



Flank Steak

Ingredients

- 1½ to 2 pounds flank steak

For the Marinade

- 2–3 tablespoons lemon juice, lime juice, vinegar, or any acidic base
- 2 tablespoons olive oil
- 3 garlic cloves, grated or pressed (optional)
- 1 teaspoon salt
- 1–2 teaspoons of your favorite spice blend (e.g., chili powder, BBQ seasoning, or curry powder)
- Alternative: Use ¼ to ½ cup of your favorite pre-made marinade.

Additional

- Cooking spray
- Aluminum foil
- Wire rack and rimmed baking sheet

Instructions

- Place the flank steak in a shallow dish (like a 9x13-inch baking dish). In a small bowl, whisk together the acid, olive oil, garlic, salt, and spices. Pour the marinade over the steak and rub it in well, flipping once or twice to coat evenly.
- Cover and refrigerate for at least 1 hour, or up to 24 hours, flipping occasionally if desired.
- Set your broiler to high and position an oven rack a few inches below the broiler element. Line a rimmed baking sheet with aluminum foil and place a wire rack on top. Coat the rack with cooking spray.
- Remove the steak from the marinade and shake off excess. Place it on the wire rack.

- Broil for 4–6 minutes per side (total 8–12 minutes), depending on your desired doneness:
Rare: 115–120°F
Medium-Rare: 120–125°F
Medium: 130–135°F
Medium-Well: 140–145°F
- Add 1–2 extra minutes if needed, and move to the oven (away from the broiler) if it's getting too crisp on the edges.
- Transfer the steak to a cutting board and let it rest for 5 minutes.
- Slice thinly against the grain — look for the long muscle fibers running left to right and slice perpendicular to them, top to bottom.
- Arrange the slices on a platter, pouring any juices from the cutting board and pan over the meat.
- Serve immediately.