

### Steak

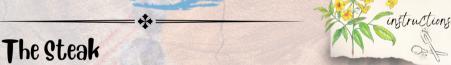
- 2 8oz steak
- 11/2 tsp salt
- 1 tsp black pepper
- 2 tsp Montreal steak seasoning
- 2 tsp olive oil

## Salad

- 2 cups kale
- 2 cups green leaf lettuce
- 15 cherry tomatoes
- ¼ of a small purple onion
- ½ of cucumber sliced then halved



If you love ranch, this homemade version is the way to go!
This salad was a quick & easy meal to prepare after work & was amazing for lunch the following day!...this steak paired well with bleu cheese crumbles!



- 1. Pat dry. Season with salt, black pepper, & Montreal steak seasoning. Drizzle with olive oil & rub into the steak with the brush. Cover with plastic wrap & pound steak using a meat tenderizer. Turn over & repeat.
- 2. To a hot cast iron skillet over medium heat, add one stick of butter. Add steak to skillet once the butter has heated & cook for approximately 7 minutes then flip using tongs. Add garlic & Rosemary then baste the steak with butter. Remove from heat & allow to rest.

### Ranch Dressing

- 1. In a food processor, add fresh garlic & parsley & pulse
- 2.add mayonnaise, sour cream, buttermilk, dried dill weed, dried chives, onion powder, & lemon juice, then whisk

#### Assemble

- 1. Rinse & chop kale & green leaf lettuce. Slice cherry tomatoes, cucumbers, & onions.
- 2. Add mixed greens to a plate then arrange cucumber, tomatoes, & onions on top.
- 3. Add steak, & crumbled blue cheese, & drizzle with ranch dressing.

# Ranch Dressing

- 5 tbsp of fresh parsley, chopped
- 3 fresh cloves garlic, crushed
- 1/2 C mayonnaise
- 1/2 C sour cream
- 3/4 C buttermilk
- 1/2 tsp dried dill weed
- 1/2 teaspoon dried chives
- 1/2 teaspoon onion powder
- ½ tsp black pepper
- ¼ teaspoon salt
- 4 tsp lemon juice