

Grilled Flank Steak with Garlic and Rosemary

- 1/2 cup extra-virgin olive oil
- 2 tablespoons fresh chopped rosemary
- 4 cloves garlic, roughly chopped
- 2 teaspoons Himalayan sea salt
- 1/4 teaspoon freshly ground black pepper
- 2.5 lb flank steak



1. Make the marinade by combining the olive oil, rosemary, garlic, salt and pepper in a blender. Blitz for a few minutes, until garlic and rosemary are pulverized.

2. Place the flank steak in a medium baking dish. Using a fork, poke meat about 10 times on each side. Pour the marinade over top and turn the steak a few times to coat evenly. Cover with saran wrap and refrigerate for at least 1 hour or overnight.

3. Grease grill with oil and preheat to high. When grill is hot, grill flank steak covered for about 5 minutes. Turn and cook covered for about 3-4 minutes more. Let meat rest on cutting board, covered with aluminum foil, for about 15 minutes. Slice very thin against the grain.

Makes approximately 12 servings.

Serving Size = 3 ounces with 2 teaspoons of marinade

Add 1 serving of on plan fruit + 2 servings of vegetables to complete the meal.

