

Kale and Steak Salad

9 ingredients · 30 minutes · 4 servings



Directions

1. Prep: Roughly chop kale leaves into bite-size pieces. Chop sun-dried tomatoes. Halve or quarter mushrooms, depending on size. Dice yellow onion into about 1/4 inch each.
2. Place kale in a medium bowl. Drizzle with about 1 tablespoons of the balsamic and 1 tablespoon oil. Lightly season with salt. Massage until leaves soften. Add tomatoes to bowl. Sprinkle with about half of the Parmesan cheese. Toss to combine. Season with salt and pepper to taste.
3. Season both sides of steak with salt and pepper. Heat about 1 tablespoon cooking oil in a medium sauté pan over medium-high heat. Add steak to hot pan. Sear 3-6 minutes on each side. Transfer steaks to a cutting board. Let rest at least 3 minutes.
4. In the pan used for steak, heat about 1 1/2 tablespoons cooking oil. Add mushrooms and onion to hot pan. Cook 4-5 minutes stirring occasionally.
5. Add remaining balsamic and oil. Cook 3-5 minutes, or until sauce has thickened, stirring occasionally.
6. Slice steak against the grain.
7. Divide steak between plates. Top with balsamic mushrooms and onion. Serve kale salad on side. Sprinkle almonds and remaining Parmesan cheese over salad. Enjoy!

Ingredients

- 2 cups Kale Leaves
- 1 oz Sun Dried Tomatoes
- 8 ozs Portobello Mushroom Caps
- 1 Yellow Onion
- 1 oz Sliced Almonds
- 2 1/2 tbsps Balsamic Vinegar
- 2 1/2 tbsps Avocado Oil
- 1 oz Parmigiano Reggiano
- 1 1/2 lbs Flank Steak