



Grilled Flank Steak with Mushrooms



Gluten Free



Popular

READY IN



40 min.

SERVINGS



4

CALORIES



588 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 pounds flank steak
- ☐ 4 servings salt
- ☐ 4 servings olive oil extra virgin
- ☐ 4 servings bell pepper black
- ☐ 2 pounds mushrooms mixed cleaned roughly chopped (if you can, make sure the assortment includes some shiitake mushrooms, they're especially flavorful)
- ☐ 2 tablespoons butter
- ☐ 0.5 cup shallots minced (or onions)
- ☐ 1 cup red wine (or beef broth)

- ☐ 1 tablespoon rosemary fresh minced

Equipment

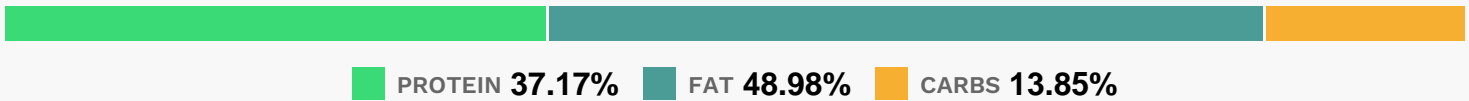
- ☐ frying pan
- ☐ paper towels
- ☐ grill
- ☐ tongs

Directions

- ☐ Salt the steak: Salt the steak well and let it come to room temperature.
- ☐ Dry sauté the mushrooms:
- ☐ Heat a large sauté pan on medium high heat.
- ☐ Add the mushrooms to the pan, as is (no butter or oil). Stir the mushrooms occasionally, and shake the pan a bit. You should hear the mushrooms squeak when they move in the pan. (See our article and video on How to Dry Sauté Mushrooms).
- ☐ Continue to cook until the mushrooms release their moisture.
- ☐ Add a large pinch of salt and stir to combine.
- ☐ Add the butter, rosemary and shallots. Stir to combine and sauté over medium-high heat for 2–3 minutes, stirring often.
- ☐ Add the red wine (you can substitute beef broth) and boil until the sauce has reduced by half. Turn off the heat.
- ☐ While the mushrooms cook, prepare the grill for high direct heat: If you are using a gas grill, turn it on, cover it, and let it heat up for at least 10 minutes. (You want the grill to be very hot, which can difficult to do on a gas grill if the grill hasn't pre-heated long enough.)
- ☐ If you are using a charcoal grill, get the coals very hot. The grill is hot enough when you put your hand about an inch over the grill and you can only hold it there for 1 second.
- ☐ When the grill is hot, clean the grill grates with a wire scraper and then moisten a paper towel with olive oil. Using tongs, wipe down the grill grates with the oil-soaked towel.
- ☐ Sear the flank steak on one side: While the grill is heating up, massage olive oil into the steak. You want the steak well coated. When the grill is hot enough, place the steak on a hot part of the grill.

- ☐ Sear for 4–6 minutes without moving. If you want a cross-hatch pattern of grill marks, about halfway through grilling, gently lift up a corner of the steak with tongs to check for grill marks, if you have them, pick up the steak and put it back down on the grill at a 90° angle (a quarter turn) from where it had been.
- ☐ Flip and grill steak on other side: Turn the steak over. Touch it to test for doneness (see the finger technique for checking for doneness). You might only need a couple minutes on this side, depending on how thick your flank steak is.
- ☐ Flank steak is best rare or medium rare; it becomes tough if it gets too well done. Try to undercook the meat just a little, as it will continue to cook a bit while it is off the heat resting.
- ☐ When the flank steak is almost done, take it off the heat and let it rest. Grind black pepper over it.
- ☐ Finish the mushrooms. Turn the burner on high and boil down the liquids almost to a glaze.
- ☐ Add any meat juices that have accumulated with the resting flank steak. Taste for salt and add any if needed.
- ☐ Slice the steak and serve with mushrooms: If you have a large steak, it may be easier to first cut it in half along the grain of the steak fibers. Then slice it thinly, on an angle, across the grain.
- ☐ Serve immediately with the mushrooms
- ☐ P.S. If you happen to end up with leftover mushrooms you can throw them into some scrambled eggs for breakfast.

Nutrition Facts



Properties

Glycemic Index:36, Glycemic Load:4.33, Inflammation Score:-7, Nutrition Score:36.790434526361%

Flavonoids

Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg

Nutrients (% of daily need)

Calories: 588.17kcal (29.41%), Fat: 32.32g (49.73%), Saturated Fat: 10.32g (64.5%), Carbohydrates: 20.56g (6.85%), Net Carbohydrates: 13.85g (5.04%), Sugar: 7.73g (8.59%), Cholesterol: 151.13mg (50.38%), Sodium: 606.59mg

(26.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 55.19g (110.38%), Vitamin B3: 23.45mg (117.26%), Selenium: 80.68µg (115.26%), Vitamin B6: 2.15mg (107.34%), Zinc: 11.15mg (74.35%), Phosphorus: 739.85mg (73.99%), Vitamin B5: 4.94mg (49.42%), Potassium: 1600.54mg (45.73%), Vitamin B2: 0.77mg (45.58%), Vitamin B12: 2.12µg (35.3%), Manganese: 0.66mg (32.85%), Iron: 5mg (27.8%), Fiber: 6.71g (26.85%), Magnesium: 103.44mg (25.86%), Copper: 0.52mg (25.83%), Vitamin E: 2.85mg (18.99%), Folate: 70.99µg (17.75%), Vitamin B1: 0.22mg (14.46%), Vitamin K: 12.04µg (11.47%), Calcium: 70.67mg (7.07%), Vitamin D: 0.91µg (6.05%), Vitamin A: 191.28IU (3.83%), Vitamin C: 2.47mg (3%)