



Herb Rubbed Flank Steak

4 Servings • 1 Serving = 3 Ounces

INGREDIENTS

- 2 cloves garlic, minced
- 2 sprigs fresh rosemary, finely chopped
- ¼ teaspoon salt
- ½ teaspoon freshly ground black pepper
- 1 teaspoon extra virgin olive oil
- 12 ounces flank steak

DIRECTIONS

1. In a small bowl, combine the garlic, rosemary, salt, pepper, and oil. Stir well to combine.
2. Lay the flank steak on a flat plate. Blot with a paper towel to remove any excess juices.
3. Rub the garlic and herb mix all over the flank steak and let sit at least half hour.
4. Heat a skillet large enough to hold the steak over medium heat.
5. Remove any excess garlic herb rub from the steak and lay the steak down onto the skillet. Let cook 4 minutes, then flip, and cook another 4 minutes.
6. Remove the steak from the skillet and let rest, covered with aluminum foil, for 10 minutes.
7. Slice the steak against the grain.

Nutrition Facts

4 servings per container	
Serving size	3 ounces
Amount per serving	
Calories	130
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 190mg	8%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 19g	
Vitamin D 0mcg	0%
Calcium 28mg	2%
Iron 1mg	6%
Potassium 306mg	6%

*The % Daily Value 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.

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