



Soy Marinated Flank Steak

Makes 6 servings

Ingredients

½ cup reduced-sodium soy sauce
¼ cup honey
2 tablespoons vegetable oil, plus more for greasing the grill
1 teaspoon sesame oil
4 cloves garlic, minced
2 teaspoons minced ginger

½ teaspoon black pepper
¼ teaspoon red chili pepper flakes
2 tablespoons thinly sliced green onion, plus more for garnish
¾ teaspoon rice vinegar
2 pounds flank steak

Instructions

1. In a medium-size bowl, combine the soy sauce, honey, vegetable oil, sesame oil, garlic, ginger, black pepper, red chili pepper and green onions.
2. Remove ¼ of the marinade and combine with the rice vinegar in a small bowl. Cover and refrigerate.
3. Place the remaining marinade and steak in a 1-gallon resealable bag. Remove as much air as possible and seal the bag.
4. Refrigerate for at least 1 hour and no more than 12 hours. Lay the steak flat, then flip the bag after 30 minutes.
5. Remove the steak from the marinade, drain any excess liquid and transfer to a pan. Discard the marinating bag.
6. Set the grill to high. Add a small amount of oil on a folded piece of paper towel, carefully greasing the grill with the oil.
7. Allow the grill to preheat for 15 minutes, and once the grill is very hot, add the steak.
8. Cover and cook the steak until well browned, about 4 to 5 minutes, then flip and cook until desired doneness, about 3 to 4 minutes.
9. Transfer the steak to a cutting board and allow to rest for 10 minutes.
10. Slice the steak against the grain into ¼-inch-thick slices. Pour the reserved marinade on top and serve hot.

Nutrition Facts

Serving Size: 4 ounces; calories per serving: 279; total fat: 12.0g; saturated fat: 4.0g; cholesterol: 8mg; sodium: 454mg; total carbohydrates: 8.0g; dietary fiber: 0.5g; protein: 35.5g; sugars: 6g

Source: www.skinnytaste.com

