



QUARANTINE PANTRY

Butternut Squash Steak w/ Kale Salad

Ingredients:

Butternut Squash Steak

1 large butternut squash

1 Tbsp olive oil

2 Tbsp butter, cut into pieces

6 sage leaves, chopped

2 garlic cloves, crushed

1 Tbsp fresh lemon juice

salt freshly ground pepper to taste

1 apple, sliced thin

¼ cup pepitas

Kale Salad

½ large

bunch of kale, rinsed, stems removed, and chopped

1/8 cup olive oil

2 Tbsp lemon juice

Salt to taste

Optional: 1-2 teaspoons crushed red pepper flakes and 1/8 cup grated hard, dry cheese (parmesan or aged gouda)

Directions for Butternut Steak:

1. Cut the neck off of squash and save the base for another use. Trim the stem off the neck then peel.
2. Rest the neck on cut base, cut in half lengthwise, creating two halves. Trim off outer rounded side of each piece to create two ¾"-thick steaks (about 6 oz. per steak). Save the trimmed off sides for another use.
3. Heat oil in a large heavy skillet over medium. Cook squash steaks, turning every 3 minutes, until deeply browned on both sides and fork-tender, about 15 minutes.
4. Add butter, sage, and garlic to skillet, tilt pan toward you so that butter pools on one side, and use a large spoon to continually baste steaks with butter. Cook, basting until beginning to brown -for about 1 minute.
5. Remove from heat and stir in lemon juice; season with salt and pepper.
6. Top with Kale salad, fresh apple slices, and pepitas.

Directions for Kale Salad:

1. Rinse kale and pat dry.
2. Chop kale, add olive oil, lemon juice, and salt.
3. Massage thoroughly.
(gets better as it sits)