Grass-Fed T-Bone Steak with Grilled Asparagus and Kale Caesar Salad

This classic T-bone steak dinner with grilled asparagus and creamy kale Caesar salad is the perfect meal for people on the go. Made with Nutrafarms grass-fed T-bone steaks, it's not only delicious, but also healthy and high-quality.

Nutrafarms T-bone steaks weigh as much as 1lb per steak, so two steaks is enough for a family of 4, or even just 2 if mom and dad have date night at home and are really hungry!

Here's how to make it:

Ingredients for Grass-Fed T-Bone Steak Dinner:

- 2 Nutrafarms grass-fed T-Bone steaks
- 1 bunch of asparagus
- 1/4 cup olive oil
- Salt and pepper

Ingredients for Creamy Kale Caesar Salad:

- 2 cups chopped kale
- 1/4 cup mayonnaise
- 2 tbsp Dijon mustard
- 2 tablespoons lemon juice
- 3 dashes of Worcestershire sauce
- 2 anchovies, minced (optional)
- 2 cloves of garlic, minced
- 1/4 cup grated Parmesan cheese

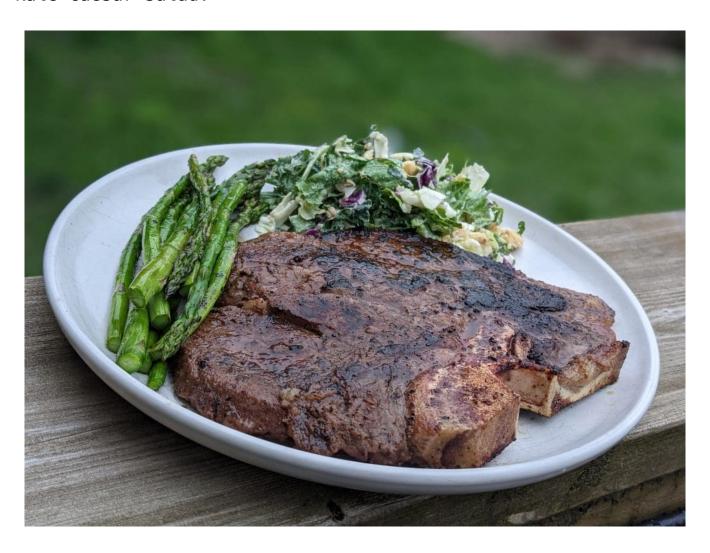




Prep & Directions for Grass-Fed T-Bone Steak With Salad:

- 1. Preheat grill to high heat.
- 2. Season the steak liberally on both sides with the olive oil, salt and pepper.
- 3. Trim the woody ends off of the asparagus and toss with olive oil, salt and pepper.

- 4. Grill the steaks for 4-5 minutes per side for medium-rare. Let rest for 5 minutes before slicing.
- 5. Grill the asparagus for 2-3 minutes per side, until slightly charred and tender.
- 6. In a small bowl, mix together the mayonnaise, Dijon mustard, anchovies, Worcestershire sauce, garlic, lemon juice, and Parmesan cheese.
- 7. In a large bowl, combine the kale and the mixed dressing.
- 8. Serve the steaks with the grilled asparagus and the creamy kale Caesar salad.





Final Thoughts: T-Bone Steak with Grilled Asparagus and Creamy Kale Caesar Salad

For people on the go, this classic T-bone steak dinner with grilled asparagus and creamy kale Caesar salad is ideal. It is delicious, nutritious, and it is made with Nutrafarms grassfed T-bone steaks.

Nutrafarms makes it easier for people with busy schedules to prepare nutritious meals at home by providing convenient delivery of local food right to your door.