

Hanger Steaks & Creamed Kale

with Sunchokes Two Ways

This time, let's focus on the sides. In this recipe, you'll make a delicious, seasonal (and healthful) side of creamed kale to accent the juicy steaks. And that's not all. You'll be using sunchokes (the edible root of a North American sunflower) two ways in a side salad to explore their versatility and exquisite flavor. You'll serve them roasted and raw. Roasting brings out their natural sweetness and gives them a light, almost fluffy texture. Raw, they add a delicious, earthy crunch to this amazing, hearty dish.



Ingredients

- 2 Hanger Steaks
- 1 Bunch Kale
- 1 Lemon
- $\frac{3}{4}$ Pound Sunchokes
- 1 Bunch Mint

Knick Knacks

- 3 Tablespoons Grated Parmesan Cheese
- 2 Tablespoons Butter
- 2 Tablespoons Heavy Cream
- $\frac{1}{4}$ Cup Sunflower Seeds

Makes 2 Servings

About 665 Calories Per Serving

Cooking Time: 25 to 35 minutes



1

**Prepare the ingredients:**

Preheat the oven to 475°F. Wash and dry the fresh produce. Separate the kale stems from the leaves; discard the stems and roughly chop the leaves. Pick the mint leaves off the stems; discard the stems. Using a peeler, remove the yellow rind of the lemon, avoiding the white pith; mince the rind to get 2 teaspoons of zest. Quarter the lemon. Peel **one quarter of the sunchokes** and cut into matchsticks. Squeeze **2 of the lemon wedges** over the **sunchoke matchsticks** to prevent browning. Medium dice the **remaining sunchokes**.

2

**Roast the sunchokes:**

Place the **diced sunchokes** on a clean, dry sheet pan. Drizzle with olive oil and season with salt and pepper. Toss to coat. Arrange the seasoned sunchokes in a single, even layer. Roast 18 to 20 minutes, or until tender when pierced with a fork.

3

**Toast the sunflower seeds:**

While the sunchokes roast, in a medium pan (nonstick, if you have one), heat ½ teaspoon of olive oil on medium until hot. Add the **sunflower seeds** and toast 1 to 2 minutes, or until golden brown and fragrant. Wipe out the pan.

4

**Cook the steaks:**

Season the **steaks** with salt and pepper on both sides. In the same pan used to toast the sunflower seeds, heat 2 teaspoons of olive oil on medium until hot. Add the seasoned steaks and cook, loosely covering the pan with aluminum foil, 4 to 6 minutes per side for medium, or until they reach your desired degree of doneness. Transfer to a plate to rest, leaving any drippings in the pan.

5

**Cream the kale:**

Add the **kale** and ¼ **cup of water** to the pan of drippings. Cook 1 to 2 minutes, or until the kale has wilted; season with salt and pepper. Add the **cream** and cook 3 to 5 minutes, or until slightly reduced. Add the **butter** and **parmesan cheese**. Cook 1 to 2 minutes, or until the cheese has melted and the butter is incorporated. Remove from heat and season with salt and pepper to taste.

6

**Make the salad & plate your dish:**

Finely chop the **mint**. In a large bowl combine the **roasted sunchokes, sunchoke matchsticks, sunflower seeds, lemon zest, all but a pinch of the mint and the juice of the remaining lemon wedges**; season with salt and pepper. Find the lines of muscle (or grain) of the steak. Thinly slice the steak against the grain. Divide the **sunchoke salad, creamed kale and steaks** between two plates. Garnish with the **remaining mint**. Enjoy!