

A Sutherland Belle

Grilled Steak Salad Platter with Avocado-Chimichurri Dressing

INGREDIENTS

For the Steak

- 1 ½ pounds flank steak
- 1 teaspoon ground cumin
- 1 teaspoon dried oregano
- ½ teaspoon EACH: dried thyme, kosher salt, and cracked black pepper

For the Salad

- 1 medium red onion
- 2 tablespoons olive oil
- 1 (15-ounce) can fire-roasted tomatoes with garlic
- 2 teaspoons chili powder
- 1 teaspoon smoked paprika
- ¾ teaspoon kosher salt, divided
- 3 cups hot cooked brown rice
- 1 bunch mustard greens, stemmed and torn (8 cups)
- 1 tablespoon fresh lemon juice
- 1 cup halved multicolor cherry tomatoes
- ½ of an avocado, sliced
- Crushed red pepper (optional)

For the Dressing

- ½ of an avocado, peeled and seeded
- 2/3 cup lightly packed fresh cilantro leaves
- 1/3 cup lightly packed fresh parsley
- 1/3 cup red wine vinegar
- 1/3 cup water
- ¼ cup olive oil
- 1 tablespoon fresh oregano leaves
- 2 cloves smashed garlic
- ¼ teaspoon salt
- 2 tablespoons chopped shallots
- ¼ teaspoon crushed red pepper

INSTRUCTION

1. Chop half of the onion (you should have ½ cup). Cut the remaining half into three or four slices and secure them with skewers for grilling.
2. In a 12-inch skillet, heat one tablespoon of the oil over medium heat. Add chopped onion and garlic. Cook, stirring frequently, until tender, about 5 minutes.
3. Stir in the undrained diced tomatoes, chili powder, smoked paprika, and ½ teaspoon of the remaining salt; cook for 2 minutes more. Remove from the heat and stir in the cooked rice. Cover and keep warm.
4. Season flank steak on both sides with steak seasoning. Lightly oil grill grates. Grill steak and onion slices over medium-high heat, covered, turning once halfway through, for 13 to 16 minutes or until onion slices are lightly charred and tender and steak is medium-rare (125°F) or medium (145°F). Let the steak rest, tented with foil, for about 10 minutes before thinly slicing it across the grain. Chop the grilled onions.
5. Meanwhile, in a large bowl, combine the mustard greens, lemon juice, and the remaining one tablespoon of oil, along with ¼ teaspoon of salt. Ma
6. Gently massage the greens with your hands until they begin to soften, about 1 minute.
7. Transfer greens to a platter. Top with rice mixture, steak, cherry tomatoes, grilled onion, and avocado.
8. In a blender, combine the remaining avocado half, cilantro, parsley, red wine vinegar, water, olive oil, oregano, garlic, and salt. Cover and blend until nearly smooth, scraping sides as needed. Stir in shallot and crushed red pepper. Serve the salad with dressing and a sprinkle of crushed red pepper.