

Pan-Fried Steak with Sautéed Kale & Sweet Potato Mash

40 minutes | 2 servings



Find cookware

[chef's knife](#)
[colander](#)
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[garlic press \(optional\)](#)
[measuring cups](#)
[measuring spoons](#)
[mixing bowls](#)
[potato masher](#)
[small saucepan](#)
[stainless steel or cast iron skillet](#)
[tongs](#)
[vegetable peeler](#)

Grab ingredients

2 cloves	garlic
½ bunch	kale
¾ lb	striploin (New York strip) steak
¾ lb	sweet potato
	apple cider vinegar
	black pepper
	butter, unsalted
	crushed red pepper
	salt
	virgin coconut oil

Cook & enjoy

1 Wash and dry the fresh produce.

¾ lb sweet potatoes
½ bunch kale

2 Cut out and discard the stems from the kale leaves; chop the leaves crosswise into 1-inch strips and transfer to a medium bowl.

3 Peel and cut the sweet potatoes into 1-inch cubes; transfer to a small saucepan. Cover the potatoes with hot water (from the tap) by about 1 inch; bring to a boil over high heat.

4 Preheat a skillet over medium-high heat.

5 While the skillet heats up, pat the steak dry with paper towels and place on a plate; season generously with salt and pepper on both sides.

¾ lb striploin (New York strip) steak
½ tsp salt
¼ tsp black pepper

6 Once the skillet is hot, add coconut oil and swirl to coat the bottom.

½ tbsp virgin coconut oil

7 Carefully place the steak in the skillet; flipping every 15 to 30 seconds, cook the steak until desired doneness (5 to 7 minutes for medium-rare). (Use a thermometer or cut into the steak to check the doneness.) Once done, transfer the steak to a plate, leaving any juices in the skillet, and let it rest for 5 to 10 minutes.

8 Once the water in the saucepan is boiling, reduce the heat to medium-high and boil the potatoes until they can be easily pierced with a fork, 8 to 10 minutes. Scoop out ½ cup of the cooking water and drain the rest. Cover the potatoes to keep warm.

9 Trim off and discard the root ends of the garlic; peel and mince or press the garlic.

2 cloves garlic

10 Once the steak has been transferred, reduce the heat to medium and add more coconut oil. Add the garlic, crushed red pepper, kale, and $\frac{1}{4}$ cup water to the skillet; toss to combine. Cover with a lid and cook until the kale is wilted but still green, 4 to 6 minutes. Remove the cover and continue to cook, stirring, until all of the liquid has evaporated, another 1 to 2 minutes.

$\frac{1}{2}$ tbsp virgin coconut oil
 $\frac{1}{6}$ tsp crushed red pepper

11 Drizzle the kale with apple cider vinegar and season with salt and pepper, toss to combine.

$\frac{1}{2}$ tbsp apple cider vinegar
 $\frac{1}{4}$ tsp salt
 $\frac{1}{8}$ tsp black pepper

12 Add $\frac{1}{2}$ of the reserved liquid, butter, salt, and pepper to the potatoes; mash with a potato masher until smooth. Add more of the liquid to thin out the mash if needed.

1 tbsp butter, unsalted
 $\frac{1}{4}$ tsp salt
 $\frac{1}{8}$ tsp black pepper

13 To serve, divide the sweet potato mash, sautéed kale, and steak between plates. Enjoy!