

FLANK & GARLIC SAUCE

Time: 20 minutes (plus marinating time)

Serves: 4

Ingredients:

For the steak:

200ml dry red wine
20g garlic - finely chopped
5g kosher salt
1g fresh ground black pepper
800g flank steak

For the garlic sauce:

20ml fresh lemon juice
10g garlic - chopped
3g kosher salt
50ml avocado oil
50ml olive oil

Preparation:

For the steak:

Combine the wine, garlic, salt and pepper. Place the steak and marinade in a zipper seal bag, removing as much air as possible. Refrigerate at least four hours or up to overnight.

Preheat a grill on high and grill the steak for four minutes per side. Remove from heat and let rest for five minutes

For the garlic sauce:

Place all ingredients in a container and blend with a stick blender or countertop model.

To serve:

Slice the steak thinly across the grain and serve topped with the garlic sauce.

Nutritional Information Per Serving:

Calories: 582
Fat: 39g
Carbs: 0.5g
Fibre: 0g

Protein: 56g