

# Zest-up your grilled flank steak

Who doesn't love a little zest in their food? Especially during the summer. Lemon juice is refreshing and really adds flavour to anything you add it to. Steak? It works. Fire up the grill and try out this recipe for grilled flank steak.

## Grilled Flank Steak with Lemon Olive Oil Vinaigrette

Prep time: 15 minutes  
Marinating time: one hour  
Cook time: 15 minutes  
Servings: four

**Lemon Olive Vinaigrette ingredients**  
1/2 cup pitted and finely chopped olives (Castelvetro or Kalamata)  
2 tablespoons coarsely chopped fresh flat-leaf parsley  
2 tablespoons chopped fresh oregano or basil  
2 teaspoons minced fresh garlic  
1/4 cup freshly squeezed Sunkist Meyer lemon juice  
6 tablespoons extra-virgin olive oil  
Kosher salt and freshly cracked black pepper

**Lemon Olive Vinaigrette directions**  
1. Whisk together the olives, parsley, oregano or basil, fresh garlic, freshly squeezed Sunkist Meyer lemon juice, olive oil and kosher salt and pepper.  
2. Set aside while grilling the steak.

**Steak ingredients**  
1 (1 1/2- to 2-pound) flank steak  
1 tablespoon minced fresh garlic  
1 tablespoon Sunkist lemon zest  
2 tablespoons olive oil  
1/4 cup dry red wine  
2 teaspoons kosher salt

**Steak directions**  
1. Trim the meat of any outer pieces of fat and silver skin. Put the steak in a large sealable plastic bag.

2. In a small bowl whisk together fresh garlic, Sunkist lemon zest, olive oil, wine and kosher salt until well combined.

3. Pour the marinade into the plastic bag with the steak, press out any air, then seal the bag closed. Move meat around in the bag to coat well.

4. Marinate refrigerated for at least 1 hour, or up to 4 hours, turning the bag a few times.

5. To grill the steak, prepare a medium-hot fire in a charcoal grill, or preheat a gas grill to medium-high/high.

6. Remove steak from marinade and drain well. Discard the remaining marinade.

7. Season steak liberally with salt and pepper on each side and grill for about 5 to 6 minutes per side, for medium-rare, or cook to desired doneness.

8. Let steak rest for about 5 minutes before serving, allowing juices to settle.

9. Thinly slice on the diagonal, across the grain, but making sure to keep the slices together.

10. Once ready to serve, top with the Sunkist lemon olive vinaigrette.

Contact Kate Vanderburgh, sales representative for Royal LePage Real Estate Services Ltd., Broker at 905-338-3737 or by email at kate@katevanderburgh.ca

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