

Grilled Steak Salad with Italian Salsa Verde

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-steak-salad-recipe>

Ingredients:

- 1 cup Italian parsley leaves
- 2 tablespoons tarragon leaves
- 2 cloves garlic roughly chopped
- 1/2 shallot medium, roughly chopped
- 2 anchovy fillets rinsed and roughly chopped
- 3 tablespoons capers rinsed
- 1/4 cup walnuts chopped
- 1 pinch red pepper flakes
- 1 lemon
- 2 teaspoons red wine vinegar
- 1/4 cup extra virgin olive oil
- 2 new york strip steak 10 to 12 ounces
- coarsely ground black pepper
- kosher salt
- baby arugula
- extra-virgin olive oil
- fresh lemon juice
- Parmesan cheese

Nutrition:

1. Calories: 270 calories
2. Carbohydrate: 12 grams
3. Cholesterol: 5 milligrams
4. Fat: 25 grams
5. Fiber: 3 grams
6. Protein: 5 grams
7. SaturatedFat: 3.5 grams

8. Sodium: 470 milligrams

9. Sugar: 1 grams

Thank you for visiting our website. Hope you enjoy Grilled Steak Salad with Italian Salsa Verde above. You can see more 17 italian steak salad recipe Deliciousness awaits you! to get more great cooking ideas.