



## Beet and Orange Salad with Grilled Steak and Walnuts

*Roasted beets, oranges and grilled steak tossed with arugula, goat cheese and tarragon*

Yield: 6

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| 1 tbsp Dijon Mustard                    | 3/4 tsp Cracked Black Pepper              |
| 1 tsp Fresh Lemon Juice                 | 3/4 tsp Kosher Salt                       |
| 2 tbsp Balsamic Vinegar                 | 3 each Blood (Red) Oranges                |
| 2 tbsp Olive Oil                        | 1 lb Red Beets, Cooked, Peeled, and Diced |
| 2 tbsp Vegetable Oil                    | 6 oz Arugula Lettuce Leaf                 |
| 1/2 tsp Kosher Salt                     | 3 oz Boston Bibb Lettuce                  |
| 1/4 tsp Ground Black Pepper             | 3 oz Goat Cheese                          |
| 2 lb, 12 oz Beef Sirloin Flap Meat, Raw | 2 oz Toasted Chopped Walnuts              |
|   | 3/4 cup Chopped Fresh Tarragon            |



Combine mustard, lemon juice, vinegar, oils, salt and freshly ground black pepper. Whisk well and set aside.

Season steak with salt and pepper and grill or pan sear until medium rare, about 2 minutes on each side. Let rest about 10 minutes before slicing.

Meanwhile, peel and section oranges and set aside and mix together with beets, arugula and Bibb lettuce. Drizzle with dressing and toss gently. Plate salad and garnish with cheese, walnuts, tarragon and sliced steak.

**Chef's Note:** Substitute sirloin flap meat with flank steak, flat iron steak or skirt steak. Blood oranges can be swapped out for Valencia oranges.

Calories (kcal)	Protein (g)	Carbohydrate (g)	Total Fat (g)	Cholesterol (mg)	Sodium (mg)	Sat Fat (g)	Dietary Fiber (g)
588	37.7	21.2	40	109.9	724.1	10.9	5.2