



RECIPE COURTESY OF THE FOOD NETWORK KITCHEN



Simple Broiled Flank Steak with Herb Oil

Ingredients

1/4 cup plus 2 tablespoons extra-virgin olive oil

1/4 cup chopped fresh parsley

2 tablespoons red wine vinegar

1 clove garlic, minced

Pinch of crushed red pepper flakes

Kosher salt and freshly ground black pepper

One 1 1/2- to 2-pound flank steak

Directions

1. Position an oven rack 5 to 6 inches from the broiler unit, and preheat the broiler. Line a broiler pan or baking sheet with foil, and set the broiler insert on top of the broiler pan if using. Place the pan on the oven rack, and preheat until hot, about 5 minutes.
2. Meanwhile, mix together 1/4 cup of the oil, parsley, vinegar, garlic, pepper flakes, 1/2 teaspoon salt and a few grinds of pepper in a small bowl. Cover the herb oil, and set aside until ready to serve.
3. Stir together the remaining 2 tablespoons oil, 2 teaspoons salt and 1 teaspoon pepper in a small bowl. Rub the mixture on both sides of the steak.
4. Carefully remove the broiler pan from the oven, put the steak in the center and broil (without turning) until nicely browned and firm, with some give when pressed in the thickest part, 6 to 8 minutes for medium-rare. Let the steak rest for 10 minutes. Slice thinly against the grain, and serve with the herb oil.

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