

Marinated Flank Steak



Marinated flank steak that tastes great cooked on the grill or inside under the broiler

Serves 4

1 1/2 pounds flank steak, trimmed

1/4c Dijon mustard

3/4c olive oil

2 garlic cloves, finely minced

1/2c red wine vinegar

4 green onions, sliced

1/2c dry red wine

1T mustard seeds

Mix together all marinade ingredients. Place flank steak in large zip~lock bag and add marinade. Refrigerate at least 8 hours.

Preheat broiler. Remove steak from marinade and cook 5~6 minutes each side or until steak is 130 degrees at the thickest part (medium~rare). Place marinade in saucepan and cook until reduced by 1/2. Let steak rest 10 minutes, slice thinly against the grain and serve with cooked marinade as a dipping sauce.

Prepare Ahead Tip

Steak can frozen in marinade. Thaw overnight in refrigerator day before consumption and broil as directed.