

KOHL'S  
Healthy  
atHome

# Hearty Seasonal Salad

*Adapted from an original recipe by Chef Justin Pichetrungsi\**

Prep time: 15 minutes | Cook time: 15-20 minutes | Serves: 4

*Eating what is in season where you live can make food more affordable, available, and enjoyable to your family. Chef Justin Pichetrungsi shares simple recipes to make flavorful steak and sprouted bok choy salad. Adapt this foundational recipe with seasonal and plant-based options your family enjoys.*

## Seasonal Salad Ingredients

### CHOOSE YOUR GREENS:

- 1 Bunch sprouted bok choy (or regular bok choy)
- 1 Bunch fresh spinach (or one small bag fresh spinach)
- 1 Bunch broccoli or Chinese broccoli

### PICK A CRUNCHY ROOT VEGGIE:

- 2-3 Small radishes, thinly sliced
- 1 Medium carrot, thinly sliced
- 1 Cup jicama pieces

### FOR THE SALAD DRESSING:

- ½ Orange, juiced (2 tablespoons)
- ½ Lime, juiced (1 tablespoon)
- 1 Tablespoon oyster sauce (or hoisin sauce)
- Small splash of sesame oil to taste (Variation: chili oil)
- Palm sugar to taste, dissolved in warm water
- Splash of white vinegar to taste

## Instructions

1. Rinse and dry greens and root vegetables.
2. Trim the ends from the greens and cut them into bite-size pieces. Cut the crunchy root veggies into thin slices, and place all vegetables in a large bowl.
3. Measure the salad dressing ingredients into a small bowl and mix with a fork, chopsticks, or small whisk.
4. Pour half of the salad dressing over the vegetables and adjust with more vinegar or sugar to your preference. Add more dressing as desired and mix gently. Serve with your meal.



## Hearty Seasonal Salad

### Marinated Steak (Protein) Ingredients

**PICK A PROTEIN:**

- 12-16 oz. Boneless beef steak
- 12-16 oz. Boneless chicken pieces (*thigh or breast*) + 1 teaspoon oil for pan
- 12-16 oz. Extra-firm tofu + 1 teaspoon oil for pan

**CHOOSE A MARINADE:**

- 2 tablespoons (1 oz.) oyster sauce
- 2 tablespoons (1 oz.) hoisin sauce

### Instructions

Make sure you wash your hands thoroughly before and after touching meat and other ingredients or eating utensils. Follow the instructions, using the guide below for food-safe heating and cook times to prepare your protein of choice.

1. On the stovetop, preheat a thick metal pan to recommended heat.
2. Season steak, tofu, or chicken with a pinch of salt and cook each side for the recommended time. You want it to sizzle.
3. Remove protein from heat and add the marinade on both sides with a spoon.
4. Return to the heat until cooked through to a food-safe temperature.

Protein	Heat Your Pan	Cook each side	Test for doneness
Beef .....	Medium-high .....	3-4 mins .....	140 degrees F
Chicken .....	Medium .....	5-10 mins .....	165 degrees F
Tofu .....	Medium .....	At least 3 mins .....	135 degrees F

Once your marinated protein is cooked, let the beef or chicken rest at room temperature for approximately 5 minutes. Then, slice and portion onto plates with your seasonal veggie salad and a favorite side dish. Enjoy!

\*Adapted from Chef Justin Pichetrungsi's recipe, demonstrated on KLCS-TV 2023

