

Steak Salad Recipe for a Fresh and Satisfying Lunch or Dinner

1 pound steak, such as sirloin or flank



TIME
6 min

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INGREDIENTS

1 pound steak, such as sirloin or flank
4 cups mixed greens, such as lettuce, spinach, or arugula
1 cup cherry tomatoes, halved
1/2 cucumber, sliced
1/4 cup shredded cheese, such as cheddar, feta, or Parmesan
2 tablespoons olive oil
Salt, to taste
Black pepper, to taste
Quick Dressing:
1 tablespoon balsamic vinegar
1 teaspoon honey or maple syrup
Pinch of salt
Pinch of black pepper

DIRECTIONS

1. Season the steak: Pat the steak dry and season both sides with salt and black pepper.
2. Cook the steak: Heat 1 tablespoon of olive oil in a skillet over medium-high heat.
3. Cook the steak for about 6 minutes per side, or until it reaches your preferred doneness.
4. Remove it from the pan and let it rest for 5 minutes.
5. Slice the steak: Once rested, slice the steak thinly against the grain.
6. Build the salad base: In a large bowl, combine the mixed greens, cherry tomatoes, cucumber, and shredded cheese.
7. Make the dressing: In a small bowl, whisk together the olive oil, balsamic vinegar, honey or maple syrup, salt, and black pepper.
8. Assemble the salad: Top the salad with the sliced steak.
9. Drizzle the dressing over everything and serve right away.

SWAPS & NOTES

Sirloin and flank steak are both great choices because they cook quickly and slice nicely for salads.

Just be sure to slice against the grain so the steak stays tender.

Arugula adds a peppery bite, spinach keeps the salad soft and mild, and mixed lettuce gives it a more classic salad feel.

Any of them work depending on what you like best.

TIPS FOR SUCCESS

Let the steak rest before slicing so the juices stay in the meat and do not run out onto the cutting board.

Slice the steak thinly for the best bite.

Thinner slices make the salad easier to eat and help the steak go further across the whole bowl.

Dress the salad just before serving so the greens stay crisp and fresh.

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