



How To Cook Flank Steak



Gluten Free



Low Fod Map

READY IN



35 min.

SERVINGS



6

CALORIES



206 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 pounds flank steak
- ☐ 1 serving kosher salt
- ☐ 1 serving pepper black freshly ground
- ☐ 1 serving mustard dry
- ☐ 3 tablespoons butter divided softened (more if needed)

Equipment

- ☐ frying pan
- ☐ knife

- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ tongs
- ☐ cutting board

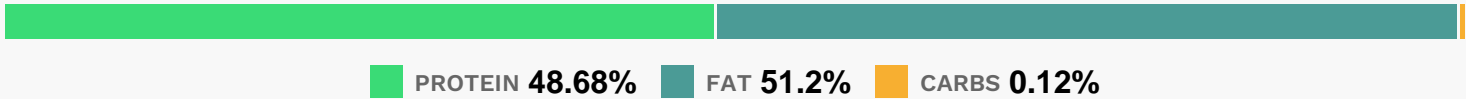
Directions

- ☐ Remove the steak from the refrigerator a half hour before cooking.
- ☐ Cut away any tough connective tissue on the surface of the steak.
- ☐ Using the tip of a sharp knife, poke small cuts into the meat, almost all the way through. The cuts should be at an angle, in the direction of the grain of the meat as the knife tip is going in. The cuts should be about an inch apart from each other.
- ☐ Turn the steak over and repeat the cuts on the other side. Make sure that the cuts you are making on this side are parallel with the cuts you made on the other side, otherwise you may cut across an existing cut, and end up poking a hole through the meat.
- ☐ Simply Recipes / Elise Bauer
- ☐ Simply Recipes / Elise Bauer
- ☐ Sprinkle one side of the steak with salt and freshly ground pepper.
- ☐ Sprinkle the steak with dry mustard. (You can use regular mustard if you don't have any dry mustard.)
- ☐ Rub 1 tablespoon of butter all over the side of the steak. Turn the steak over and repeat with the dry mustard, pepper, and another tablespoon of butter.
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- ☐ Heat a large cast iron frying pan on high heat.
- ☐ Place steak in hot pan.
- ☐ Let sear for 2 to 3 minutes until well browned.
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- ☐ Use tongs to lift up to see if nicely browned. If so, flip to the other side and let sear for 2 to 3 minutes.

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- ☐ Remove the pan from the heat and let the steak continue to cook for 5 to 10 minutes in the residual heat of the pan (assuming you are using cast iron, if not, lower the heat to low).
- ☐ Use your fingertips to check for doneness or insert a meat thermometer into the thickest part of the steak—120°F for very rare, 125°F for rare, or 130°F for medium rare. Flank steak should be served rare or medium rare, otherwise, it may be too dry.
- ☐ If the steak isn't done enough to your liking, return the steak and pan to medium high heat for a few minutes.
- ☐ Remove the steak from the pan to a cutting board and let rest for 10 minutes, covered with aluminum foil.
- ☐ Simply Recipes / Elise Bauer
- ☐ Cut the meat in very thin slices, at an angle, across the grain of the meat. (This way you break through the tough long muscle fibers.)
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- ☐ Any juices that come out of the meat while cutting or resting, return to the pan. Return the pan to a burner on high heat and deglaze the pan with a little water, scraping up any browned bits. Once the water has mostly boiled down, add a little butter (about a tablespoon) to the pan for a nice sauce.
- ☐ Arrange the cut meat on a serving plate and pour the deglazed pan juices over the meat.
- ☐ Nutrition Facts (per serving)
- ☐ Calories
- ☐ Fat
- ☐ Carbs
- ☐ Protein
- ☐ Show Full Nutrition Label
- ☐ Nutrition Facts
- ☐ Servings: 4
- ☐ to 6
- ☐ Amount per serving

- ☐ Calories
- ☐ % Daily Value*
- ☐ Total Fat 15g
- ☐ Saturated Fat 8g
- ☐ Cholesterol 105mg
- ☐ Sodium 303mg
- ☐ Total Carbohydrate 0g
- ☐ Dietary Fiber 0g
- ☐ Total Sugars 0g
- ☐ Protein 32g
- ☐ Vitamin C 0mg
- ☐ Calcium 27mg
- ☐ Iron 2mg
- ☐ Potassium 394mg
- ☐ *The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
- ☐ Nutrition information is calculated using an ingredient database and should be considered an estimate. In cases where multiple ingredient alternatives are given, the first listed is calculated for nutrition.
- ☐ Garnishes and optional ingredients are not included.

Nutrition Facts



Properties

Glycemic Index:13.67, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:11.135217274742%

Nutrients (% of daily need)

Calories: 206.43kcal (10.32%), Fat: 11.41g (17.55%), Saturated Fat: 5.95g (37.21%), Carbohydrates: 0.06g (0.02%), Net Carbohydrates: 0.04g (0.01%), Sugar: 0.02g (0.02%), Cholesterol: 83.09mg (27.7%), Sodium: 137.43mg (5.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.41g (48.81%), Selenium: 33.87µg (48.39%), Vitamin

B3: 7.07mg (35.36%), Vitamin B6: 0.69mg (34.35%), Zinc: 4.36mg (29.07%), Phosphorus: 232.15mg (23.22%),
Vitamin B12: 1.04µg (17.4%), Potassium: 389.83mg (11.14%), Iron: 1.76mg (9.81%), Vitamin B2: 0.13mg (7.84%), Vitamin
B5: 0.72mg (7.24%), Magnesium: 25.73mg (6.43%), Vitamin B1: 0.08mg (5.56%), Copper: 0.08mg (4.21%), Folate:
15.22µg (3.81%), Vitamin A: 175.07IU (3.5%), Vitamin E: 0.5mg (3.33%), Calcium: 26.03mg (2.6%), Vitamin K: 1.89µg
(1.8%)