



PREP TIME : 5 MIN

COOK TIME : 10 MIN

SERVES : 4

Ingredients :

- ***1 flank steak (about 1 lb/500 g)***
- ***1 jar (341 mL) VH[®] Mild Garlic Rib Cooking Sauce***
- ***6 cups (1.5 L) whole baby Romaine leaves***
- ***6 small roma tomatoes, quartered***
- ***1 small red onion, thinly sliced***

Dressing:

- ***1 tbsp (15 mL) finely chopped garlic***
- ***2 tbsp (30 mL) red wine vinegar***
- ***1 tbsp (15 mL) grainy Dijon mustard***
- ***1 tbsp (15 mL) honey***
- ***1 tbsp (15 mL) VH[®] Soya Sauce***
- ***1/3 cup (75 mL) canola oil***

Directions :

- 1. Place steak in 8-inch baking dish. Pour VH[®] Mild Garlic Rib Cooking Sauce over, turning to coat steak well. Cover and refrigerate for at least 2 hours or for up to 8 hours.***
- 2. Dressing: In bowl, whisk together garlic, vinegar, mustard, honey and VH[®] Soya Sauce. Slowly whisk in oil. Set aside.***



Garlic Flank Steak Salad

- 3. Transfer steak to foil-lined baking sheet; discard sauce. Broil steak for 10 minutes, turning once. Let stand for 5 minutes. Slice against the grain into thin slices.*
- 4. Divide lettuce among 4 plates. Top with tomato quarters and sliced onion. Drizzle dressing over. Top with 3 to 4 steak slices. Garnish with coarse ground black pepper*

TIP:

Flank steak is extremely lean so it needs to be cooked quickly, max. 10 minutes, and only to medium rare.