



# RANCH STEAK & KALE SALAD

*mushrooms, dates, Parmesan, creamy balsamic dressing*

**COOK TIME**  
25 MIN

**SERVINGS**  
2

**CALORIES PER SERVING**  
750

**NET CARBS PER SERVING**  
18 GRAMS

**MENU**  
KETO // GLUTEN-FREE

This salad is bursting with flavor, layered with texture, and packed with umami-rich ingredients. Hearty red kale leaves are massaged until tender, then tossed with caramelized mushrooms and onion, Parmesan, and chewy-sweet dates. To bring it all together, pile on paprika-spiced ranch steaks and even more Parm, then drizzle the salad with creamy balsamic dressing.

## INGREDIENTS (9 ITEMS)

- 4 oz **Cremini mushrooms**
- 1 whole **Yellow onion**
- 4 oz **Red kale**
- ¾ oz **Dates**
- 2 (5 oz) **Ranch steaks\***
- ¼ tsp **Smoky paprika & onion blend**
- 2¼ oz **Balsamic vinaigrette with olive oil**
- 1 oz **Sour cream** M
- 1 oz **Parmesan cheese** M

## WHAT YOU'LL NEED

- medium & large sauté pans
- mixing bowls
- measuring spoons
- whisk
- thermometer
- cooking oil
- salt & pepper

## ALLERGENS

M MILK



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



Certified gluten-free by the Gluten Intolerance Group's Gluten-Free Safe Spot Program.

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

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

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](http://greenchef.com/faq) for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

## 1 PREP

- Wipe **cremini mushrooms** clean with damp paper towels. Remove stems if desired. Cut into slices, about ¼ inch thick.
- Cut ends off **yellow onion** and discard peel. Halve lengthwise; save one half for another use. Cut remaining half lengthwise into strips, about ¼ inch thick.
- Remove and discard any thick center stems\* from **red kale\*\***. Roughly chop leaves into bite-size pieces.
- Cut **dates** widthwise into rounds, about ¼ inch each.

\*To quickly prep, hold the stem end with one hand; pinch and strip the leaves down and away with your other hand (like pulling a zipper!).

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

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 SEASON &amp; COOK STEAKS

- Pat **ranch steaks** dry with paper towels. Season with salt, pepper, and about half the **smoky paprika and onion blend**.
- Heat about 1½ tablespoons cooking oil in a large sauté pan over medium-high heat. Add **steaks** to hot pan. Sear 3-6 minutes on each side, or until fully cooked (or to desired doneness).
- Transfer **steaks** to cutting board. Let rest at least 3 minutes.

## 3 SAUTÉ MUSHROOMS &amp; ONION

- Heat about 2 tablespoons cooking oil in a medium sauté pan over medium-high heat. Add **mushrooms** and **onion** to hot pan. Season with remaining **smoky paprika and onion blend**. Cook 3-5 minutes, or until onion is caramelized and mushrooms are softened, stirring occasionally.

## 4 MAKE DRESSING

- Place **balsamic vinaigrette with olive oil** and **sour cream** in a small bowl. Whisk to combine.

## 5 MAKE SALAD

- Place **kale** in a large bowl. Drizzle with about 2 tablespoons **creamy balsamic dressing**. Lightly season with salt. Massage until leaves soften.
- Transfer **mushrooms and onion** to bowl with **kale**. Add **dates** and most of the **Parmesan cheese**. Toss to combine. Season with salt and pepper to taste.

## 6 PLATE YOUR DISH

- Slice **steaks** against the grain into 5-7 slices each.
- Divide **kale salad** between bowls. Fan **steak** over top. Sprinkle with remaining **Parmesan**. Drizzle with remaining **creamy balsamic dressing** to taste. Enjoy!





## Nutrition Facts

2 Servings per container

**Serving size** (385g)

Amount per serving

**Calories** 750

	% Daily Value*
<b>Total Fat</b> 59g	76%
Saturated Fat 13g	65%
Trans Fat 0g	
<b>Cholesterol</b> 95mg	32%
<b>Sodium</b> 900mg	39%
<b>Total Carbohydrate</b> 22g	8%
Dietary Fiber 4g	14%
Total Sugars 13g	
Includes 0g Added Sugars	0%
<b>Protein</b> 35g	
Vitamin D 0mcg	0%
Calcium 269mg	20%
Iron 4mg	20%
Potassium 1071mg	25%

\* 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** [beef, water, salt, sodium phosphate], **Red Kale**, **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), **Cremini Mushrooms**, **Parmesan Cheese** [pasteurized milk, cheese cultures, salt, enzymes, anti caking agent (potato starch powdered cellulose, natamycin)], **Yellow Onion**, **Sour Cream** [cultured cream], **Dates** [organic dried pitted dates], **Smoky Paprika & Onion Blend** (Smoked Paprika, Onion Powder, Sweet Paprika, Black Pepper)

### Allergen information:

Contains Milk

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.