



Courtesy of Kevin Alexander @fitmencook

Garlic Peppered Flank Steak With Lime

Ingredients:

Flank steak with fat trimmed 2 lbs.
Garlic, minced or paste 1 tbsp
Smoked paprika 1-1/2 tbsp
Red pepper flakes 1-1/2 tbsp
Coarse ground pepper 2 tbsp
Sea salt 1 pinch
Olive oil to spray
Parsley, freshly chopped
Lime juice

Directions:

1. Set grill or oven to 275 degrees F.
2. Spray the tops of the flank steak with olive oil. Add the seasonings, and rub them into the meat, ensuring the top side has "texture." This means you can see the red pepper and black pepper.
3. Place the flank steak on the grill with the seasoned-side facing down, or place the steaks in the oven on a wire baking rack.
4. Cook the meat for about 18-20 minutes, then flip it over and cook for an additional 7-10 minutes. Reduce the heat on the grill, and allow the wood pellets to smoke and flavor the meat for an additional 5-7 minutes if grilling, or if baking, just cook until the meat is cooked to desired readiness. Most people prefer flank steak cooked to medium.
5. Remove from the heat and garnish with fresh parsley and lime juice. Slice by cutting across the grain of the meat, and enjoy!

Nutrition Facts:

Serving size: 6 oz.

Recipe yields 5 servings

Calories 281

Fat 13 g

Carbs 0 g

Protein 38 g