



**GREEN  
CHEF**

## STEAK & FARRO SALAD

*kale, roasted butternut squash, caramelized onion, Parmesan*

### COOK TIME

45 MIN

### SERVINGS

2

### CALORIES PER SERVING

1030

A mix of sweet and savory flavors star in this hearty and delicious salad. Red kale dressed in our rich and tangy balsamic vinaigrette is tossed with tender farro (a nutty, fiber-rich ancient grain), roasted butternut squash, and dried cranberries. As if it couldn't get any better, the salad is topped with tender slices of pan-seared steak, caramelized onion, and a sprinkle of Parmesan cheese.

### INGREDIENTS (8 ITEMS)

¾ cup **Farro** W  
 8¾ oz **Butternut squash**  
 1 whole **Red onion**  
 3½ oz **Red kale**  
 2¾ oz **Balsamic vinaigrette with olive oil**  
 2 (5 oz) **Ranch steaks\***  
 1 oz **Dried cranberries**  
 1 oz **Parmesan cheese** M

### WHAT YOU'LL NEED

medium pot with lid  
 medium sauté pan  
 baking sheet  
 large bowl  
 measuring cup & spoons  
 fine-mesh strainer  
 peeler  
 thermometer  
 oven mitt  
 cooking & olive oils  
 salt & pepper

### ALLERGENS

W WHEAT

M MILK

\*Steaks are fully cooked when internal temperature reaches 145 degrees.

Wash and dry fresh produce. Wash hands and surfaces after handling raw meat. Consuming raw or undercooked meat may increase your risk of foodborne illness. Go to [greenchef.com/faq](https://www.greenchef.com/faq) for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.



If you ordered the 4-serving version of this meal, refer to the guidelines in Step 1.

**GREEN CHEF IS PROUD** to be a USDA Certified Organic company. All produce and eggs are organic unless otherwise labeled.



## 1 COOK FARRO

- Preheat oven to 400 degrees.
- Bring a medium pot of lightly salted water to a boil. Once boiling, stir in ¼ cup of the **farro**; save remaining for another use. Reduce heat to medium low and cover pot with lid. Cook 25–30 minutes, or until farro is tender, stirring occasionally.\*
- Strain **farro**. Shake off excess water. Return to pot. Drizzle with 1–2 teaspoons olive oil. Stir to coat.

*\*Farro has a slightly firmer texture than some other grains.*

COOKING FOR  
4

If you ordered the 4-serving version of this meal, modify this recipe by doubling the measurements (where it makes sense) and using bigger pots, pans, and bowls.

## 2 PREP SQUASH &amp; ONION

- Remove any seeds from **butternut squash** with a spoon. Carefully peel with a sharp peeler.\* Medium dice into pieces, about ½ inch each.
- Cut ends off **red onion** and discard peel. Halve lengthwise; save one half for another use. Cut remaining half lengthwise into strips, about ¼ inch thick.

*\*If you don't have a sharp peeler, carefully use a sharp knife. Place squash cut sides down, then slice away the skin, curving your knife with the shape of the squash as you go.*

## 3 SEASON &amp; ROAST SQUASH

- Place **squash** in a large bowl. Drizzle with about 1½ tablespoons cooking oil. Season with salt and pepper. Stir to coat.
- Spread **squash** out in a single layer on a lightly oiled, foil-lined baking sheet. Roast 20–22 minutes, or until fork-tender, stirring halfway through.

## 4 PREP KALE

- Remove and discard any thick center stems from **red kale**\*. Roughly chop leaves into bite-size pieces.
- Place **kale** in bowl used for squash. Drizzle with about 2 tablespoons of the **balsamic vinaigrette with olive oil**. Lightly season with salt. Massage until leaves soften.

*\*The ingredient you received may be a different color.*

## 5 COOK STEAKS &amp; CARAMELIZE ONION

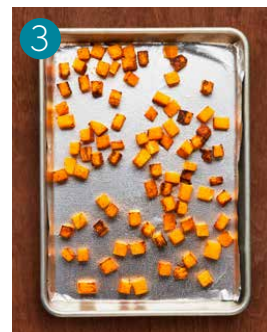
- Pat **ranch steaks** dry with paper towels. Season both sides with salt and pepper.
- Heat about 1½ tablespoons cooking oil in a medium sauté pan over medium heat. Once pan is hot, add **steaks**. Cook 4–7 minutes on one side.
- Flip **steaks**. Add **onion** to pan. Lightly season **onion** with salt and pepper. Cook 4–7 minutes more, or until steaks are fully cooked (or to desired doneness), stirring onion occasionally.
- Remove from heat. Transfer **steaks** to a cutting board. Let rest at least 3 minutes.

## 6 MAKE SALAD

- Transfer **farro** and **squash** to bowl with **kale**. (**Careful! Baking sheet is hot!**) Add **dried cranberries** and most of the **Parmesan cheese**. Drizzle with remaining **vinaigrette** to taste. Gently toss to combine. Season with salt and pepper to taste.

## 7 PLATE YOUR DISH

- Cut **steaks** against the grain into 5–7 slices each.
- Divide **kale, farro, and squash salad** between bowls. Fan **steak** over top. Top with **caramelized onion** and remaining **Parmesan**. Enjoy!



**Nutrition Facts**

2 Servings per container

**Serving size** (482g)

**Amount per serving**

**Calories** 1030

|                               | % Daily Value* |
|-------------------------------|----------------|
| <b>Total Fat</b> 60g          | 77%            |
| Saturated Fat 12g             | 60%            |
| Trans Fat 0g                  |                |
| <b>Cholesterol</b> 85mg       | 28%            |
| <b>Sodium</b> 940mg           | 41%            |
| <b>Total Carbohydrate</b> 83g | 30%            |
| Dietary Fiber 10g             | 36%            |
| Total Sugars 16g              |                |
| Includes 8g Added Sugars      | 16%            |
| <b>Protein</b> 42g            |                |
| Vitamin D 0mcg                | 0%             |
| Calcium 300mg                 | 25%            |
| Iron 7mg                      | 40%            |
| Potassium 1465mg              | 30%            |

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**All ingredients in this recipe:**

**Ranch Steak** [water, salt, sodium phosphate], **Farro** [pearled farro wheat], **Red Kale, Dried Cranberries** [cranberries, cane sugar, sunflower oil], **Balsamic Vinaigrette** (Balsamic Vinegar [wine vinegar, concentrated grape must, caramel color], Dijon Mustard [water, organic mustard seeds, organic vinegar, salt, organic turmeric, organic spices], Olive Oil [olive oil], Sea Salt, Black Pepper), **Butternut Squash, Parmesan Cheese** [pasteurized milk, cheese cultures, salt, enzymes, anti caking agent (potato starch powdered cellulose, natamycin)], **Red Onion**

**Allergen information:**

Contains Milk And Wheat

*Allergens may be reflected in pantry items listed in the “What You’ll Need” section of the recipe card.*

*Manufactured on equipment that processes products containing egg, fish/shellfish, milk, sesame, soy, peanuts, and tree nuts.*