

# Grilled Flank Steak with Italian Salsa Verde

*Lean flank steak is an easy, quick-cooking option perfect for weeknights. This recipe adds a zingy, fresh herb sauce for big, bold flavor.*

<b>YIELD</b> 5 SERVINGS	<b>PREP TIME</b> 20 MIN	<b>TOTAL TIME</b> 35 MIN
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## INGREDIENTS

*For the Italian Salsa Verde:*

¼ cup	Extra Virgin Olive Oil
½ bunch	Parsley, fresh, finely chopped
3-4 sprigs	Mint, fresh, finely chopped
1 Tbsp	Capers, drained and minced
½ each	Lemon, zested and juiced
2 cloves	Garlic, minced
¼ tsp	Crushed Red Pepper Flakes
¼ tsp	Black Pepper, ground
¼ tsp	Kosher Salt

*For the Grilled Flank Steak:*

1 lb.	Flank Steak, trimmed and cleaned
2 tsp	Canola Oil
¼ tsp	Kosher Salt
¼ tsp	Black Pepper, ground

## CHEF'S NOTES

Beef Doneness Guide:

To take the temperature of your steak, make sure the thermometer probe is inserted fully into the thickest portion. You can remove your steak from the grill when the temperature is 5°F lower than your final cooking temperature to allow for carry over cooking.

Medium rare – warm red center	135°F
Medium – warm pink center	145°F
Medium well – slightly pink center	150°F
Well done – little or no pink	160°F

## DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above. Preheat a grill to medium-high.
2. Place all ingredients for the Italian Salsa Verde in a medium mixing bowl and whisk to combine.
3. Evenly coat the flank steak with the canola oil, salt, and black pepper on both sides.
4. Grill the steak for at about 5 minutes on each side (depending on size), longer if you prefer your meat more well-done (see chef's notes for details on doneness levels).
5. Remove the steak from the grill and allow it to rest for 5 minutes. Slice the steak against the grain and serve with the Italian Salsa Verde on the side.

# Nutrition Facts

5 servings per container

**Serving size**

**3 oz steak with 1 Tbsp salsa (121g)**

**Amount Per Serving**

**Calories 250**

**% Daily Value\***

**Total Fat** 19g **24%**

Saturated Fat 4g **20%**

*Trans* Fat 0g

**Cholesterol** 65mg **22%**

**Sodium** 300mg **13%**

**Total Carbohydrate** 1g **0%**

Dietary Fiber 0g **0%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

**Protein** 20g **40%**

Vitamin D 0.1mcg 0%

Calcium 40mg 4%

Iron 2.2mg 10%

Potassium 360mg 8%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

