



Marinated Flat Iron Steak

Oscar · 29/09/2024



Prep Time

6 hrs

Difficult

Medium

Servings

6 hrs 20 mins

Description

Flat iron steak is marinated then grilled for a delicious tender and juicy piece of meat

Ingredients

- - 3 tablespoons honey - 3 tablespoons balsamic vinegar - 3 tablespoons olive oil - 1 tablespoon fresh lemon juice - 1 teaspoon Worcestershire sauce - ½ teaspoon dried tarragon - ½ teaspoon dried rosemary
- crushed - ½ teaspoon garlic powder - ½ teaspoon white pepper - 1 pinch salt - 1 ½ pounds flat iron steak

Instructions

1. Whisk together honey
2. vinegar
3. olive oil
4. lemon juice
5. Worcestershire sauce
6. tarragon
7. rosemary
8. garlic powder
9. white pepper
10. and salt in a large bowl until well combined; pour into a resealable plastic bag. Add flat iron steak; coat with marinade
11. squeeze out excess air
12. and seal the bag. Place in the refrigerator to marinate for at least 6 hours. Preheat an outdoor grill for medium-high heat and lightly oil the grate. Remove steak from marinade; shake off excess and discard marinade. Cook steak on the preheated grill to desired degree of doneness
13. about 4 minutes per side for medium-rare. An instant-read thermometer inserted into the center of steak should read 140 degrees F (60 degrees C) for medium-rare doneness.