



Steak, Snap Pea and Asparagus Meal Salad

<p>• PORTIONS 4 PREPARATION TIME 25 minutes COOK TIME 10 minutes</p>	
<u>Ingredients</u>	<u>Preparation</u>
<ul style="list-style-type: none"> • 2 cups of snap peas • 1 cup asparagus, trimmed and cut into 2-inch (5 cm) pieces • 1 cup shredded Brussels sprouts • 1 lb strip loin steak, 1 1/2 to 2 in (3.5 to 5 cm) thick • 1 table spoon of olive oil • 2 cups arugula or watercress • 2 Lebanese cucumbers, thinly sliced lengthwise • 1 cup of fresh herbs and microgreens (dill, cilantro, blood sorrel, etc.) • Basil vinaigrette (see recipe) • Fleur de sel and pepper <p>Basil vinaigrette</p> <p>1/2 cup fresh basil, 1/3 cup fresh Italian parsley, 2 tbsp balsamic vinegar, 1 tbsp whole grain mustard, 1 tbsp maple syrup, 1/3 cup olive oil, salt and pepper</p> <p>In a blender, blend the basil, parsley, balsamic vinegar, mustard and maple syrup until the herbs are finely chopped. Drizzle in the olive oil in a thin stream, stirring until the dressing is smooth. Salt and pepper. (The dressing will keep up to 3 days in the refrigerator.) Makes about 3/4 cup (180 ml).</p>	<ol style="list-style-type: none"> 1. In a large pot of salted boiling water, blanch the sugar snap peas and asparagus for 2 minutes. Add the Brussels sprout leaves and continue cooking for 1 minute or until the vegetables are tender but still slightly crunchy. Drain the vegetables and plunge them into a large bowl of ice water to cool them. Drain again and pat dry. Cut the snap peas in half, if desired. To cook. 2. Salt and pepper the steak. In a large skillet, heat the oil over medium-high heat. Add steak and cook 6 to 8 minutes for rare or until desired doneness (flip halfway through cooking). Place the steak loosely on a cutting board and cover with aluminum foil. Let stand 5 minutes before slicing against the grain of the meat. 3. Place the arugula on a large serving platter or on a board. Arrange the steak slices, reserved vegetables, cucumbers and herbs on top. Drizzle with vinaigrette and sprinkle with fleur de sel. Pepper

Source : : <https://www.coupdepouce.com/cuisine/plats-principaux/recette/salade-repas-au-bifteck-aux-pois-sucrees-et-aux-asperges>

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