

Steak and Red Potato Salad with Kale and Cranberries

Meez's spin on classic steak and potatoes. We're starting with fresh red potato salad tossed up with kale and cranberries in our favorite feta dressing. Then we're topping it with seared steak for a dinner that's packed with protein. Yum!

25 Minutes to the Table

20 Minutes Hands On

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Saucepan
Large Skillet
Mixing Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Steak
Red Potatoes
Kale
Onions and
Cranberries
Feta Dressing

Make The Meal Your Own

If you ordered the **carb conscious version**, you received cauliflower instead of the red potatoes, if you use 2/3rds of the Onions and Cranberry it lowers the **carbs per serving to 39g**. Simply substitute in the cauliflower for the potatoes in the directions but cook them in the boiling water for 4 to 6 minutes (vs. 10 to 12 for the potatoes) and then add the kale.

Get a jump on dinner by cooking the potato salad ahead.

Good To Know

Health snapshot per serving –665 Calories, 22g Fat, 37g Protein, 84g Carbs, 25 Smart Point

Lightened up snapshot – 520 Calories, 17g Fat, 33g Protein, 63g Carbs, 19 Smart Point by using half the dressing.

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

**SCAN QR CODE
to view
YouTube
cooking video**



INGREDIENTS: Steak, Red Potatoes, Kale, Red Onion, Feta, Mayonnaise, Cranberries, White Wine Vinegar, Brown Sugar, Garlic, Spices

meez meals

1. Getting Organized

Put a large saucepan of water on to boil.

2. Make the Potato Salad

Cut the **Red Potatoes** into quarters. Add the potatoes to the boiling water and boil until fork tender, but not falling apart, about 10 to 12 minutes. Add the **Kale** and cook until bright green and tender, about 2 to 3 minutes. Drain and remove to a large mixing bowl.

As soon as the potatoes are in the water, heat 1 Tbsp oil in a skillet over medium high heat. Add the **Onions and Cranberries** and cook, stirring, until the onions are translucent, about 5 to 6 minutes. Remove to the large mixing bowl with the kale and potatoes from step #2.

Add $\frac{3}{4}$ of the **Feta Dressing** to the mixing bowl with the kale, potatoes, onions and cranberries, and mix until everything is evenly coated, and set aside.

3. Cook the Steak

Return the now-empty skillet to the stove with 1 Tbsp olive oil over high heat. Pat the **Steaks** dry with a paper towel and season generously with salt and pepper (we recommend $\frac{1}{2}$ tsp of each). When the oil is very hot, add the steaks to the pan. Cook until the bottoms brown and the sides start to color, about 3 minutes. Flip and continue cooking for 3 minutes if you prefer your steak **medium-rare**. (Cook for 4 minutes for **medium**, and 5 to 6 for **well done**). Remove the steaks from the skillet to rest for 5 minutes, then transfer to serving plates. Do not wipe out the skillet.

4. Put It All Together

Put the potato salad on the plate, top with the steak, drizzle with remaining dressing

Drain the kale and potatoes well to remove all the extra moisture.

Steak continues to cook as it rests, so remove it from the heat when it's a little less done than you like to prevent it from overcooking.

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois