



Spice-Crusted Steak with Frizzled Onions & Chopped Salad

 30-40min  2 Servings

Sometimes all that's needed to elevate a steak is a simple spice rub, so we've used ground coriander to crust steaks before pan-searing. The crispy frizzled onions and chopped salad, which is topped with creamy feta cheese, are classic steakhouse sides that make this meal feel like a special night out.

What we send

- 1 yellow onion
- 1 cucumber
- 4 oz roasted red peppers
- 1 romaine heart
- 1 pkt balsamic vinaigrette
- ¼ oz ground coriander
- 10 oz pkg beef tenderloin
- 2 oz feta ¹

What you need

- ¼ c all-purpose flour ²
- kosher salt & ground pepper
- neutral oil

Tools

- medium skillet
- large skillet

Allergens

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

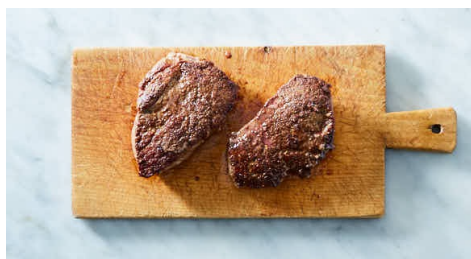
Nutrition per serving

Calories 640kcal, Fat 43g, Carbs 40g, Protein 30g



1. Prep ingredients

Thinly slice **onion** into rings; finely chop 1 tablespoon of the onion rings. Quarter **cucumber** lengthwise (peel first, if desired), then cut crosswise into ¼-inch pieces. Coarsely chop **roasted red peppers**. Halve **lettuce** lengthwise, then cut into ½-inch pieces; discarding end. Place **¼ cup flour** in a medium bowl; season generously with **salt** and **pepper**.



4. Cook steaks

Pat **steaks** dry, then season all over with **coriander rub**. Heat **1 tablespoon oil** in a medium skillet over medium-high. Add steaks and cook, until well browned and medium-rare, 2-3 minutes per side (or longer for desired doneness). (Reduce heat to medium if steaks are browning too quickly). Transfer to a cutting board to rest.



2. Marinate vegetables

To a large bowl, add **balsamic vinaigrette**, **cucumbers**, **peppers**, and **chopped onions**, stirring to combine. Set aside to marinate until step 6.



5. Fry onions

Heat **¼-inch oil** in a large skillet over medium-high until shimmering (oil should sizzle vigorously when a pinch of flour is added). Add **sliced onions** to **flour mixture**, breaking up rings. Working in batches, add onions to skillet and fry, stirring, until golden-brown and crisp, 2-3 minutes per batch. Transfer to a paper towel-lined plate and season with **salt**.



3. Prepare coriander rub

In a small bowl, stir to combine **coriander** and **½ teaspoon each of salt and pepper**.



6. Finish & serve

Crumble **feta** into **marinated vegetables**, then add **lettuce** and toss to combine. Thinly slice **steaks**, if desired. Serve **chopped salad** topped with **coriander steak** and **frizzled onions**. Enjoy!