

Grilled Balsamic and Soy Marinated Flank Steak

Oscar · 29/09/2024



Prep Time

30 mins

Difficult

Medium

Servings

55 mins

Description

Flank steak is a perfect grilling meat. Its marbled with fat that melts while grilling and fills the meat with the flavor of natural juices.

Ingredients

- - ½ onion
- chopped - 3 cloves garlic
- chopped - ¼ cup olive oil - ¼ cup balsamic vinegar - ¼ cup soy sauce - 1 tablespoon Dijon mustard - 1 tablespoon rosemary - 1 teaspoon salt - ½ teaspoon ground black pepper - 1 ½ pounds flank steak

Instructions

1. Allrecipes Magazine Whisk onion
2. garlic
3. olive oil
4. balsamic vinegar
5. soy sauce
6. Dijon mustard
7. rosemary
8. salt
9. and pepper together in a mixing bowl. Place flank steak into a large resealable plastic bag. Pour marinade into the bag and coat steak with the marinade. Squeeze excess air from the bag and seal. Marinate in the refrigerator at least 30 minutes
10. up to 2 days. Preheat an outdoor grill for medium-high heat and lightly oil the grate. Remove steak from marinade and shake to remove excess liquid. Reserve marinade. Cook steak until firm
11. hot in the center
12. and just turning from pink to grey
13. 6 to 8 minutes per side
14. brushing occasionally with reserved marinade. An instant-read thermometer inserted into the center should read 150 degrees F (65 degrees C). Remove steak to a cutting board and rest meat 5 minutes before slicing thinly across the grain. From the Editor If you wish to serve extra marinade with the finished beef
15. pour marinade into a small saucepan and bring to a boil over high heat. Reduce heat to medium-low and simmer 10 minutes. The nutrition data for this recipe includes the full amount of the marinade ingredients. The actual amount of the marinade consumed will vary.