

STEAK WITH GREEN CURRY CHARD

Pan-fried eggs, toasted coconut flakes, Sriracha sauce

COOK TIME
25 MIN

SERVINGS
2

CALORIES PER SERVING
420

NET CARBS PER SERVING
12 GRAMS

MENU
KETO // GLUTEN-FREE

A fall-worthy dish, inspired by Indonesian flavors. Chard simmers with onions in a green curry sauce (made with coconut milk, lime juice, ginger, and garlic). It's finished with toasted coconut flakes, then served with pan-seared sirloin steaks. Fried eggs add a protein boost on top, while a drizzle of Sriracha sauce lends a touch of heat throughout.

INGREDIENTS (7 ITEMS)

- 2 (5 oz) **Sirloin steaks**
- ½ cup **Green curry coconut milk** T
- 5 ¼ oz **Green chard***
- 2 tbsp **Sriracha sauce**
- 2 medium **Eggs** E
- 1 ½ oz **Yellow onions**
- ¼ oz **Toasted coconut flakes** T

WHAT YOU'LL NEED

- medium & large sauté pans
- thermometer
- small nonstick pan
- measuring cup & spoons

ALLERGENS

- T TREE NUT
- E EGG



GREEN CHEF IS PROUD to be a USDA Certified Organic company. All produce is organic unless otherwise labeled.

*You may receive a different color variety of this ingredient.

Wash and dry fresh produce. Wash hands and surfaces after handling raw meat and egg. Consuming raw or undercooked meat or egg can be harmful to your health. Go to help.greenchef.com for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at help@greenchef.com

STEAK WITH GREEN CURRY CHARD

1 COOK STEAKS

- Season both sides of **sirloin steaks** with salt and pepper.
- Heat about 1 ½ tablespoons cooking oil in a medium sauté pan over medium heat. Once pan is hot, add **steaks**. Cook 15-20 minutes, or until fully cooked (or to desired doneness), flipping every 3-5 minutes.*
- Transfer **steaks** to cutting board. Let rest at least 3 minutes.

**Take Note: Steaks are fully cooked when internal temperature reaches 145 degrees.*



2 PREP CHARD

- Remove center stems from **green chard**. Slice **stems** into about ¼-inch pieces. Roughly chop **leaves**.



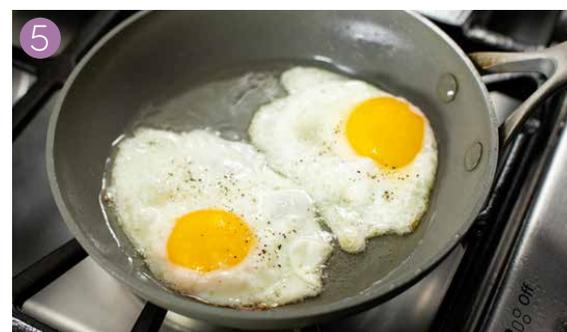
3 START CHARD

- Heat about 1 tablespoon olive oil in a large sauté pan over medium heat. Add **chard stems** and **yellow onions** to hot pan. Season with salt and pepper; stir. Cook 2 minutes, or until onions begin to soften, stirring occasionally.
- Add **chard leaves** to pan; stir. Cook 2 minutes, or until leaves wilt, stirring occasionally.



4 FINISH CHARD

- Add **green curry coconut milk** and ½ cup water to pan with chard; stir. Cook 4-5 minutes, or until chard leaves are tender and sauce has reduced by about half, stirring occasionally.
- Remove from heat. Add **toasted coconut flakes**. Salt and pepper to taste. Stir to combine.



5 FRY EGGS

- Heat about 1 ½ tablespoons cooking oil in a small nonstick pan over medium heat. Carefully crack **eggs** into hot pan. Cook 3-4 minutes, or until whites have set (or to desired doneness). Lightly season with salt and pepper.

6 PLATE YOUR DISH

- Slice **steaks** against the grain into 6-8 pieces each.
- Divide **coconut curry chard** between bowls. Fan **steak** over top. Serve **fried eggs** on the side. Drizzle desired amount of **Sriracha sauce** over dish.
- Enjoy!

