

Steak Salad with Blue Cheese, Hazelnuts, and Pears

Delicious!



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A good steak salad requires one thing: properly seared steak. The key? Get your pan and the oil good and hot before adding the steak to the skillet. Then, use a timer to track the recipe. It might seem silly, but this is the difference between a great crust and pink interior or the dreaded overdone steak. Once seared, you'll pair the steak slices with peppery arugula, slices of sweet pear, toasted hazelnuts, and blue cheese. If blue is too intense for you, try a crumbled fresh goat cheese or shaved parmesan. Serve with a glass of light red wine like Pinot Noir or Syrah.

Ingredients

1 lb. flank steak (1 in. thick)
1 ½ teaspoons kosher salt, divided
½ teaspoon black pepper, divided
¼ cup plus 1 Tbsp. olive oil, divided
2 tablespoons red wine vinegar

1 teaspoon Dijon mustard
5 ounces baby arugula (about 6 cups)
1 ripe pear, thinly sliced
 $\frac{1}{3}$ cup chopped toasted hazelnuts
1 ounce blue cheese, sliced or crumbled (about $\frac{1}{4}$ cup)

Method

Season steak with 1 teaspoon salt and $\frac{1}{4}$ teaspoon pepper. Heat 1 tablespoon oil in a large skillet over high. Cook steak, turning once, until browned on both sides, 5 minutes per side for medium. Transfer to a cutting board and let rest for 5 minutes before slicing.

Stir together vinegar, mustard, and remaining $\frac{1}{4}$ cup oil, $\frac{1}{2}$ teaspoon salt, and $\frac{1}{4}$ teaspoon pepper in a large bowl. Add arugula, pear, and steak and toss to coat. Top with hazelnuts and blue cheese.

Prep

- Active: 15 Minutes
- Total Time: 15 Minutes

Source: Real Simple (4 servings)