

# Chipotle Steak Salad

*with Toasted Pepitas & Queso Fresco*

Chipotle pepper, a versatile ingredient excellent for adding smoky heat to anything from meat and fish to vegetables and sauce, is actually a smoked, dried jalapeño. We used the ground, powdered form with honey to make a sweet-and-smoky sauce for juicy flank steak. The spicy steak is the perfect addition to this fresh salad studded with cheese, avocado, and toasted pepitas, or pumpkin seeds.



## Ingredients

- 2 Ounces Queso Fresco
- 2 Radishes
- 1 Avocado
- 1 Bunch Cilantro
- 1 Head Romaine Lettuce
- 1 Lime
- 1 Small Red Onion
- 2 Tablespoons Red Wine Vinegar
- 1 Tablespoon Pepitas
- 2 Tablespoons Ketchup
- 2 Teaspoons Honey
- 1 Teaspoon Ground Chipotle Pepper
- 10 Ounces Flank Steak
- 1 Tablespoon Dijon Mustard

Makes 2 Servings  
About 670 Calories Per Serving

# Instructions



1

## Prepare the ingredients:

Wash and dry the fresh produce. Crumble the queso fresco. Thinly slice the radishes into rounds. (Use a mandolin, if you have one.) Cut the lime into quarters. Pit, peel, and cut the avocado into bite-sized pieces. Squeeze some lime juice over it to prevent browning. Roughly chop the cilantro. Roughly chop the romaine lettuce. Peel and thinly slice the red onion, then place it in a bowl with the **red wine vinegar**.



2

## Toast the pepitas:

In a small pan, combine the **pepitas** with a little olive oil and season with salt and pepper. Cook on medium-high for 3 to 4 minutes, or until fragrant and golden, stirring occasionally. (They may pop as they toast, don't be alarmed.)



3

## Make the sauce:

In a small bowl, combine the **ketchup**, **half the honey**, and **2 tablespoons of water**. Stir in as much **ground chipotle pepper** as you like, depending on how spicy you'd like it to be, tasting as you go.



4

## Cook the steak:

Season the **steak** with salt and pepper on both sides. In a large pan, heat a little olive oil on high until hot. Reduce the heat to medium-low and add the **steak** to the pan. Cook 4 to 6 minutes per side for medium-rare, or until it reaches your desired doneness. Remove the pan from the heat and let it cool for 1 minute. Add the sauce to the pan and turn the steak to coat it in the sauce. Let the steak rest in the sauce for about 5 minutes.



5

## Make the dressing:

While the steak rests, make the salad dressing. In a small bowl, combine the **juice of 1 lime wedge**, the **Dijon mustard**, and the **remaining honey**. Slowly whisk in **about 2 tablespoons of olive oil** until well combined; season with salt and pepper to taste.



6

## Make the salad & plate your dish:

In a large bowl, combine the **romaine lettuce**, **radishes**, **avocado**, **red onion**, **half the cilantro**, and **all but a pinch of the queso fresco and toasted pepitas** (reserve the rest for garnish). Add some of the dressing (you may have extra dressing) and toss to coat. Season the salad with salt and pepper to taste. Place the steak on a cutting board. Find the grain lines in the steak and slice it crosswise, or against the grain. Divide the salad and steak between 2 plates. Garnish with the **remaining queso fresco**, **pepitas**, **lime wedges**, and **cilantro**. Enjoy!