



? Seared Steak Salad with Maple-Glazed Pears

Feta & Walnuts



40min



2 Servings

If the aromas of sweet and savory roasted 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 feta, 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 ²
- 10 oz pkg beef tenderloin
- ¼ oz Dijon mustard
- 1 oz maple syrup
- 5 oz baby spinach
- 2 oz feta ¹

What you need

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

Tools

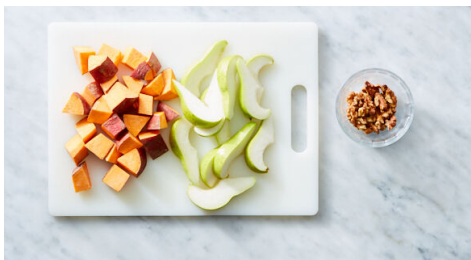
- rimmed baking sheet
- medium skillet

Allergens

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

Nutrition per serving

Calories 900kcal, Fat 63g, Carbs 54g, Protein 32g



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, 1 teaspoon maple syrup, 3 tablespoons oil, and 2 teaspoons 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, crumbled feta**, and **steak with any resting juices** over top. Drizzle with **warm vinaigrette**. Enjoy!