

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.

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

For the Italian Salsa Verde:

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| 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:

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|-------|----------------------------------|
| 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.

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| 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 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.

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



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