



NUTRITION per serving 30g carbohydrates 51g fat 51g protein 1657mg sodium | carb-conscious



Calories
759



Prep & Cook Time
45-55 min.



Cook Within
6 days



Difficulty
Easy



Spice Level
Not Spicy

IN YOUR BOX

- 1 Red Onion
- 2 Shallots
- 4 Garlic Cloves
- 1 French Roll
- 2 Sirloin Steaks
- 1 fl. oz. Buttermilk
- 1 oz. Mayonnaise
- 2 oz. Baby Arugula

CONTAINS: milk, eggs, wheat, soy
*Processed in a facility that also processes
peanut, tree nut, wheat, egg, soy, milk,
fish, and shellfish ingredients*

IN YOUR KITCHEN

- Olive Oil
- Salt
- Pepper
- Cooking Spray
- Grill Pan or Outdoor Grill
- Mixing Bowl

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GRILLING SERIES

Grilled Steak Salad with Buttermilk Dressing

with garlic bread and onions

BEFORE YOU COOK

- ❑ Take a minute to read through the recipe before you start—we promise it will be time well spent!
- ❑ Thoroughly rinse produce and pat dry
- ❑ Heat an outdoor grill or grill pan to medium heat

WHILE YOU COOK

- ❑ Color changes in vacuum-packaged red meat from red to reddish-brown are normal, as a result of a naturally occurring chemical reaction called oxidation. Use your judgment! Please don't cook protein if you notice an odor, a glassy sheen, or unusual stickiness.
- ❑ **Heads Up! Roasted garlic** is used twice. Half is spread on **roll** and remaining is added to **dressing**.

FROM THE CHEF

Impress your diners (and yourself) by getting pro-looking crosshatch marks on grilled meats. Imagine your grill is a clock and place meat on grill so tip points at 10 o'clock. After 2-3 minutes, rotate so tip points at 2, and cook another 2-3 minutes. Repeat on second side. This enhances presentation, allows meat to cook evenly, and gets great char flavor.

Did you know...

Grilling onions undisturbed allows them to get a great char look and flavor. To get char on both sides, flip only a few times while cooking.



1

Prepare the Ingredients

Halve and peel **onion**. Cut halves into ¼" rounds. Peel and halve **shallots**. Halve **garlic**. Place garlic on a piece of foil and drizzle with ½ tsp. **olive oil**. Fold foil into a tight packet around garlic. Halve **French roll**. Pat **steaks** dry, and season both sides with ¼ tsp. **salt** and ¼ tsp. **pepper**.



2

Grill the Onion Rounds

Drizzle **onion rounds** and **shallot halves** with 1 Tbsp. **olive oil**. Rub oil into vegetables, coating completely. Spray grill with **cooking spray**. Working in batches if needed, place onion rounds on hot grill and sprinkle with a pinch of **salt** and **pepper**. Close grill or cover grill pan and cook undisturbed until charred and tender, 4-5 minutes per side. Remove onions from grill. Keep grill at medium heat.



3

Grill the Shallots and Garlic

Working in batches if needed, place **shallot halves** and **garlic packet** on hot grill. Sprinkle shallots with a pinch of **salt** and **pepper**. Close grill or cover grill pan and cook undisturbed until shallots are charred and tender and garlic is soft, 4-5 minutes per side for each. Remove shallot halves and garlic packet from grill. Open garlic packet. *Open packet carefully; contents will be hot!*



4

Grill Bread and Make Dressing

Drizzle **bread** with 1 tsp. **olive oil**. Place on hot grill until lightly charred, 1-2 minutes per side. Remove from grill and keep grill on medium heat. Carefully, place **roasted garlic** in a large mixing bowl and mash. Spread half the mashed garlic on toasted bread halves. In mixing bowl with remaining garlic, whisk together garlic, **buttermilk**, **mayonnaise**, 1 Tbsp. **olive oil**, ¼ tsp. **salt**, and ¼ tsp. **pepper**.



5

Grill The Steak

Spray grill with **cooking spray** again if needed and add **steaks** to hot grill. Cook until steaks are browned and reach a minimum internal temperature of 145 degrees, 3-5 minutes per side. Remove from grill and rest steaks at least 3 minutes.



6

Finish the Dish

Place **arugula**, **onions**, and **shallots** on a plate. Slice **steaks** into thin slices and add to salad. Drizzle salad with **dressing** or serve on the side. Serve with **garlic bread**.