



YOU CAN COOK  
AND YOU DO HAVE THE TIME

## Kev's Kitchen

# GRILLED FLANK STEAK

**Time: 20 minutes (plus marinating time)**

**Serves: 4**

### Ingredients:

¼ soy sauce  
¼ cup fish sauce  
¼ cup cane vinegar  
¼ cup sriracha  
1 ½ pound flank steak  
6 green onions

### Preparation:

Stir together the soy sauce, fish sauce, cane vinegar and sriracha.

Place the steak in a zipper seal freezer bag and pour in the marinade. Squeeze out as much air as possible and seal. Refrigerate overnight.

Preheat your grill on high. Place the steak on the grill, discarding the marinade. Grill for five minutes per side or until cooked to your preferred temperature.

While the steak is cooking, place the onions in the grill, turning once and cooking until slightly charred.

Let the steak rest for five minutes before slicing across the grain. Slice the green onions to garnish the steak.

### Nutritional Information Per Serving:

Calories: 335  
Fat: 14g  
Carbs: 0.9g  
Fibre: 0.3g  
Protein: 47g