

Grilled Flank Steak

Flank steak is an inexpensive cut of meat that benefits from marinating.

Recipe Cookbook: The Working Family's Cookbook

Prep Time: 10 minutes Cooking Time: 15 minutes

INGREDIENTS:

1/4 C lime juice
2 TBS CRISCO® Crisco vegetable oil
2 TBS Oriental sesame oil
3 TBS low-sodium soy sauce
2" piece fresh ginger, thinly sliced
2 scallions, chopped
2 stalks lemongrass, thinly sliced (optional)
6 sprigs fresh coriander
1/2 tsp hot red pepper flakes
2 lbs flank steak

DIRECTIONS:

Combine all ingredients except the steak in a large non-aluminum container. Add steak & turn to coat in the marinade. Let meat marinate while grill heats.

Heat the broiler or light grill. Broil or grill steak 4-5 minutes on each side for medium-rare, brushing occasionally with the marinade. Let cooked steak rest 10 minutes before cutting into thin slices. Spoon a little marinade over steak, discarding the ginger & lemongrass - serve.

Serves: 4