This recipe is more than just a quick and simple salad. This recipe is a quick and simple meal. This salad is the epiphany of a healthy meal. (and quick.) It is a reliable dish for any occasion and above all, (else) it’s simply delicious. This is one of these salads that feel so fresh when you eat it. The fresh cranberries, the fennel bulb and the arugula are just (but) a few of the ingredients that makes this salad (so) very good and healthy, but what tops it all is the delicious skirt steak. The skirt steak is not recognized for its tenderness but the flavors that comes out of this cut is quite surprising. (and) It is by far, one of my favorites type of steak to use in a salad. You can also try different cuts for this (salad) recipe such as (I find) the flank steak (one to) that could be a great alternative.

Cranberries can be tricky sometimes to some people as they are not only sour but bitter as well. That’s why I recommend cooking them 3 to 5 min in boiling water to reduce their bitterness and sourness. The cranberries are considered as a “super fruit” " due to their high nutrient content and antioxidant qualities. They also have the essential dietary mineral, manganese, as well as a balanced of other essential micronutrients.

The fennel bulb is a very different and special vegetable. (one of those vegetables that feel so different) It has such a unique aromatic taste and is so underused in today’s recipes. Fennel is often mistaken for anise because of their resemblance in taste. Even in some markets, the merchants are confused. (one from another.) This vegetable adds so much texture to any meal because of its crunchy and striated feel to it, (pretty much like) similar to the celery. One (the) downfall of the fennel is the way to cut it. It can get confusing when you look at (it) this vegetable for the first time. There’s some easy tutorial that can be find online. If the fennel is not an option for you, it can be replaced (it) with celery. The taste won’t be nearly the same, but the texture will be quite similar. (there.)

Ingredients.

½ cup fresh cranberries;

1 pound skirt steak;

2 scallions thinly sliced;

1 large fennel bulb;

1 tbsp fresh thyme;

4 cups baby arugula washed;

Fresh parsley;

1 tbsp cooking fat;

Salt and ground pepper;

Dressing

½ cup olive oil;

1 tbsp Dijon mustard;

1 tbsp fresh thyme;

1 tbs red wine vinegar;

1 tsp honey (optional);

Sea salt and ground pepper to taste;

Preparation

On a medium high fire bring water to a boil. Drop the cranberries 3-5 minutes until they soften, then remove and let cool down.

Sprinkle 1 tbsp of fresh thyme on the skirt steak and season with sea salt and ground pepper to taste.

In a skillet on a medium high heat, cook the cooking fat until it melts, then add the previously seasoned steak and cook on each side to preference.

Once the steak is cooked to your liking, transfer to a cutting board and let it rest for 5 minutes.

In a small bowl, mix all the ingredients for the dressing together until emulsified and then season to taste with (the) sea salt and ground pepper.

In a large bowl; mix the baby arugula, the fennel and the cranberries. Add half of the dressing and mix.

Thinly slice the steak.

Make four portions on either plates or small bowls and add the steak slices on top.

Drizzle with the remaining dressing and add some parsley.