



## steak and kale salad with grapefruit

cook time:

5

prep time:

10

featured product:

**spring mix plus**

this simple salad packs a powerful protein kick with seared steak over baby kale SPRING MIX topped with our avocado cilantro dressing--perfect for those following the keto diet!



### ingredients

2 servings

1 package (5 ounces) [organicgirl? spring mix plus ?](#)

¼ cup [organicgirl? avocado cilantro dressing](#)

2 teaspoons preferred vegetable oil

12oz skirt steak

Salt and black pepper

1 grapefruit, peeled and cut into segments

1 avocado, pitted and sliced

? cup sliced almonds, toasted

### substitutions

? *substitute with* [baby spring mix](#)

### directions

1. heat oil in a heavy skillet (such as cast-iron) over medium-high heat. sprinkle steak with salt and pepper. sear steak, turning once, until browned on both sides, 2-3 minutes per side. transfer steak onto a cutting board, let rest for 5 minutes, then thinly slice across the grain.

2. in a large bowl, toss spring mix plus with dressing and arrange on plates. top with steak, grapefruit, avocado, and almonds.