

Grilled Steak w Chimichurri Sauce, Roasted Root Vegetables and Winter Salad

Roasted Vegetables:

Ingredients:

3 sweet potatoes (I used a mix of Japanese, yams and orange sweet potatoes)
1 red onion, chopped into chunks
1 head of cauliflower florets
1 head of broccoli florets
2 tsp of salt
5 garlic cloves chopped
2 tbsp neutral oil
2 tsp red pepper flakes
Freshly ground black pepper

Directions:

Preheat oven to 450 degrees Fahrenheit.

To prep your vegetables, wash the potatoes and remove anything sprouting from the outside. Cut them into 1 inch pieces (peel the skin if preferred). Lay the potatoes and onions on one pan, broccoli and cauliflower on another. In a small bowl, mix together all the other spices and oils. Split the mixture among the two pans and toss well. Bake the vegetables accordingly. Potatoes for 15 minutes, and cauliflower mix for 10 minutes, flipping both halfway through. Remove from oven and let cool before serving.

Steak:

Ingredients:

10 oz flank steak
2 tsp salt
1 tsp freshly ground black pepper
1 tbsp oil
1 tbsp butter
3 garlic cloves

Directions:

Remove the steak from the fridge and using a paper towel, remove as much moisture as you can. This will ensure the steak cooks evenly and has a nice crust. Once dry, pat in the salt and pepper. Let it sit on the counter for an hour to allow the steak to come to room temperature and marinate.

Using a cast iron pan*, add oil and heat it on a high flame for 10 minutes. Once heated, carefully place the steak (fatty side down) into the hot oil. Add in the butter and garlic cloves immediately. My preferred way to cook steak is medium rare. Cook the steak for 3 minutes on one side while spooning the garlic-oil-butter liquid in the pan, on the top of the steak. Flip it on the other side and cook for another 2 minutes. Cook longer if you prefer a



less-pink steak. Once cooked, remove from pan and let it rest on a cutting board or plate for at least 5 minutes to allow the juices to soak in. Don't throw away the pan drippings! Serve the juices along with the steak.

Chimichurri Sauce:

Ingredients:

1 bunch of parsley (with stems)
1 bunch of cilantro (with stems)
10 basil leaves
2 serrano chilies
½ red onion, chopped
3 garlic cloves
1 thai chili (optional)
1 tbsp salt
1 tbsp sugar
Freshly ground black pepper
2 tbsp lime juice
2 tbsp olive oil



Directions:

I work at a smoothie place on my college campus so I've basically become a professional when it comes to blending. If you have a super powerful blender, like a Vitamix, you can throw everything in at once and blend away. Unfortunately, I have a really small and weak blender in my kitchen, so here's a strategy when blending.

Make sure all your ingredients are chopped before hand. For the herbs, chop them roughly so the the stems won't get stuck in the blades. Put your liquids and herbs at the bottom, then your onions and garlic and finally all the other seasonings. Blend away! Serve with the steak and roasted veggies! Store leftovers in an airtight container in the fridge for 3 days.

Winter Salad:

Ingredients:

10 oz of chopped and cleaned kale
2 tbsp lemon juice
1 tbsp honey
2 tbsp olive oil
1 tsp salt
Freshly cracked black pepper
1 grapefruit
1 orange
1 pomelo (or citrus of your choice)
1 cup of cucumbers, chopped
1 pomegranate, seeded
1 whole avocado, cut into wedges
½ red onion, thinly sliced
Feta cheese, to top



Directions:

Using a big bowl, mix together the lemon juice, olive oil, honey, salt and black pepper. Add in your kale and 'massage' the greens with the dressing. This will help your break down the fibers in the kale making it easier to chew and softer. Next, supreme* the citrus. If you read this last sentence and had no idea what I was saying, see the notes at the bottom explaining what supreming is and how to do it. Once your citrus is supremed, squeeze the remaining core that's filled with pockets of juice straight into the kale. Add the citrus segments, cucumbers, red onion, pomegranate, avocado and feta cheese into the kale. Toss together.

Notes:

1. Cast Iron Pan: If you don't have a cast iron pan, use a heavy bottom stainless steel pan. Heat the pan accordingly. Cast irons are best for steaks and meats because the pan retains a lot of heat, making the meat form a crisp outside.
2. Supreming Citrus: Supreming means to cut the flesh out of each segment of citrus. It is a little hard to explain how to do it by reading a blog post so here's a video showing you how to do it. <https://www.marthastewart.com/1512359/supreming-citrus>