

Grilled Steak & Onion Salad with Spicy Jalapeño-Pineapple Salsa



30 minutes | 2 servings

Find cookware

[chef's knife](#)
[citrus juicer \(optional\)](#)
[colander](#)
[cutting board](#)
[garlic press \(optional\)](#)
[grill pan, outdoor grill, or skillet](#)
[measuring spoons](#)
[mixing bowls](#)
[stirring spoon](#)
[tongs](#)
[whisk or fork](#)

Grab ingredients

1 head	butter (Boston) lettuce
½ small bunch	cilantro
2 cloves	garlic
½	jalapeño pepper
½	lime
½ small	pineapple
½ medium	red onion
¾ lb	striploin (New York strip) steak
	apple cider vinegar
	black pepper
	extra virgin olive oil
	honey
	salt

Cook & enjoy

- 1 Wash and dry the fresh produce.
½ small pineapple
½ jalapeño pepper
½ small bunch cilantro
½ lime
1 head butter (Boston) lettuce
- 2 Cut skin off pineapple; quarter, core, and slice into ½-inch thick planks. Transfer to a medium bowl.
- 3 Peel, halve, and slice onion into half-moons; add to the bowl with the pineapple. Drizzle with oil and toss to coat.
½ medium red onion
2 tsp extra virgin olive oil
- 4 Preheat a grill pan or regular skillet over medium-high heat.
- 5 Once the pan is hot, add pineapple and onions. Grill, turning once, until charred and tender, about 4 minutes; remove to a plate. (Reserve bowl for the next step.)
- 6 Meanwhile, peel and mince garlic; place in the reserved bowl.
2 cloves garlic
- 7 Quarter jalapeño pepper lengthwise; seed and remove ribs with a spoon. Mince and add to the bowl with the garlic. (Be careful with jalapeños; do not touch your eyes and ensure you wash your hands after handling or wear gloves while preparing.)
- 8 Shave cilantro leaves off the stems; discard stems and mince the leaves. Add to the bowl.
- 9 Juice lime into the bowl, then add oil, vinegar, honey, and salt; whisk to combine the dressing.
2 tbsp extra virgin olive oil
2 tsp apple cider vinegar
1 tsp honey
⅓ tsp salt

- 10 Transfer the grilled pineapple to a cutting board and roughly chop. Add to the bowl with the dressing, stir to combine the salsa, and set aside.
- 11 Return grill pan to medium-high heat.
- 12 While the pan heats up, pat the steak dry with paper towels and place on another plate; season with salt and pepper on both sides.
¾ lb striploin (New York strip) steak
½ tsp salt
¼ tsp black pepper
- 13 Once the pan is hot, coat with oil; add steak to the pan and cook until desired doneness, 2-5 minutes per side. Transfer to the plate with the onions and let rest, about 5 minutes.
1 tsp extra virgin olive oil
- 14 Meanwhile, chop or tear the lettuce into bite-sized pieces.
- 15 Thinly slice steak against the grain.
- 16 To serve, divide lettuce between plates or bowls; top with steak, onions, and pineapple salsa. Enjoy!