



## Seared Steak & Kale Salad

with Parmesan Sweet Potatoes



30-40min



2 Servings

What's not to love about this dinner? Sweet potato rounds are roasted in the oven and topped with grated Parmesan, resulting in a sweet and salty roasted vegetable that tastes just right. The sherry vinaigrette, flavored with charred scallions and tangy Dijon, boosts the flavor of two dishes—it's tossed with kale to make the salad, and served as a finishing sauce that adds a little pep to each bite of steak.



## What we send

- 2 sweet potatoes
- 1 oz scallions
- ¾ oz piece Parmesan <sup>7</sup>
- 2 sirloin steaks
- 1 oz sherry vinegar <sup>17</sup>
- ½ oz pkt whole-grain mustard <sup>17</sup>
- 3 oz baby kale

## What you need

- olive oil
- kosher salt & ground pepper
- sugar

## Tools

- rimmed baking sheet
- microplane or grater
- heavy medium skillet (preferably cast-iron)

## Allergens

Milk (7), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

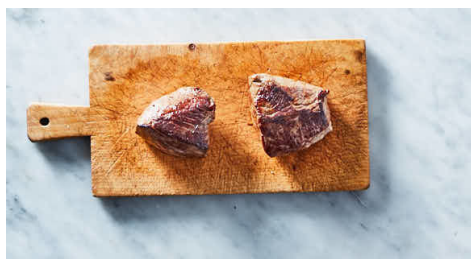
## Nutrition per serving

Calories 810kcal, Fat 52g, Carbs 49g, Protein 35g



### 1. Roast sweet potatoes

Preheat oven to 450°F with a rack in the top position. Scrub **sweet potatoes**, then slice into ¼-inch-thick rounds (no need to peel). On a rimmed baking sheet, toss potatoes with **1 tablespoon oil** and **a pinch each salt and pepper**. Roast on top oven rack until almost tender, about 15 minutes.



### 4. Sear steaks

Add **steaks** to same skillet, and cook until lightly charred and cooked to medium, 3–4 minutes per side (or longer, depending on thickness of steak). Transfer to a cutting board and let rest for 5 minutes.



### 2. Prep ingredients

Meanwhile, trim **scallions**. Finely grate **Parmesan**. Pat **steaks** dry, rub all over with **oil**, and season generously with **salt** and **pepper**. In a large bowl, whisk together **sherry vinegar**, **mustard**, **1 teaspoon sugar**, and **¼ cup oil**; season to taste with **salt** and **pepper**.



### 5. Finish sweet potatoes

Once **sweet potato rounds** have been roasting for 15 minutes, sprinkle them with **Parmesan**. Return to the top oven rack and roast until cheese is melted and golden brown in spots, 5–7 minutes.



### 3. Char scallions

Heat a heavy medium skillet (preferably cast-iron) over medium-high until almost smoking. Add **scallions** and cook, turning, until softened and charred in spots, 2–4 minutes. Transfer scallions to a cutting board to cool slightly, then coarsely chop, and add to dressing. Transfer **¼ cup of the dressing** to a small bowl and reserve for step 6.



### 6. Finish salad & serve

Add **baby kale** to the **remaining dressing** in the large bowl and toss to coat. Serve **steaks** with **sweet potatoes** and **kale salad** alongside, and drizzle with **reserved ¼ cup dressing**. Enjoy!