

# Steak Salad

Learn to make the perfect grilled steak salad with tender beef, crisp greens, and zesty dressing. Ready in 25 minutes with pro cooking tips.

15 min

PREP

10 min

COOK

25 min

TOTAL

4

SERVINGS

Easy

DIFFICULTY

## Ingredients

- 1 lb steak
- 2 tbsp olive oil
- 1 cup tomato
- 1 red onion
- 3 leaf lettuce
- 2 cup spinach
- 1 cup arugula
- 1 avocado
- 1 tsp salt
- 1 tsp black pepper

## Instructions

- 1 Prepare the steak**

Remove the 1 lb steak from refrigerator and let sit at room temperature for 20-30 minutes. Season generously with 1 tsp salt and 1 tsp black pepper on both sides.
- 2** Heat a cast iron or heavy skillet over medium-high heat until very hot and just beginning to smoke, about 4-5 minutes.
- 3** Add 2 tbsp olive oil to the hot pan and immediately place the seasoned steak in the pan. Cook for 4-5 minutes without moving until a deep brown crust forms.
- 4** Flip the steak and cook for 3-4 minutes more for medium-rare, or until internal temperature reaches 54-57°C (130-135°F). Remove from heat immediately.

- 5 Transfer steak to a cutting board and let rest for 5 minutes to allow juices to redistribute. Slice against the grain into ¼-inch thick strips.
- 6 **Assemble the salad**

Wash and dry the 3 lettuce leaves, then tear into bite-sized pieces and place in a large serving bowl. Add 2 cups cherry tomatoes and 1 cup mixed vegetables.
- 7 Peel and slice the 1 avocado into thin wedges and add to the salad bowl.
- 8 Drizzle 1 cup balsamic vinaigrette over the salad and toss gently with clean hands or tongs until all ingredients are evenly coated.
- 9 Top the dressed salad with the warm sliced steak and serve immediately while the steak is still warm.

## Tips

**Choose the Right Cut:** Opt for sirloin, ribeye, or New York strip for the best balance of flavor, tenderness, and value. These cuts cook evenly and slice beautifully for salad presentation.

**Let Steak Rest:** Always rest cooked steak for 5-10 minutes before slicing. This crucial step allows juices to redistribute throughout the meat, ensuring every bite remains juicy and flavorful.

**Slice Against the Grain:** Look for the direction of muscle fibers and cut perpendicular to them. This technique breaks down tough fibers, making even lean cuts like flank steak incredibly tender.

**Dry Your Greens Thoroughly:** Use a salad spinner or clean kitchen towels to remove all excess water from washed greens. Wet leaves dilute dressing and create soggy salad.

**Warm Steak, Cool Vegetables:** The temperature contrast is key to this dish's appeal. Add warm, sliced steak to room temperature or chilled vegetables just before serving.

**Season Generously:** Salt and pepper the steak liberally before cooking. The seasoning should be visible on the surface to properly flavor the meat throughout.

**Use a Hot Cooking Surface:** Preheat your pan or grill until it's smoking hot before adding the steak. This creates the perfect sear that locks in juices and develops flavor.

**Dress Just Before Serving:** Add dressing to the salad components just before serving to maintain crisp textures and prevent wilting of delicate greens.