

# GRILLED FLANK STEAK SALAD

## INGREDIENTS

- 1 serving Cilantro Dressing
- 8 ounces beef flank steak
- 2 small yellow and/or red sweet peppers, seeded and halved
- 2 green onions, trimmed
- Vegetable oil
- 2 cups arugula or mixed greens
- 4 cherry tomatoes, halved
- 3 tbsp. lime juice
- 2 tbsp. chopped shallot
- 2 tbsp. snipped fresh cilantro
- 1 tbsp. olive oil
- 1 tbsp. water
- 1 large clove garlic, peeled and quartered
- ½ tsp. chili powder
- ¼ tsp. salt
- ¼ tsp. ground cumin



## PREPARATION

1. To prepare Cilantro Dressing, add lime juice, shallot, cilantro, olive oil, water, garlic, chili powder, salt, and cumin to a blender or small food processor. Blend or process until combined well.
2. Once the Cilantro Dressing is ready, cover and leave half of it to chill.
3. Trim fat from steak and score both sides of steak in a diamond pattern by making shallow diagonal cuts at 1-inch intervals.
4. Place steak in a re-sealable plastic bag and set in a shallow dish. Pour the half of Cilantro Dressing over steak, seal the bag and turn to coat steak well. Marinate in the refrigerator for 30 minutes.
5. Remove meat from marinade and discard marinade.
6. Lightly brush sweet peppers and green onions with oil.
7. Grill steak on the rack of a covered grill directly over medium heat for 17 to 21 minutes or until steak is medium (160°F) tender. Turn steak once.
8. Add sweet peppers to the grill for the last 8 minutes of grilling and green onions for the last 4 minutes, turning frequently. Let steak stand 5 minutes.
9. Thinly slice steak. Coarsely chop sweet peppers and green onions.
10. Divide arugula between two salad bowls. Place sliced steak, grilled vegetables, and tomatoes on arugula. Drizzle salads with the reserved half of the Cilantro Dressing.
11. Serve and enjoy!

