



Grilled BBQ Flank Steak

Ingredients

1.5 pounds flank steak
1/3 cup low-sodium soy sauce
1 tsp black pepper
1 tsp sesame oil
2 tsp minced garlic
1 tsp sesame seeds
1/4 cup chopped scallions

Directions

1. In a mixing bowl, combine soy sauce, pepper, sesame oil, garlic, and sesame seeds.
2. Put mixture and flank steak in a Ziploc bag.
3. Allow to marinate in the fridge for 30 minutes.
4. Heat grill to high heat.
5. Cook flank steak for 4-5 minutes per side, or until desired temperature.
6. For a full meal, pair steak with green vegetables and, depending on your carbohydrate needs, a starch.

Nutrition Facts

(Per serving, recipe makes two servings)

Calories 307

Fat 13g

Carbs 6g

Protein 39g