

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.

YIELD 5 SERVINGS	PREP TIME 20 MIN	TOTAL TIME 35 MIN
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INGREDIENTS

For the Italian Salsa Verde:

1 Tbsp	Capers, drained and minced
2 cloves	Garlic, minced
½ bunch	Parsley, fresh, finely chopped
3-4 sprigs	Mint, fresh, finely chopped
¼ tsp	Crushed Red Pepper Flakes
¼ tsp	Black Pepper, ground
¼ cup	Extra Virgin Olive Oil
½ each	Lemon, zested and juiced
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.
2. Place all ingredients for the Italian Salsa Verde in a medium mixing bowl and whisk to combine.
3. Meanwhile, preheat the grill. 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 a tablespoon of the Italian Salsa Verde on top.

Nutrition Facts

5 servings per container

Serving 3 oz Steak with 1 Tbsp Sauce

Size (118 g)

Amount per serving

Calories 230

% Daily Value *

Total Fat 16g 21%

Saturated Fat 4.5g 21%

Trans Fat 0g

Cholesterol 60mg 21%

Sodium 250mg 11%

Total Carbohydrate 1g 0%

Dietary Fiber 0g 0%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 20g 39%

Vitamin D 0.09mcg 0%

Calcium 40mg 3%

Iron 2mg 12%

Potassium 400mg 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.

Recipe adapted from *Health meets Food*, "Grilled Flank Steak with Salsa Verde" (12/19/22)



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