

RECIPE

Grilled Flank Steak



Ingredients

- 2 pounds flank steak
- ½ cup olive oil
- 1 ½ teaspoon Kosher salt
- 1 ½ teaspoon black pepper
- ⅓ cup honey
- 2 tablespoon Worcestershire sauce
- 3 tablespoon red wine vinegar
- 6 cloves garlic minced
- 1 tablespoon Dijon mustard
- 1 teaspoon hot sauce
- 3 tablespoon chopped parsley

Preparation

- 1.** Marinade Flank Steak: To start, make sure your steak is completely thawed! Then prepare our simple marinade.
- 2.** In a gallon Ziploc bag, combine all of the ingredients for the marinade (olive oil, red wine vinegar, salt, pepper, honey, Worcestershire sauce, garlic, Dijon mustard, hot sauce, and parsley).
- 3.** Zip the top and toss the marinade mixture gently until the salt is dissolved. Then, place the flank steak in the marinade. Make sure to press out any excess air from the bag and seal it tightly.
- 4.** Using your hands, massage the marinade around the flank steak for an even coating.
- 5.** Chill in the fridge for at least 2 hours to up to 24 hours. But remove the bag from the fridge 30 minutes before cooking so it will cook evenly. Meanwhile, clean and preheat your grill (see below)!
- 6.** Grill Flank Steak: Choose one of the 3 ways to grill the meat!
- 7.** Heat the grill to high, about 450° F (232° C), and then let it for 15 minutes. Remove the meat from the bag and

shake it to remove excess marinade.

Discard the marinade!

- 8.** Oil the grill grates! Place the steak on the grill and close the lid. Set a timer for 1 minute (or 2 minutes if it's a very thick flank steak).
- 9.** Open the lid and flip the steak. Again close the lid and set a timer for another 1 or 2 minutes.
- 10.** After searing the steak, don't open the lid anymore. But turn the heat down to medium.
- 11.** Cook the steak over medium heat for 6-9 minutes total, opening the grill lid once only in order to flip the steak halfway through.
- 12.** Use a meat thermometer to take the internal temp. It must reach 125° F (52°C) for rare or 135° F (57°C) for medium-rare. But remember to take the meat out of the grill when it has reached a temperature that is 5 degrees BELOW the temps mentioned above because the meat will continue to cook after being removed from the grill.