



## GREEK FLANK STEAK

(Serves 2-4)

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- 1 tablespoon fresh oregano, minced
  - 1 teaspoon fresh mint, minced
  - 1 teaspoon lemon zest, minced
  - Juice of 1 lemon
  - 1/2 cup olive oil
  - 1/2 teaspoon garlic powder
  - 1 teaspoon salt
  - 1/2 teaspoon pepper
  - 1 pound flank steak
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Combine oregano, mint, lemon zest, lemon juice, olive oil, garlic powder, salt, and pepper. Pour over flank steak, coating all sides, and marinate for 30 minutes to 2 hours.

### Oven Instructions:

Preheat oven to 450°. Remove flank steak from marinade, discarding marinade. Heat a sauté pan to high heat. Sear flank steak 3 minutes on each side, until you get a nice brown sear. Move flank steak to a roasting pan. Finish flank steak in oven 15-18 minutes to medium doneness. Remove from oven, let rest for 5 minutes. Slice into diagonal strips. Serve with grilled veggies or on a salad with a side of tzatziki sauce.

### Grill Instructions:

Heat grill to 500-550°. Grill flank steak, 7-9 minutes per side for medium doneness. Let rest for 5 minutes. Slice on the diagonal and serve.