

# Ingredients

## Steak

- 2 8oz steak
- 1 1/2 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
- 1/4 of a small purple onion
- 1/2 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!

## 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
- 1/2 tsp black pepper
- 1/4 teaspoon salt
- 4 tsp lemon juice

## The Steak

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.

