

DINNERLY



Low-Carb Seared Steak & Spinach 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 spinach salad tossed in creamy Parmesan dressing. OMMMM feeling more balanced already. We've got you covered!

WHAT WE SEND

- 1 Portuguese roll ⁴
- $\frac{3}{4}$ oz Parmesan ²
- $\frac{1}{2}$ lb pkg sirloin steak
- 1 oz mayonnaise ^{1,3}
- 5 oz baby spinach

WHAT YOU NEED

- garlic
- olive oil
- kosher salt & ground pepper
- white wine vinegar (or apple cider vinegar)
- butter ²

TOOLS

- microplane or grater
- medium skillet

ALLERGENS

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

NUTRITION PER SERVING

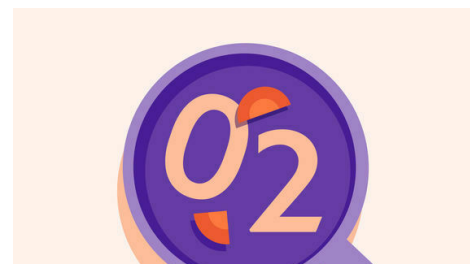
Calories 460kcal, Fat 35g, Carbs 11g, Protein 24g



1. Prep croutons & steak

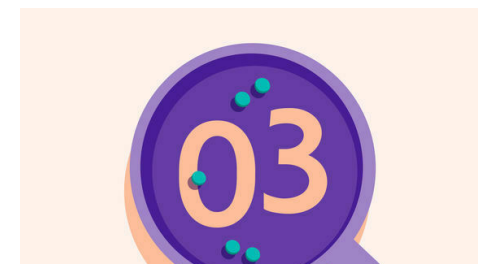
Finely chop $\frac{1}{2}$ **teaspoon garlic**. Cut **roll** into $\frac{1}{2}$ -inch pieces. Finely grate **Parmesan**, if necessary.

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



2. Make dressing

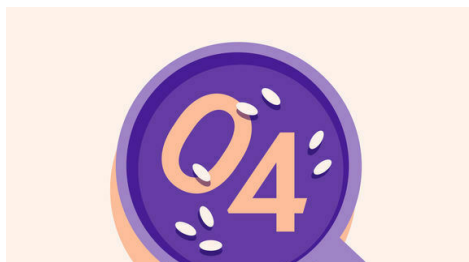
In a medium bowl, stir to combine **mayonnaise**, **chopped garlic**, $\frac{1}{2}$ **tablespoon water**, $\frac{1}{2}$ **teaspoon vinegar**, and **all but 1 tablespoon of the Parmesan**. Season to taste with **salt** and **pepper**.



3. Cook croutons, make salad

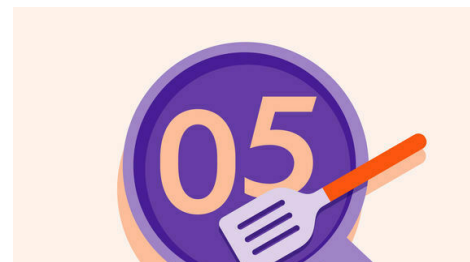
Heat **1 tablespoon oil** in a medium skillet over medium. Add **chopped bread** and season with **a pinch each of salt and pepper**. Cook, stirring constantly, until toasted and golden all over, 2–3 minutes.

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



4. Cook steaks

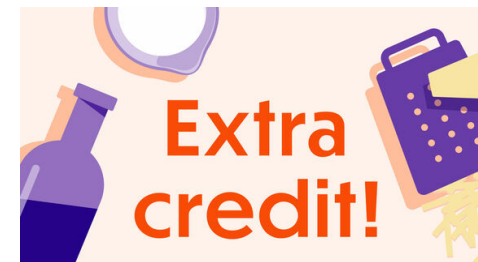
Heat $\frac{1}{2}$ **tablespoon oil** in same skillet over medium-high. Add **steaks**; cook until well browned and medium-rare, 2–3 minutes per side (or longer for desired doneness). Transfer to a cutting board to rest.



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 **spinach salad** alongside. Sprinkle with **remaining Parmesan**. Enjoy!



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.