taste with **salt** and **pepper**.



5. Make sauce & serve

Remove skillet from heat; add **3** **tablespoons** **water** and **1** **tablespoon** **butter**, swirling until butter is melted. Season to taste with **salt**. Thinly slice **steaks**, if desired.

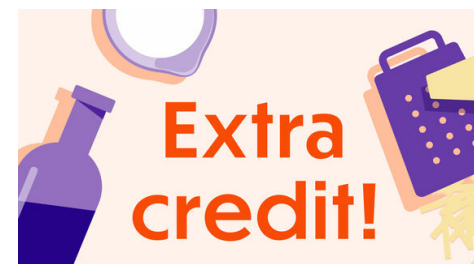
Serve **seared steak** with **sauce** spooned over top, and **romaine salad** alongside. Sprinkle with **remaining Parmesan**. Enjoy!



3. Cook croutons, make salad

Heat **1** **tablespoon** **oil** in a medium skillet over medium. Add **chopped bread** and season with **a pinch** each of **salt** and **pepper**. Cook, stirring constantly, until toasted and golden all over, 2–3 minutes.

Add **romaine** and **croutons** to bowl with **dressing**, tossing to combine.



6. Make ahead!

Croutons can be cooked up to 2 days in advance as directed in step 3 or in the oven on a rimmed baking sheet at 350°F until golden and crisp, 6–8 minutes. Store in a covered container at room temperature.