

Print and cut out recipe label, then tape onto freezer bag with clear shipping tape.

Balsamic Flank Steak

Date:

Additional Ingredients:

- None

**THAW MEAL BEFORE
COOKING**

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- Pull the steak out of the fridge and allow it to sit at room temperature for 15 minutes before cooking

Grill:

- Preheat the grill to 450F and lightly oil the grates.
- Grill steak for 5-6 minutes per side or to an internal temperature of 130-135F for medium-rare or 140F for medium. Grill time will vary depending on the thickness of the steak and the desired level of doneness.

Stove-Top

- Heat 1 tbsp of oil in a large skillet over medium-high heat until shimmering. Remove the steak from the marinade and pat dry.
- Sear steak for 4-5 minutes per side, pressing down occasionally, and the internal temperature reaches 130-135F for medium-rare or 140F for medium. Cook time will vary depending on the thickness of the steak and level of doneness.

Additional Instructions:

- Remove the steak from the heat and let it rest for 5-10 minutes before slicing against the grain.
- Serve with mashed potatoes, asparagus, Caprese or a side salad.