

Pro Tip Recipes

PREP TIME 5 MIN + 1 HOUR MARINATING | COOK TIME 4-6 MIN |
SERVES 10

BARBEQUED FLANK STEAK WITH CHIMICHURRI SAUCE

Method

1. Combine oil, garlic and mustard in a bowl. Season with pepper. Place steak in a gastronome, pour over marinade. Leave in the cool room for at least 1 hour.
2. Bring steaks to room temperature before cooking.
3. Remove steaks from marinade and cook on a hot grill for 2-3 minutes each side, or to an internal temperature of 49 ° C. Leave to rest for half the cooking time.
4. Slice thinly and serve with chimichurri sauce and grilled vegetables.

INGREDIENT LIST

Beef

- Beef, Flank Steak, 1.6kg

Other Ingredients

- 100mls olive oil
- 20g garlic, crushed
- 80g Dijon mustard
- Ground black pepper to season

Serving Suggestions

- Chargrilled Baby capsicums
- Chargrilled radicchio
- Chimichurri Sauce
- Bitter sweet greens

