

Steak Salad

with Chicory, Curried Chickpeas, Walnuts & Apples

Chicory is a popular salad green in Europe, but doesn't get enough love in the United States. The darker green leaves are slightly bitter and peppery, while the pale inner leaves are milder in flavor, similar to frisée. Combining chicory with sweeter ingredients, like apples and caramelized onions, gives this salad a great balance.



Ingredients

- 1 Bunch Tarragon
- 1 Head Chicory
- 1 Pink Lady Apple
- 1 Onion
- 1 Shallot
- 2 Tablespoons Sherry Vinegar
- 3 Tablespoons Walnuts
- 10 Ounces Flank Steak
- 1 Cup Chickpeas
- 1 Tablespoon Curry Powder
- 1 Teaspoon Turmeric

Makes 2 Servings
About 650 Calories Per Serving

Instructions



1 *Prepare your ingredients:*

Wash and dry the fresh produce. Finely chop the tarragon leaves. Cut the chicory into bite-sized pieces. Core and medium dice the apple. Peel and slice the onion. Peel and mince the shallot to get about 2 tablespoons of minced shallot. Place the **minced shallot** in a small bowl, along with the **sherry vinegar**.



2 *Toast the walnuts:*

Add the walnuts to a medium dry pan and cook on high for 2 to 3 minutes, or until fragrant and toasted, stirring occasionally. (Be careful, as they can burn quickly.) Transfer the toasted walnuts to a small bowl.



3 *Cook the steak:*

Wipe out the pan used to toast the walnuts. Heat a little olive oil on high until hot. Season the **flank steak** with salt and pepper, then add it to the hot pan. Cook 3 to 4 minutes per side for medium-rare, or until it reaches your desired doneness. Transfer the steak to a cutting board to rest, leaving any juices behind in the pan.



4 *Cook the vegetables:*

Add the **onion** to the pan used for the steak and season with salt and pepper. Reduce the heat to medium and cook 8 to 10 minutes, or until the onions are golden brown and caramelized, stirring occasionally. Add the **chickpeas, turmeric, and curry powder** and cook 1 to 2 minutes, or until the chickpeas are warmed through, stirring to coat them in the spices.



5 *Make the vinaigrette:*

While the onions cook, make the vinaigrette. Add the **tarragon** to the **shallot-vinegar** mixture. Slowly whisk in about **2 tablespoons of olive oil** to make a vinaigrette. Season with salt and pepper to taste.



6 *Slice the steak and enjoy:*

Find the lines of muscle in the steak, or the grain. Thinly slice the steak crosswise against the grain. In a large bowl, combine the **apple, toasted walnuts, chicory, curried chickpeas**, and some of the **vinaigrette**. (You may have extra vinaigrette.) Toss to coat and season with salt and pepper to taste. Divide the salad between 2 plates. Place half the **sliced steak** on top of each plate of salad. Enjoy!