AMERICAN

Flat Iron Steak Salad with Blue Cheese

COMPLEXITY	SERVES	PREP	COOK	TECHNIQUE	CUT
Basic	**4**	**20 min**	**12 min**	**Pan-fry**	**Flat iron**

Ingredients

- 600 g (1⅓ lb) flat iron steak
- 1 tsp salt
- ½ tsp black pepper
- 1 tbsp vegetable oil
- 200 g (7 oz) mixed salad leaves
- 1 small red onion, thinly sliced
- 200 g (7 oz) cherry tomatoes, halved
- 80 g (¾ cup) crumbled blue cheese
- 50 g (½ cup) walnuts, toasted

DRESSING

- 3 tbsp olive oil
- 1 tbsp red wine vinegar
- 1 tsp Dijon mustard
- 1 tsp honey
- Pinch of salt

Steps

1. Take the steak out of the fridge 30 minutes ahead. Pat dry and season with salt and pepper.
2. Shake the dressing ingredients in a jar until creamy.
3. Heat the oil in a heavy skillet over medium-high heat until it shimmers.
4. Pan-fry the steak for 4 minutes per side, until deep brown and 52°C (125°F) inside for medium-rare.
5. Move to a board and rest for 8 minutes.
6. Toss the leaves, onion and tomatoes with two-thirds of the dressing and arrange on plates.
7. Slice the steak thinly against the grain and fan over the salad.
8. Scatter with blue cheese and walnuts, spoon the steak's resting juices into the remaining dressing, and drizzle over.

Notes

- **Make ahead:** cook the steak early, refrigerate it, and take it out 20 to 30 minutes before serving (or serve it chilled).
- **Other cheeses:** goat cheese or shaved Parmesan suit the same salad.
- **Add-ons:** sliced pear or crisp bacon pair well with blue cheese.
- **Shortcut:** use a bagged salad mix and pre-crumbled blue cheese.
- **Chef's touch:** toss the leaves with the dressing only at the last minute so they stay crisp.