

DINNER

Lime-Marinated Flank Steak with Herb Salad

7 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
80 min	20 min	60 min	4	\$5.75	492 kcal



You can never have too many main course recipes, so give Lime-Marinated Flank Steak with Herb Salad a try. This recipe serves 4. One portion of this dish contains roughly 50g of protein, 28g of fat, and a total of 492 calories.

Ingredients

- ☐ 3 tablespoons balsamic vinegar
- ☐ 1 small bunch cilantro
- ☐ 2 pound flank steak, fat removed
- ☐ 3 garlic cloves, smashed
- ☐ 1 small bunch basil
- ☐ 4 servings Coarse salt and freshly ground black pepper
- ☐ 1 small bunch flat-leaf parsley, leaves removed from stems
- ☐ 2 limes, juiced

☐ 1 orange, juiced

☐ ¼ cup fresh lime juice (about 3 limes)

☐ ½ cup olive oil

☐ 3 tablespoons extra-virgin olive oil

☐ 1 small bunch tarragon

EQUIPMENT Bowl, Whisk, Baking pan, Grill, Ziploc bags, Kitchen towels

Method

- 1 Place the lime juice, orange juice, garlic, balsamic vinegar, olive oil and salt and pepper. In a large plastic bag over a shallow baking dish.
- 2 Add the steak and turn to coat both sides. Cover and refrigerate for 30 minutes, then pull from fridge and allow the steak to come to room temperature, about 10 minutes.
- 3 Heat the grill to medium-high heat.
- 4 Remove the steak from the marinade and season both sides with salt and pepper. Grill for 5 to 7 minutes on each side for medium-rare.
- 5 Let rest 10 minutes. Slice the steak against the grain, into thin slices.
- 6 Wash the herbs bunches and gently dry them with a kitchen towel.
- 7 Remove the leaves from the herb bundles and place in a medium bowl.
- 8 Whisk together olive oil and lime juice, and season, to taste, with salt and pepper. Toss the leaves with enough of the dressing to coat them lightly (you may not need all of the dressing). Season the salad with salt and pepper, to taste. Top sliced steak with herb salad and serve.

Nutrition per serving

492

KCAL

50 g

PROTEIN

28 g

FAT

9 g

CARBS

Saturated Fat

7 g · 44% of daily needs

Fibre

0.9 g · 4% of daily needs

Sugar

3.7 g · 4% of daily needs

Sodium

135 mg · 6% of daily needs

Cholesterol

136 mg · 45% of daily needs

Vitamin C

38.1 mg · 46% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/lime-marinated-flank-steak-with-herb-salad-148576