

# BASIC FLANK STEAK



**DIFFICULTY**

Medium



**TIME**

25 MIN



**SERVES**

4

## INGREDIENTS

1 -1.5 lb. Flank Steak

Salt to Taste

Pepper to Taste

Option: Any Dry Spice or Rub mix

## DIRECTIONS

1. Preheat the oven to 375 degrees.
2. Season the steak with salt and pepper
3. Heat a large, oven-proof saute pan. Once the pan, is hot place steak in pan over high heat and cook for 2 minutes or until the steak is lightly browned.
4. Flip the steak and turn off the heat. Sprinkle on add any extra spice, such as a spice rub, at this time.
5. Transfer the pan to the 375 degree oven and cook for the desired amount of time.
6. Remove the pan and let the steak rest for 5 minutes before slicing

### **Cooking Time for Desired Temperatures**

- Rare: 6-7 minutes in oven
- Medium Rare: 7-9 minutes in oven
- Medium: 10-11 minutes in oven
- Medium Well: 11-13 minutes in oven

## NUTRITION FACTS PER SERVING

Calories: 170   Fat: 7g   Carbohydrates: 0g   Protein: 24g



CALIFORNIA SCHOOLS  
**VEBA**

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