

# RUBBED FLANK STEAK

## INGREDIENTS

**1.3 lb (600 g) flank steak**

### **SPICE RUB:**

**2 tablespoons instant coffee**

**1/2 tablespoon chili powder**

**1 tablespoon paprika**

**1/2 tablespoon garlic powder**

**1/2 tablespoon cumin**

**1/2 tablespoon brown sugar**

**1/2 teaspoon ground black pepper**

**1/2 teaspoon coriander**

### **GRILLED VEGETABLES:**

**2 small red peppers, cored and chopped**

**1 red onion, peeled and chopped**

**2 garlic cloves, minced**

**2 small zucchini, washed and sliced**

**12 white mushrooms**

**2 tablespoons extra virgin olive oil**

**1 tablespoon fresh rosemary, chopped**

**1 teaspoon ground black pepper**



**PREPARATION: 30 MINUTES**

**COOKING: 20 MINUTES**

**6 SERVINGS**

## PREPARATION

- 1** Make spice rub by blending coffee and all spices together. You will need 2-4 tablespoons of rub for 1.3 lb of steak. Keep any extra spice rub (must not have touched the meat) in a jar with a lid for up to 3 months.
- 2** Remove flank steak from the refrigerator at least 30 minutes before grilling to allow it to reach room temperature. This will allow for a more accurate cooking doneness. Apply the spice rub.
- 3** Toss vegetables with the olive oil, rosemary and pepper on a large piece of aluminum foil. Seal the vegetables in the foil by making a pouch.

### **USING THE BBQ:**

- 4** Preheat barbecue to medium-high heat. Grill the vegetables in the pouch for 15-20 minutes.

Flank steak is a lean cut of meat and is best served medium rare.\* Grill steak for approximately 4 minutes per side.

### **USING THE STOVE:**

Preheat the oven to 400° F. Grill the vegetables in the pouch for 15-20 minutes. You can also grill the vegetables uncovered on a baking sheet.

For the steak, heat grill pan to medium-high and add 1 tablespoon of oil. Fry approximately 4 minutes per side.

- 5** When the steak is ready, allow the meat to rest for at least 5 minutes before slicing. By resting the meat, you ensure that the juices don't run out of the steak when sliced. Slice steak against the grain and serve with the vegetables.

## Nutrient Analysis

### PER SERVING

1/6 of recipe

### Renal exchange:

3 Protein + 2 Vegetable

Calories	<b>252Kcal</b>
Protein	<b>24g</b>
Carbohydrates	<b>10g</b>
Fibre	<b>2.2g</b>
Total Fat	<b>13g</b>
Saturated Fat	<b>4g</b>
Cholesterol	<b>47mg</b>
Sodium	<b>79mg</b>
Potassium	<b>726mg</b>
Phosphorus	<b>276mg</b>

*\*Mechanically tenderized meat, such as flank steak, must be cooked until an internal temperature of 160°F is reached.*