



Grilled Flank Steak with Salsa Verde

U.S.

For the salsa verde:

1 Tbsp	Caper, drained
1 clove	Garlic, peeled, minced
1 Tbsp	Dijon Mustard
3 Tbsp	Olive Oil
1/3 cup	Parsley, fresh, finely chopped
1/3 cup	Mint, fresh, finely chopped
1/4 tsp	Salt
1/4 tsp	Black Pepper

Metric

g
mL
L
each
to taste
x
x
x
x

For the grilled flank steak

1 lb	Flank Steak, trimmed and cleaned
2 tsp	Canola Oil
1/4 tsp	Salt
1/4 tsp	Black Pepper

Preparation:

1. Gather all ingredients and equipment.
2. Preheat a grill
3. Place all ingredients for the salsa verde into a blender and blend until combined.
4. Place sauce into a bowl, cover and refrigerate until needed.
5. Evenly coat the flank steak with the olive oil, salt and pepper on both sides.
6. Grill the steak for at least 3 minutes on each side, longer if you prefer your meats more well-done.
7. 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 salsa verde on top.

Nutrition Facts

Serving size	3 oz steak
	1 Tbsp salsa verde
Servings	5
Calories	240
Calories from Fat	150
Total Fat	17 g
Saturated Fat	4 g
Trans Fat	0 g
Monounsaturated Fat	4 g
Cholesterol	60 mg
Sodium	370 mg
Carbohydrates	1 g
Dietary Fiber	0 g
Sugars	0 g
Protein	20 g

Vitamin A	15 %
Calcium	4 %
Vitamin C	15 %
Iron	10 %
Phosphorus	183 mg
