Louisiana HARVEST of the MONTH

Grilled Flank Steak with Marinade

Home Recipe
Serves 4
Prep Time: 10 min
Marinate Time: 2 hours (or 30 minutes at room temperature)
Cook Time: 8-12 minutes

Ingredients

- 1 ½ to 2 lbs. flank steak
- ¼ cup olive oil
- 2 Tbsp honey
- 2 Tbsp red wine vinegar
- 1 Tbsp peeled and finely chopped fresh ginger
- 1 fresh jalapeño, seeded and coarsely chopped
- 2 Tbsp minced fresh garlic (about 4 large cloves)
- 6 sprigs fresh herbs (such as parsley, oregano, thyme, or rosemary)
- 1 tsp kosher salt, plus more for serving
- ½ tsp black pepper

Nutrition Facts

4 Servings Per Container
Serving Size **255g**

Amount Per Serving	
Calories	**550**
	% Daily Value *
Total Fat 30g	**38%**
Saturated Fat 9g	**44%**
Trans Fat 0g	
Cholesterol 155mg	**52%**
Sodium 700mg	**31%**
Total Carbohydrate 11g	**4%**
Dietary Fiber <1g	**3%**
Total Sugars 9g	
Includes 9g Added Sugars	**17%**
Protein 56g	
Vitamin D 0mcg	0%
Calcium 70mg	6%
Iron 4.6mg	25%
Potassium 800mg	15%

* 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.

Cooking Instructions

1) Pat the beef dry with paper towels and place it in a large baking dish or resealable plastic bag.
2) In a small bowl, whisk together the olive oil, honey, vinegar, ginger, jalapeño, garlic, herbs, salt, and pepper. Pour the marinade over the beef and turn to coat. Cover the dish with plastic wrap (or seal the bag). Refrigerate for at least 2 hours, or marinate at room temperature for 30 minutes.
3) When ready, preheat the grill to medium-high heat.
4) Brush excess marinade off the steak and place it on the grill. Cook for 4 to 6 minutes per side with grill lid closed, until medium-rare. Do not overcook.
5) Transfer the steak to a plate, sprinkle with kosher salt, and let rest for 10 minutes before slicing and serving.

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