

Grilled Peach and Steak Salad - A fresh and flavorful salad using less than 10 ingredients and that includes a peach vinaigrette that can't be beat! (gluten-free, dairy-free, paleo friendly)

Ingredients

- 1 lb grass-fed flank steak
- 1-3 fresh peaches
- 2 handfuls fresh arugula
- 2 handfuls fresh spinach
- 1/2 cup fresh strawberries (sliced)
- 1/2 avocado (sliced)
- 1/2 red onion (thinly sliced)
- 1/4 cup crumbled feta, goat, dairy-free feta, or blue cheese
- 1/4 cup chopped raw almonds
- Steak seasoning of choice (I prefer the classic salt & pepper)



Peach vinaigrette

- 1 grilled peach halve
- 1/4 cup avocado oil
- 1 Tbsp coconut aminos or balsamic vinaigrette
- 1 Tbsp apple cider vinegar
- Salt and pepper

Directions

1. Prepare the flank steaks by seasoning of choice. I prefer a generous seasoning of salt and pepper!
2. Get the grill ready by setting temperature to medium-high and coating grates with a little bit of cooking spray.
3. Remove the steaks from the fridge and let sit for 10 minutes. While you are waiting on your steaks, prepare the peaches by cutting them in half, removing the pits, and spraying both sides with nonstick spray.
4. Cook the flank steaks for about 5-7 minutes on each side until you have reached the desired "pinkness." Cook the peaches on the grill for about the same time or until the peaches have nice grill markings.
5. Transfer the flank steak to a cutting board and let rest for about 10 minutes covered using aluminum foil. While your steak is resting and peaches are cooling, prepare the dressing.
6. To a food processor, add in the grilled peach half, oil, aminos, vinegar, and salt and pepper. Blend until smooth and creamy. Taste test before removing dressing from processor (i.e. want more peach flavor? Add another peach half! Need more salt? Add in more coconut aminos or salt)
7. Now, it's time to build your salad! To a serving platter, layer with both greens, sliced grilled peaches, sliced grilled flank steak, avocado, red onion, almonds, cheese, strawberries and drizzle with peach vinaigrette.

Notes

- Red onions are not pictured in the blog pictures or IG reels but it's strongly recommended for this salad!
- makes 4 servings
- If you cannot find flank steak - skirt or sirloin cuts are a great alternative as these cuts are not as fatty and will pair nicely with this fresh and summery salad.