



YOU CAN COOK
AND YOU DO HAVE THE TIME

Kev's Kitchen

FLANK & VINAIGRETTE

Time: 20 minutes (plus dry brining time)

Serves: 6

Ingredients:

1kg flank steak
18g kosher salt
120ml extra-virgin olive oil
40ml lemon juice
2 cloves garlic
0.5g chili flakes
0.5g dried basil
0.5g dried oregano

Preparation:

Sprinkle fifteen grams of the salt evenly on both sides of the steak, cover loosely and refrigerate for two hours to overnight.

Place the remaining three grams of salt and remaining ingredients in a mason jar and shake to mix.

Preheat a grill on high heat. Grill the steak for four minutes per side or until done to your preferred temperature.

Slice the steak thinly across the grain, toss with the vinaigrette and serve immediately.

Nutritional Information Per Serving:

Calories: 484
Fat: 33g
Carbs: 1g
Fibre: 0g
Protein: 45g