

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

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